

## Appendix I

### *Traditional Medicine (TM):*

TM is the sum of all the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement, or treatment of physical or mental illness [57].

### *Healers:*

A person who purportedly cures certain medical problems by empirical or magical means using supposed gifts that are often, but not necessarily, passed on by familial transmission [58].

### *TM therapists:*

A person conducting activities at the community level who interprets the world around them according to their cultural and traditional medical systems to prevent diseases and maintain individual, group, and community physical and spiritual health [ 59].

### *Healer versus traditional therapist:*

While both traditional therapists and healers provide care within the community, it is crucial to distinguish between these two types of practitioners. A traditional therapist typically serves as a repository of knowledge acquired through some formal instruction (with or without family transmission), often under the tutelage of a master. The practice of traditional therapy encompasses the medicinal use of plants, animal derivatives, and minerals, as well as spiritual therapies, specific techniques, and manual interventions. Traditional therapists may operate independently or in collaboration with others.

In contrast, a healer is an individual who professes to address medical issues through empirical or magical methods, often claiming to possess innate abilities, which may be, but are not necessarily, learned by a master.

### *Phytotherapy:*

This refers to treatments based on extracts of plants and their active natural ingredients, with the aim of curing, relieving, or preventing an illness. We will refer to traditional phytotherapy, which relies on ancient and empirical uses of plants as a whole. These can be either prepared at home or through an herbalist and are administered either orally (teas, infusions, powders) or externally (ointments, inhalations, poultices, massages) [57].

### *Marabouts:*

Marabouts in Mali are Muslim educators and guardians of myths and traditions. They are perceived to have the mystical powers of a sorcerer, healer, and clairvoyant. Their practice is denoted maraboutage, though this term can have a negative connotation [32, 59].

### *Scarification:*

This practice consists of performing a superficial incision of the skin. In Africa, in parallel to its aesthetic and social functions, traditional scarification is used in both curative and preventative therapeutic practices. The scar is meant to provide the individual with protection from evil forces by warding off the harmful effect of spirits. Its use in the treatment of ND is well documented [9, 12, 33].