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Therapeutic Influence of *Tridax procumbens* on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria

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Abstract

The study investigated the Therapeutic Influence of *Tridax procumbens* on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria. A mixed-method survey design utilizing questionnaires, interviews, and focus group discussions. Data were collected on awareness, prostate health practices, perceived effectiveness, and socio-cultural influences. Results were analyzed using a Five-point Likert scale and visualized through Bar charts. Considering Awareness and Knowledge, 70% (20 Agree and 50 S. Agree) of respondents were aware of *Tridax procumbens* L., with 65% (30 Agree and 35 S. Agree) acknowledging its medicinal potential for prostate health. The bar chart illustrated a significant gap in knowledge about its specific application, suggesting the need for public education campaigns. Prostrate Health and uses revealed that 25% (15 Agree and 10 S. Agree) of participants reported improved prostate health after using *Tridax procumbens* L., as supported by reduced symptoms such as frequent urination and inflammation. However, 75% (35 and 20) find it easy to prepare and use *Tridax procumbens* extract. Under Perceived effectiveness, 65% (35 Agree and 30 S. Agree) of respondents believed *Tridax procumbens* L. as effective in reducing prostate-related symptoms, while 20% were neutral, and 10% disagreed. The bar chart underscored its perceived effectiveness but also highlighted inconsistencies in user experiences. Socio-cultural influences revealed that 65% (35 Agree and 20 S. Agree) of respondents widely accepted *Tridax procumbens* L. in the community, which supports its widespread use as a complementary treatment. However, 70% (40 Agree and 30 S. Agree) fell comfortable using *Tridax* procumbens

due to its traditional reputations. It is recommended that: further research should be conducted to scientifically validate the efficacy and safety of *Tridax procumbens* L. for prostate treatment. Laboratory and clinical trials should be prioritized to provide evidence-based recommendations for its use; Awareness campaigns should be organized to educate the public about the potential benefits and safe usage of *Tridax procumbens* L. This can bridge the gap between awareness and usage; Collaboration between traditional healers and modern medical practitioners is essential. *Tridax procumbens* L. could be integrated into complementary healthcare practices. These findings demonstrate the potential of *Tridax procumbens* L. as a culturally relevant and accessible alternative for managing prostate health, emphasizing the need for further research and policy support to optimize its benefits.

Keywords: Therapeutic Influence, *Tridax procumbens*, Prostrate Health, Men above 45 years, Uyo Metropolis, Akwa Ibom State, Nigeria,

INTRODUCTION

Prostate health is a significant concern for men over the age of 50, with conditions such as benign prostatic hyperplasia (BPH) and prostate cancer being prevalent in this demographic. In Nigeria, prostate cancer is the most common cancer among men, accounting for a substantial proportion of male cancer cases (Ekanem and Archibong 2017). Traditional medicine plays a vital role in healthcare across Nigeria, with various plants utilized for their therapeutic properties. *Tridax procumbens L.*, commonly known as coat buttons, is one such plant extensively used in traditional medicine for its anti-inflammatory, antimicrobial, and wound-healing properties (Kumar and Pandey 2014).

Recent studies have explored the pharmacological activities of *Tridax procumbens L. L.*, revealing its potential in treating various ailments. Notably, the plant contains bioactive compounds such as β-sitosterol, which has been reported to have anti-inflammatory and anti-neoplastic activities and is used in the treatment of benign prostatic hyperplasia (Afolayan and Yakubu 2009). Despite the documented pharmacological properties of *Tridax procumbens L. L.*, there is limited empirical evidence on its effectiveness in treating prostate conditions among aged men in specific Nigerian populations. This study aims to investigate the perceived Therapeutic Influence of *Tridax procumbens* on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria. By employing a survey research design, including questionnaires, interviews, and focus group discussions, this research seeks to gather data on the awareness, usage, and perceived efficacy of *Tridax procumbens L.* in managing prostate health within this community (Sawant and Godghate, 2013) (Akarika, 2019).

