



# Traditional Medicine in Contemporary African Healthcare Systems: A Cape Verdean Perspective

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## Abstract

Cape Verde, an archipelagic nation in the Atlantic Ocean, faces unique healthcare challenges due to geographical isolation and limited resources. Traditional medicine remains a significant component of its healthcare system. A qualitative approach was employed through semi-structured interviews with traditional healers, local government officials, and community leaders to understand current practices and challenges. Traditional healers reported a significant proportion (75%) of their clientele seeking remedies for chronic diseases such as diabetes and hypertension. However, only 40% were integrated into the formal healthcare system. The integration of traditional medicine into formal health services is essential to improve access and efficacy, particularly in addressing non-communicable diseases among marginalized communities. Cape Verde should develop a national policy framework that recognizes and supports traditional healers while integrating their practices with modern healthcare systems.

**Keywords:** *Cape Verde, Geography, Cultural Heritage, Health Policy, Ethnobotany, Community-Based Healthcare, Indigenous Knowledge Systems*

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