



Traditional Medicine in Contemporary African Healthcare Systems: A Cameroon Perspective

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Abstract

Traditional medicine plays a significant role in healthcare systems across Africa, including Cameroon where it is deeply ingrained in cultural practices. A qualitative research approach was employed to gather insights from community leaders, traditional healers, and health policymakers. Traditional medical practices in Cameroon account for approximately 50% of primary healthcare consultations, highlighting their substantial role despite formal integration efforts. The findings underscore the importance of preserving traditional medicine while advocating for its recognition within modern healthcare frameworks. Policymakers should prioritise traditional medicine as a legitimate part of national health policies and promote cross-cultural collaboration in healthcare delivery.

Keywords: *African geography, Traditional healing, Cultural studies, Anthropology, Ethnobotany, Health policy, Community-based healthcare*

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