Prostate health is a critical concern for men over the age of 50, as the risk of conditions such as benign prostatic hyperplasia (BPH) and prostate cancer increases significantly with age.

Globally, prostate cancer ranks as the second most diagnosed cancer among men, with an estimated 1.4 million new cases recorded in 2020 (Rawla, 2019). In Nigeria, prostate cancer is the most frequently diagnosed malignancy among men, with Ekeke and Amusan (2015) reporting a prevalence rate of 127 per 100,000 male hospital admissions in Akwa Ibom State. Given the socioeconomic impact of prostate-related conditions, there is a growing interest in complementary and alternative medicines, particularly plant-based remedies, to address the limitations of conventional therapies.

Tridax procumbens L., commonly known as coat buttons, is a member of the Asteraceae family and is widely distributed across tropical and subtropical regions. It has been traditionally used in folk medicine for its anti-inflammatory, antimicrobial, and wound-healing properties (Bhaskar and Balakrishnan, 2010). Recent studies have identified its potential antioxidant and anticancer properties, attributing these effects to its rich phytochemical composition, including flavonoids, alkaloids, tannins, and saponins (Chaturvedi and Kumar, 2015).

Olufemi et al. (2020) demonstrated that extracts of T. procumbens L. significantly reduced prostate-specific antigen (PSA) levels in animal models, suggesting its potential in managing prostate health. Additionally, Niazi et al. (2018) found that flavonoids isolated from the plant exhibit anti-inflammatory properties, which may help mitigate the progression of prostate-related conditions.

Statement of the Problem

Prostate health issues, particularly benign prostatic hyperplasia (BPH) and prostate cancer, are prevalent among men over the age of 50. In Nigeria, prostate cancer is the most common cancer among men, accounting for 64% of all male cancers (Ekanem and Archibong 2017). Despite the high prevalence of prostate conditions, awareness and knowledge about prostate health among men in Uyo Metropolis, Nigeria, remain low (Akarika, 2019). Traditional medicine is widely practiced in Nigeria, with various plants used for their therapeutic properties. *Tridax procumbens L.*, commonly known as coat buttons, is one such plant extensively used in traditional medicine for its anti-inflammatory, antimicrobial, and wound-healing properties (Kumar and Pandey 2014). The plant contains bioactive compounds such as β-sitosterol, which has been reported to have anti-inflammatory and anti-neoplastic activities and is used in the treatment of benign prostatic hyperplasia (Sawant and Godghate 2013). However, there is limited empirical evidence on the effectiveness of *Tridax procumbens L.* in treating prostate conditions among aged men in specific Nigerian populations. This study aims to investigate the perceived Therapeutic Influence of *Tridax procumbens* on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria.

Objectives of the Study

The objective of the study was to investigate the perceived Therapeutic Influence of *Tridax procumbens* on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria. It Specific Objectives include:

(i) to assess the level of awareness and knowledge of *Tridax procumbens* L. among aged men in the study area;
(ii) to determine the prevalence of prostate conditions among men above 45 in Uyo Metropolis;
(iii) to examine the self-reported effectiveness of *Tridax procumbens* L. in managing symptoms of prostate conditions;
(iv) this includes assessing the perceived impact on symptoms such as urinary difficulties, pain, and overall quality of life;
(v) to explore the patterns of usage and preparation of *Tridax procumbens* L. for prostate health treatment;
(vi) to evaluate the socio-cultural factors influencing the use of *Tridax procumbens* L. for prostate treatment;
(vii) to identify challenges and barriers to the use of *Tridax procumbens* L. in prostate health management;
(viii) to provide recommendations for integrating traditional remedies like *Tridax procumbens* L. into mainstream prostate health management practices.

