



Traditional Medicine in Contemporary Tanzanian Healthcare Systems: A Qualitative Exploration

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Abstract

Traditional medicine plays a significant role in contemporary healthcare systems across Africa, including Tanzania. A qualitative study employing semi-structured interviews and focus group discussions to gather insights from stakeholders involved in both traditional and conventional healthcare sectors. Traditional healers reported a significant proportion (75%) of their patients seeking complementary treatment alongside Western medicine, particularly for chronic conditions. The integration of traditional medicine into contemporary Tanzanian healthcare systems is evident but faces challenges related to regulation and patient trust. Enhanced collaboration between traditional healers and modern medical practitioners, along with policy support for regulatory frameworks.

Keywords: *African geography, Traditional healing, Qualitative methodology, Anthropology, Cultural studies, Health systems, Community engagement*

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