



The Influence of Traditional Medicine within Contemporary African Healthcare Systems in South Africa: A Qualitative Exploration

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Abstract

Traditional medicine plays a significant role in healthcare systems across Africa, including South Africa, where it is often used alongside Western medical practices. The qualitative approach involves conducting semi-structured interviews with a diverse sample of healthcare providers, patients, and community leaders to gather insights into the integration of traditional practices within modern health care settings. Interviews revealed that approximately 60% of respondents believed in the efficacy of traditional remedies for common ailments such as colds and flu, while also acknowledging their limitations in treating complex diseases. Traditional medicine continues to be an integral part of South Africa's healthcare landscape, offering affordable alternatives and cultural continuity. However, its integration requires further formal recognition within official health guidelines. Policy makers should consider integrating traditional medical practices into existing healthcare frameworks to better serve the diverse needs of the population. Traditional Medicine, Contemporary Healthcare Systems, South Africa, Qualitative Study

Keywords: *African, geography, anthropology, ethnography, cultural, qualitative, indigenous*

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