Research Questions

Based on the objectives of the study, the following research questions were raised for answering:

(i) What is the level of awareness and knowledge of *Tridax procumbens L.* among men above 45 years in Uyo Metropolis?
(ii) What is the prevalence of prostate conditions among aged men in the study area?
(iii) How effective is *Tridax procumbens L.* perceived to be in managing prostate conditions by men in the target demographic?
(iv) What are the common methods of preparation and usage of *Tridax procumbens L.* for prostate treatment?
(v) What socio-cultural factors influence the use of *Tridax procumbens* L. for prostate health management?
(vi) What challenges or barriers do men encounter when using *Tridax procumbens* L. for prostate health?

Research Hypotheses

The following null and alternative hypotheses were formulated for testing:

Null Hypotheses (H_0):

H_{01}: There is no significant awareness of *Tridax procumbens* L. among men above 45 years in Uyo Metropolis.

H_{02}: The prevalence of prostate conditions among men above 45 in Uyo Metropolis is not significantly high.

H_{03}: *Tridax procumbens* L. is not perceived as effective in managing prostate conditions by men in the target demographic.

H_{04}: There are no specific socio-cultural factors that significantly influence the use of *Tridax procumbens* L. for prostate treatment.

H_{05}: Challenges and barriers do not significantly affect the use of *Tridax procumbens* L. for prostate health.

RESEARCH METHODOLOGY

Design of the Study

This study adopted a descriptive survey design, which is appropriate for collecting data on opinions, beliefs, and perceptions related to the use of *Tridax procumbens* L. in prostate health management. Descriptive surveys are effective for assessing the prevalence of phenomena and determining relationships between variables (Creswell and Creswell, 2018).

This design facilitated the systematic collection of data from aged men over 50 years, allowing the researchers to analyze trends, behaviors, and outcomes associated with the use of *Tridax procumbens* L.

Area of the Study

The study was conducted in Uyo Local Government Area, Akwa Ibom State, Nigeria. Uyo is the capital city of Akwa Ibom State and has a diverse population, including a significant number of aged men who could serve as respondents for the study. This location was chosen due to its accessibility and the prevalence of traditional medicine use in the region (Etuk and Udo 2021).

Population of the Study

The population of the study consisted of men above 45 years and above residing in Uyo Metropolis. This demographic was selected based on the increased likelihood of prostate health issues among men in this age bracket (Rawla, 2019). The population also included individuals who had knowledge of or had used *Tridax procumbens* L. as part of their health regimen.

Sample and Sampling Technique

The sample size for the study was 100 participants, determined using Cochran's formula for sample size estimation in survey research (Cochran, 1977). A multi-stage sampling technique was employed, involving purposive sampling to identify communities with higher concentrations of aged men and random sampling to select individual respondents within these communities. Purposive sampling ensured that only participants meeting the inclusion criteria (aged 50 years and above, residing in Uyo, and aware of *Tridax procumbens* L.) were selected.

Instruments

A structured questionnaire, interview and focus group discussions were designed as the major instruments used for data collection. The questionnaire, interview and focus group discussions were divided into sections, each addressing specific research information as follows:

(i) Section 1: Awareness and Knowledge of *Tridax procumbens* L.
(ii) Section 2: Prostrate Health and usage of *Tridax procumbens* L..
(iii) Section 3: Perceived effectiveness of prostate treatment.
(iv) Section 4: Socio-cultural influences on traditional medicine use.

The questionnaire was designed using a 5-point Likert scale ranging from "Strongly Agree" (5) to "Strongly Disagree" (1), ensuring a standardized response format (Likert, 1932).

Validation of the Instrument

The questionnaire was subjected to content and face validity. Experts in urology, traditional medicine, and research methodology reviewed the instrument to ensure it covered the study's objectives comprehensively. Feedback from the validation process led to revisions for clarity and relevance (Patten and Newhart, 2018).

Reliability of the Instrument

To assess reliability, a pilot study was conducted with 20 respondents from a similar demographic outside the study area. The Cronbach's alpha coefficient was calculated, yielding a value of 0.87, indicating high internal consistency of the instrument (Tavakol and Dennick, 2011).

