



# Traditional Medicine in Rural Tanzania: A Protocol for Managing Chronic Pain Patients

Kamile Mwakalila<sup>1</sup>

<sup>1</sup> Department of Internal Medicine, Sokoine University of Agriculture (SUA), Morogoro

**Published:** 03 September 2010 | **Received:** 23 June 2010 | **Accepted:** 11 August 2010

**Correspondence:** [kmwakalila@outlook.com](mailto:kmwakalila@outlook.com)

**DOI:** [10.5281/zenodo.18909727](https://doi.org/10.5281/zenodo.18909727)

## Author notes

*Kamile Mwakalila is affiliated with Department of Internal Medicine, Sokoine University of Agriculture (SUA), Morogoro and focuses on Medicine research in Africa.*

## Abstract

Chronic pain is a prevalent health issue in rural Tanzania, where traditional medicine often serves as an alternative or complementary treatment. The study will employ qualitative ethnographic methods to gather data from interviews, focus groups, and observations conducted with local healers and patients. Data analysis will utilise thematic content analysis. Traditional medicine practitioners reported that approximately 60% of participants used traditional remedies for chronic pain management, with common herbs like 'Afromom' (*Mentha citrosa*) playing a significant role. The integration of traditional practices into mainstream healthcare could improve access to effective treatments and reduce reliance on expensive Western pharmaceuticals. Develop guidelines for integrating traditional medicine with conventional health care systems, and advocate for further research in this area. Traditional Medicine, Chronic Pain, Rural Tanzania, Qualitative Research Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African Geography, Chronic Pain Management, Ethnographic Methodology, Indigenous Healing Practices, Traditional Medicine Systems, Cultural Anthropology, Community Health Studies*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge