



The Integration and Impact of Traditional Medicine within Contemporary Nigerian Healthcare Systems

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Abstract

Traditional medicine plays a significant role in healthcare systems across Nigeria, reflecting broader cultural integration within contemporary African societies. Qualitative research methods were employed to explore perceptions of traditional medicine from practitioners, patients, and policymakers. Semi-structured interviews and focus groups provided insights into practice dynamics and societal attitudes. Traditional healers reported treating 40% of their patient base with herbal remedies and spiritual healing techniques, indicating a substantial reliance on these practices in healthcare provision. The integration of traditional medicine within Nigerian healthcare systems is evident but faces challenges such as underfunding and lack of formal recognition. Policy recommendations are required to support its development and acceptance. Policymakers should advocate for the inclusion of traditional medical practices in national health insurance schemes and invest in training programmes for traditional healers.

Keywords: *African geography, traditional medicine, cultural integration, qualitative study, healthcare systems, ethnography, anthropology*

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