

**DOCUMENTATION OF TRADITIONAL MEDICINES AND TRADITIONAL
MEDICINE KNOWLEDGE IN GARISSA, NEP.**

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ABSTRACT

The purpose of the study was to investigate and document the traditional medicines and traditional medicine knowledge in Garissa. The objectives of the study were to determine the number of traditional healers in Garissa, to establish the traditional practices and medicines used to combat both human and animal diseases in Garissa and to document traditional medicine use by Garissa people. In this research, case study research design was used. The target population was 70 traditional practitioners, 57 village elders and 207 community members within Garissa. The target population for the study was 334 respondents. The sample size included 21 traditional practitioners, 17 village elders and 62 community members. The sampling design used for the study was simple random sampling technique where every participant had an equal chance to participate in the study. The study employed the use of questionnaires as the main tools of data collection. The data collected was analyzed using descriptive statistics. The descriptive statistics used included frequencies, tables and percentages. Graphs and charts were also used to analyze the data. In conclusion, due to poor access to conventional health services, especially in the rural areas, the majority of the Garissa people rely mainly on traditional medicine for their primary health care needs. Nevertheless, the system has been neglected and its therapeutic potentials as well as adverse effects have not been thoroughly studied scientifically. Moreover, the integration of the practice of traditional medicine into the formal health system has not been seriously considered. The researcher recommends that any organizational effort must be directed to an integrative plan that includes manpower planning, the development of training programs, the issuance of regulations on safety and efficacy, the licensing, and guidelines for clinical trials of traditional medicines. There is a need to involve traditional healers on all the aspects of traditional medicine, including the preparation of monographs for describing and evaluating all medicinal plants and other substances used as drugs, giving therapeutic indicators, and methods of preparation and dosages.