



# Traditional Medicine Integration within Tanzanian Healthcare Systems: A Contemporary Perspective

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## Abstract

Traditional medicine has a long-standing history in Tanzania, blending indigenous practices with modern healthcare systems. This research employed qualitative methods involving interviews with healthcare professionals, policymakers, and traditional healers to understand the current landscape of traditional medicine integration. Traditional medicine practices are prevalent in rural areas, where they account for up to 50% of primary healthcare services provided by local practitioners. The findings highlight a significant need for formal recognition and regulation of traditional medical practices within Tanzania's healthcare framework. Policy recommendations include the establishment of regulatory bodies to oversee traditional medicine, alongside increased funding for research into its efficacy in public health interventions.

**Keywords:** *Tanzania, Geographic Medicine, Anthropology, Ethnobotany, Heritage Practices, Cultural Integration, Community-Based Healthcare*

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