



# A Systematic Review of Empirical Research on African Medicine in Cameroon,: Key Issues and Clinical Perspectives

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## Abstract

African medicine, comprising diverse traditional and complementary healthcare practices, is a substantial component of Cameroon's health system. Its clinical application, particularly within obstetrics and gynaecology, and its relationship with biomedical care present complex challenges requiring empirical analysis. This systematic review synthesises empirical research on African medicine in Cameroon. Its objectives are to identify key issues, clinical practices, and perspectives within the medical field, and to map the evidence concerning utilisation, efficacy, safety, and integration. A systematic literature review was conducted following established guidelines. Multiple academic databases were searched for peer-reviewed empirical studies. Studies were screened against pre-defined inclusion and exclusion criteria, with data extracted and synthesised thematically. The synthesis identified predominant themes. High concurrent use of African medicine and biomedical care was evident, particularly for chronic gynaecological conditions, with reported utilisation rates often exceeding 50% among patient groups. Key issues centred on safety concerns, a lack of standardised regulation, and variable levels of practitioner training. Empirical research confirms the extensive use of African medicine in Cameroon. Significant evidence gaps remain regarding clinical outcomes and practice standardisation. While dual healthcare system use is common, it is typically characterised by a lack of formal integration or care coordination. Future research should prioritise robust clinical studies on specific interventions. Frameworks for improved practitioner collaboration, enhanced patient education on safe practices, and policy initiatives for regulation and knowledge sharing are needed to support maternal and women's health. Traditional medicine, complementary therapies, Cameroon, obstetrics, gynaecology, healthcare integration, systematic review This review consolidates the empirical evidence on African medicine in Cameroon, clarifying key issues and clinical perspectives to inform future research, practice, and policy dialogue.

**Keywords:** *Traditional medicine, Cameroon, Empirical research, Clinical perspectives, Sub-Saharan Africa, Healthcare systems, Obstetric care*



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