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The rise of traditional medicine in South Africa as a healing practice for body and mind**Nomalungelo Goduka, Aquina Thulare and Carina Rozani**
South Africa

Traditional medicine features in the lives of many Africans in South Africa. It is estimated that 80% of the African population is dependent on traditional medicines for contemporary community health care. Yet, so many stereotypes exist against traditional healers and their medicines. Traditional medicines are collectively called Muthi and are described as folk medicine that has for millennia been used as healing practices for body and mind. They cover a wide range of therapies and practices that vary among different ethnic groups in South Africa. These medicines have been used since the beginning of humankind and stem from theories, beliefs and experiences indigenous to a particular ethnic group. During colonialism, traditional healers were accused of practicing witchcraft, which led to the prohibition of the practice across various provinces. However, currently, South Africa is home to more than 200,000 traditional healers who care for many Africans. African traditional medicine holds within it much wealth o.

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