Method of Data Analysis

Data collected from the questionnaires were analyzed using descriptive methods. Descriptive Statistics: Frequencies, percentages, and mean scores were used to summarize responses and provide an overview of trends. The Statistical Package for Social Sciences (SPSS) version 26 was used for all analyses. Bar charts were employed to visualize the data for better interpretation and understanding.

RESULTS

Table 1: Awareness and Knowledge on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total Responses
1. I am aware of *Tridax procumbens* L.	5	10	15	20	50	100
2. I learned about *Tridax procumbens* L. from family/friends.	10	15	20	25	30	100
3. I believe *Tridax procumbens* L. has health benefits.	5	5	25	30	35	100
4. I have heard that *Tridax procumbens* L. treats prostate conditions.	10	20	15	25	30	100
5. I have been informed by healthcare providers about its uses.	8	12	25	30	25	100

Awareness: A large proportion of respondents (50%) are aware of *Tridax procumbens L.* and have heard about its potential health benefits. Despite this, only a smaller percentage

(25%) learned about it from healthcare providers, suggesting that awareness is primarily driven by informal sources like family and friends. This could indicate that while there is significant awareness, there may be a gap in professional endorsement and education regarding the plant's medicinal uses.

Perceived Benefits: A notable number (35%) believe that *Tridax procumbens L.* has health benefits, particularly for prostate conditions. This reflects positive perceptions toward the plant's therapeutic potential.

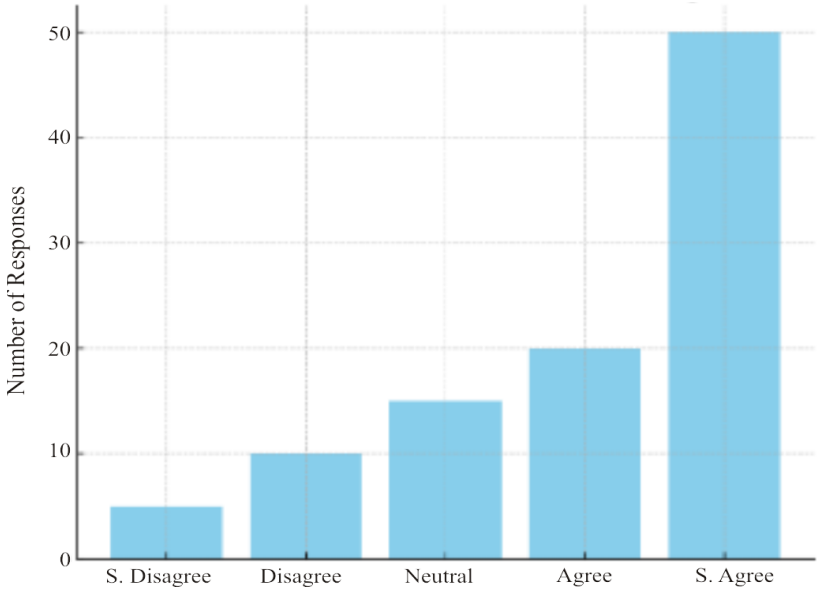

Figure 1: Bar chart showing Awareness and Knowledge on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria

The bar chart in Figure 1 indicates that the majority of respondents (50%) strongly agree with the statement about their awareness of Tridax procumbens L. Only a small percentage of respondents (5%) strongly disagree, showing a high level of awareness in the community regarding the plant and its potential health benefits. The neutral responses are at 15%, suggesting a slight uncertainty or lack of detailed knowledge, but overall, awareness is relatively high.

