



CLINICAL PRACTICES OF AFRICAN TRADITIONAL MEDICINE

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In African traditional medicine, the curative, training, promotive and rehabilitative services are referred to as clinical practices. These traditional health care services are provided through tradition and culture prescribed under a particular philosophy, e.g. *ubuntu* or *unhu*. Norms, taboos, tradition and culture, which are the cornerstones of clinical practice of traditional medicine, are the major reason for the acceptability of traditional health practitioners in the community they serve. The philosophical clinical care embedded in these traditions, culture and taboos have contributed to making traditional medicine practices acceptable and hence highly demanded by the population. This paper discusses the different traditional health care services, such as curative services, general traditional healthcare, mental healthcare, midwifery, bone setting, rehabilitative and promotional services that increases health awareness and developing positive attitudes and behaviour towards healthier living).

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Dans la médecine traditionnelle africaine, les services de traitement, de formation, de promotion et de réhabilitation sont considérés comme des pratiques cliniques. Ces services traditionnels de soins médicaux sont dispensés en tenant compte de la tradition et de la culture qui sont préconisées en vertu d'une philosophie particulière, par exemple, « Ubuntu ». Les normes, les tabous, la tradition et la culture, qui sont les pierres angulaires de la pratique clinique de la médecine traditionnelle, sont les principales raisons de l'acceptabilité des praticiens de santé traditionnels dans la communauté qu'ils

servent. La philosophie des soins cliniques étant intégrée dans ces traditions, la culture et les tabous ont contribué à rendre les pratiques de la médecine traditionnelle acceptables et donc très demandées par la population. Cet article examine les différents services traditionnels de soins médicaux, tels que les services de traitement, les soins généraux traditionnels, les soins de santé mentale, de sage-femme, de rebouteux, les services de rééducation et de promotion qui sensibilisent sur les problèmes de santé et développent des attitudes et des comportements positifs envers une vie plus saine.

Na medicina tradicional africana, os serviços curativos, de formação, promotores e de reabilitação são referidos como práticas clínicas. Estes serviços tradicionais de cuidados de saúde são prestados por tradição e cultura e prescritos ao abrigo de uma filosofia particular, por exemplo *ubuntu* ou *unhu*. Normas, tabus, tradição e cultura, que são as pedras basais da prática clínica da medicina tradicional, constituem a principal razão para a aceitabilidade de praticantes de saúde tradicional na comunidade que servem. Os cuidados clínicos filosóficos embebidos

nestas tradições, cultura e tabus contribuíram para tornar as práticas de medicina tradicional aceitáveis e, assim, procuradas pela população. Este documento discute os diferentes serviços tradicionais de cuidados de saúde, tais como serviços curativos, cuidados de saúde tradicionais gerais, cuidados de saúde mental, obstetrícia, endireita, serviços de reabilitação e promocionais que aumentam a sensibilização para a saúde e o desenvolvimento de atitudes e comportamentos positivos no sentido de uma vida mais saudável.

