

Introduction: Traditional African Medicine (TAM) has been around for a long time and is the origin of scientific medicine. It has been growing in popularity and getting increasing attention. Most people associate TAM with herbs, remedies and advice imparted by traditional healers from African indigenous groups. In Uganda, TAM usage for day to day health needs is reported to be close to 90% and women plus children, form the bulk of people reliant on herbal medicine. Therefore, this study was set to assess the attitudes and practices towards utilization of traditional African Medicines among women of reproductive age in Kisugu parish, Makindye division of Kampala district. The main objective was to determine the attitudes and practices towards utilization of Traditional African Medicine among women of reproductive age.

Methodology: A descriptive cross-sectional study was therefore carried out involving 383 respondents from Kisugu parish, using a purposive sampling design. Data was collected on social demographic characteristics, prevalence of use of TAM, attitudes and practices towards utilization of Traditional African Medicine. Data was then analyzed using the Statistical Package for Social Scientists (SPSS) version 16.0. The results indicated that the majority of the respondents (46.60%) had a positive attitude towards TAM and showed a high prevalence of use of TAM at 74.5%. The findings also revealed that most practices used were taking mumbwa, drinking local herbs during pregnancy and bathing babies with ekyogero. Majority 47.1% were baganda, 63.7% Christians, 57.9% secondary education, 68.9% were married and majority 42.3% housewives. By use of chisquare tests, it was established that there was a significant association with age, tribe, marital status and occupation with the use of TAM.

Conclusions and recommendations: In conclusion, the study findings revealed that women who were Married, and housewives had a high prevalence of use of TAM secondary to a positive attitude towards TAM. Therefore there is a need for the government of Uganda to regulate TAM practices and educate the community more about TAM and its side effects.