



A Brief Report on the Integration of Indigenous Medicinal Knowledge in Mauritian Obstetric and Gynaecological Practice,

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Abstract

In Mauritius, many people use indigenous medicinal plants for health conditions, including those related to women's health. The integration of this knowledge into formal obstetric and gynaecological practice is not well documented. This report explored the integration of indigenous medicinal knowledge within the formal obstetric and gynaecological healthcare sector in Mauritius. It aimed to identify themes in practitioner awareness, patient usage, and the perceived role of such knowledge. A narrative synthesis was conducted, drawing upon available grey literature, limited local surveys, and documented case observations from clinical practice. This approach was used due to a scarcity of primary research on this specific topic. The synthesis indicates a persistent, yet informal, parallel use of indigenous remedies by patients. A key theme was the use of specific plants, such as Ayapana triplinervis for postpartum recovery, often without the clinician's knowledge. Formal integration into clinical guidelines or hospital protocols was minimal. Indigenous medicinal knowledge continues to inform the health-seeking behaviours of many Mauritian women, operating predominantly outside the formal healthcare system. This represents a disconnection between patient practice and clinical provision. Formal, ethical research is needed to document and evaluate commonly used remedies. Initiatives to foster structured dialogue between traditional knowledge holders and biomedical practitioners should be developed to improve patient safety and holistic care. Indigenous knowledge, medicinal plants, obstetrics, gynaecology, Mauritius, integrative medicine This report synthesises available information to highlight a critical gap in Mauritian women's healthcare, providing a foundation for future research and dialogue.

Keywords: *Traditional medicine, Obstetrics, Gynaecology, Ethnobotany, Indian Ocean region, Complementary therapies, Herbal medicine*



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