



The Evolution of Traditional Medicine in South Africa's Healthcare Paradigm

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Abstract

The review focuses on traditional medicine in South Africa's healthcare system, highlighting its role within contemporary African societies and its integration into mainstream health services. The review utilizes a literature review approach, synthesizing existing research on traditional medicine in South Africa from various disciplines including anthropology, public health, and sociology. Traditional medical practices have maintained relevance by integrating with formal healthcare systems, particularly within rural areas where access to conventional services is limited. The integration of traditional medicine into the healthcare system has been effective in addressing specific health needs, though challenges remain regarding its regulatory framework and public acceptance. Further research should explore ways to strengthen regulatory frameworks for traditional medicines to ensure safety and efficacy. Public education campaigns are also recommended to improve understanding and acceptance.

Keywords: *African geography, traditional medicine, healthcare systems, ethnobotany, cultural integration, indigenous knowledge systems, complementary therapies*

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