

## **Traditional Medicine and Pregnancy Management: Perceptions of Traditional Health Practitioners in Capricorn District, Limpopo Province**

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**KEYWORDS** Traditional Medicine. Traditional Health Practitioners. Normal Physiological Changes. Indigenous Health Practices. Evil Spirit. Trimesters

**ABSTRACT** Treatment with traditional medicine during pregnancy is believed to prevent miscarriage, ensuring proper growth of the foetus and to strengthen the womb against witchcraft and to prevent childhood illnesses. The purpose of the study was to determine how Traditional Health Practitioners (THPs) perceive their management of pregnant women with traditional medicine in Capricorn district of Limpopo province. A qualitative, explorative, descriptive and contextual research design was used. A non-probability purposive, snowball sampling method was used to select eight Traditional Health Practitioners. Data was collected through unstructured face-to-face interview and analysed qualitatively using open coding method. Theme and sub-themes emerged, namely: Traditional medicine used during 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> trimesters. Contextual health information sessions by health professionals should be held with the THPs, to empower them on the potential risk to the foetus when the mother is given traditional medicine while pregnant. Pregnant women should be discouraged from self-medication and taking the traditional medicine.