



Adoption Patterns of Traditional Herbal Remedies Among Urban Elderly in Accra, Ghana,: A Comparative Study

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Abstract

Traditional herbal remedies are integral to traditional medicine in Ghana, with urban elderly often relying on them for health management. A comparative study was conducted using qualitative and semi-structured interviews to gather data from 120 participants aged 65 years and older. The majority of respondents (78%) reported continued use of traditional remedies, with herbal teas being the most commonly used form. Urban elderly in Accra continue to adopt traditional herbal remedies for health management, influenced by cultural beliefs and accessibility of practitioners. Further research should investigate long-term effects and potential interactions with modern medical treatments.

Keywords: *African geography, urbanization, qualitative analysis, traditional medicine, cultural anthropology, health management, ethnography*

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