



Traditional Medicine in Contemporary Eswatini Healthcare Systems: A Socio-Epidemiological Analysis

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Abstract

Traditional medicine plays a significant role in contemporary healthcare systems across Africa, including Eswatini (Swaziland), where traditional practices are deeply ingrained in societal health care. A mixed-methods approach combining quantitative survey data with qualitative interviews was employed to explore the prevalence, utilization patterns, and perceived benefits of traditional medical practices among the population. Traditional medicine consultations accounted for approximately 25% of all healthcare visits in Eswatini, highlighting its significant role alongside modern health services. The integration of traditional medicine into contemporary healthcare systems in Eswatini is multifaceted and complex, with substantial socio-epidemiological implications that warrant further research and policy consideration. Health policymakers should consider the potential synergies between traditional and modern health services to enhance overall public health outcomes while respecting cultural sensitivities. Traditional Medicine, Eswatini, Healthcare Integration, Socio-Epidemiology

Keywords: *African geography, Traditional medicine, Socio-epidemiology, Cultural anthropology, Health policy, Indigenous healthcare, Ethnography*

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