



The Integration and Impact of Traditional Medicine in Nigerian Healthcare Systems: An Assessment

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Abstract

Traditional medicine has been a significant part of Nigerian healthcare for centuries, integrating with modern health systems to varying degrees. A mixed-methods approach including quantitative surveys and qualitative interviews was employed to gather data from healthcare providers and patients across different regions of Nigeria. Traditional medical practices are predominantly used by the rural population (85% of respondents) for non-communicable diseases, with herbal remedies accounting for over half of all treatments provided. The integration of traditional medicine into Nigerian healthcare systems is widespread but varies significantly in effectiveness and regulation. Enhanced policy support for integrating traditional practices while ensuring quality control and standardization is recommended to improve patient outcomes and system efficiency.

Keywords: *African geography, Traditional medicine, Anthropology, Public health, Ethnography, Quantitative survey, Cultural integration*

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