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## Usage of Medicinal Plants amongst the Khoisan Community in Campbell: Griqualand West, South Africa

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African indigenous people, together with their healers, rituals and medicines have been around since time immemorial and as it is estimated that over 80% of the African native population use indigenous medicines to meet their health care needs (WHO, 2003). Study followed qualitative approach and data was collected using “*lekhgotla*”. Two themes emerged during data analysis which was done following the thematic data analysis.

Themes that emerged were (1) Heritage and relationship of community with medicinal plants and (2) Usage and preparation process of medicinal plants.

The results revealed that there has been a prolonged engagement of the community and the medicinal plants. The community has the trust on the plants more than the western medicine. The results also revealed the trust and reliance on the nature and cosmos by these native nation. It was also revealed that although the western science can doubt the measurements of indigenous people, to them they are so real and scientific. The harvesting and preparation of medicinal plants cannot be done by anyone but the person chosen by the spirits.

It was concluded from the study that, the indigenous people have been using their own way of treating the sick since time immemorial. Their belief system cannot be changed or influenced by the western approach. The trust that has been built by these nation, about the indigenous medicinal plants, is deep and cannot be eradicated but it has to be respected.

### Biography

David started his nursing career in 1992 when he completed the bridging course leading to Registration as a general nurse. In 1998 completed Diploma in Midwifery. In 2000 completed the Diploma in Nephrology. In 2004 completed the B,Cur (Ed et Adm) OHN. Complete M.Cur (Health Services Education) in 2010. Completed PhD (Nursing) in 2016. David has also a vast experience in teaching as he taught in several institutions like NMMU (UPE), Baragwanath Nursing College, PfundzoNdenzhe Nursing College (Carletonville), Wits University and now Senior lecturer at UNISA. He has presented oral and poster papers in several conferences. David has also been part of the panel discussions and chaired several conferences. He is also currently supervising masters students of which three have completed. He has published some articles in journals and also has contributed a chapter in a book titled “Handbook of Research on theoretical perspectives on Indigenous Knowledge Systems (IKS) in developing countries”. David is now the president of Renal Care society of South Africa.

### Notes: