



# Traditional Medicine in Contemporary African Healthcare Systems: A Policy Analysis in Cameroon's Context

Victor Nguifo Okum<sup>1</sup>, Chantal Ndong Mbarga<sup>2,3</sup>

<sup>1</sup> Department of Advanced Studies, University of Douala

<sup>2</sup> University of Douala

<sup>3</sup> Department of Interdisciplinary Studies, University of Yaoundé I

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**Correspondence:** [vokum@aol.com](mailto:vokum@aol.com)

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## Author notes

*Victor Nguifo Okum is affiliated with Department of Advanced Studies, University of Douala and focuses on African Studies research in Africa.*

*Chantal Ndong Mbarga is affiliated with University of Douala and focuses on African Studies research in Africa.*

## Abstract

Traditional medicine (TM) has a long history in Africa, including Cameroon, where it is deeply integrated into healthcare systems. In recent years, there has been increasing interest and policy discussion regarding the role of TM in contemporary African healthcare. The analysis employs a literature review approach, examining existing policy documents, academic articles, and interviews with stakeholders such as policymakers, healthcare providers, and traditional healers. The study also includes an assessment of current practices in TM delivery across the country. Findings indicate that while there is significant support for integrating TM into mainstream care, challenges remain in terms of standardisation, regulation, and public acceptance. A notable theme is the need to balance traditional healing methods with evidence-based Western medicine. The analysis concludes that effective policy integration requires a comprehensive approach encompassing education, regulation, and community engagement to ensure the safety and efficacy of TM practices within healthcare systems. Recommendations include developing standardised protocols for TM practitioners, increasing public awareness about both traditional and modern health care options, and integrating TM into training curricula for future healthcare professionals.

**Keywords:** *African, Geography, Anthropology, Ethnobotany, Public Health, Policy Studies, Cultural Heritage*

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