



Comparative Efficacy of Traditional and Modern Herbal Medicine in Malaria Treatment Among Zambian Villagers

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Abstract

Malaria remains a significant health issue in Zambia, affecting both rural and urban populations. Traditional herbal medicine (THM) is widely used by Zambian villagers for malaria treatment, while modern herbal medicine (MHM) has gained popularity through formal educational programmes. A mixed-methods approach combining structured interviews with a randomized controlled trial (RCT) was employed. Participants were randomly allocated to receive either THM or MHM for their malaria treatment. THM showed a significant improvement in symptoms relief compared to MHM, with an effect size of Cohen's $d = 0.85$ and a 95% confidence interval (CI) [0.62-1.08], indicating a moderate positive difference. THM was more effective than MHM in alleviating malaria symptoms among Zambian villagers, with a statistical advantage of Cohen's $d = 0.85$ and 95% CI [0.62-1.08]. Further research should be conducted to explore the underlying mechanisms of THM's efficacy and integrate traditional practices into modern healthcare systems.

Keywords: African, Geographic, Epidemiology, Efficacy, Herbalism, Anthropology, Comparative

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