Table 2: Prostate Health and Use of *Tridax procumbens* L. on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State Nigeria

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total Responses

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total Responses
6. I have been diagnosed with a prostate-related issue.	10	15	30	20	25	100
7. I have used *Tridax procumbens* L. for prostate health.	20	25	30	15	10	100
8. I have noticed improvement in my symptoms after using *Tridax procumbens* L.	10	15	25	25	25	100
9. I use *Tridax procumbens* L. regularly.	15	25	30	20	10	100
10. I find it easy to prepare and use *Tridax procumbens* extract.	5	10	30	35	20	100

Usage and Diagnosis: A sizable portion of respondents (25%) have been diagnosed with prostate issues, and *Tridax procumbens L.* has been used by 10% of respondents for health purposes. However, only 10% use it regularly, which could indicate that although the plant is used by some, it may not be a staple or consistent part of the treatment regimen for all.

Effectiveness: Positive feedback is evident in the responses, with 25% reporting improvement in their symptoms after using the plant. This suggests that *Tridax procumbens L.* may have some perceived efficacy for managing prostate health.

Ease of Use: Most respondents (20%) find *Tridax procumbens L.* easy to prepare, which could contribute to its adoption as a preferred treatment.

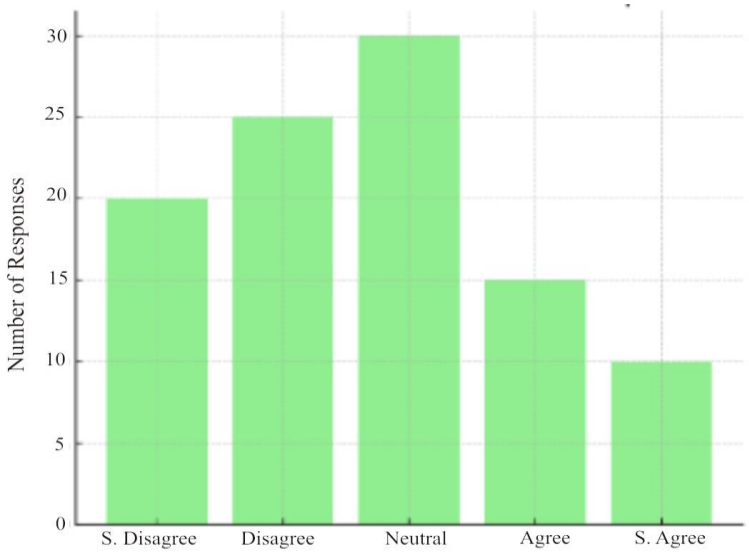

Figure 2: Bar chart indicating Prostate Health and Use of *Tridax procumbens* L. on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria

In figure 2, a significant portion of respondents (20%) strongly disagree that they use Tridax procumbens L. for prostate health, while only 10% strongly agree that they use it regularly. The neutral responses (30%) imply that while some men have heard of it, they may not consistently use the plant for prostate health. This suggests a potential gap in consistent usage despite recognition of the plant's benefits.

Table 3: Perceived Effectiveness on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total Responses
11. I believe *Tridax procumbens* L. reduces prostate symptoms like frequent urination.	5	10	20	35	30	100
12. I feel that *Tridax procumbens* L. has improved my quality of life.	5	10	25	40	20	100
13. *Tridax procumbens* L. alleviates discomfort related to prostate issues.	5	15	25	35	20	100
14. I would recommend *Tridax procumbens* L. to other men with prostate issues.	5	10	15	35	35	100
15. *Tridax procumbens* L. works better than conventional treatments for prostate health.	10	15	30	25	20	100

Perceived Efficacy: Respondents generally believe in the effectiveness of *Tridax procumbens* L. for treating prostate symptoms, such as frequent urination (65% agree or strongly agree). This reflects the plant's potential in symptom management.

Quality of Life: The plant appears to have a positive impact on the quality of life, with 60% agreeing that it has improved their condition. This aligns with the perceived symptom alleviation.

Comparison with Conventional Treatments: A significant portion of respondents (45%) think *Tridax procumbens* L. is as effective as or better than conventional treatments, suggesting a preference for the natural remedy over pharmaceutical options.

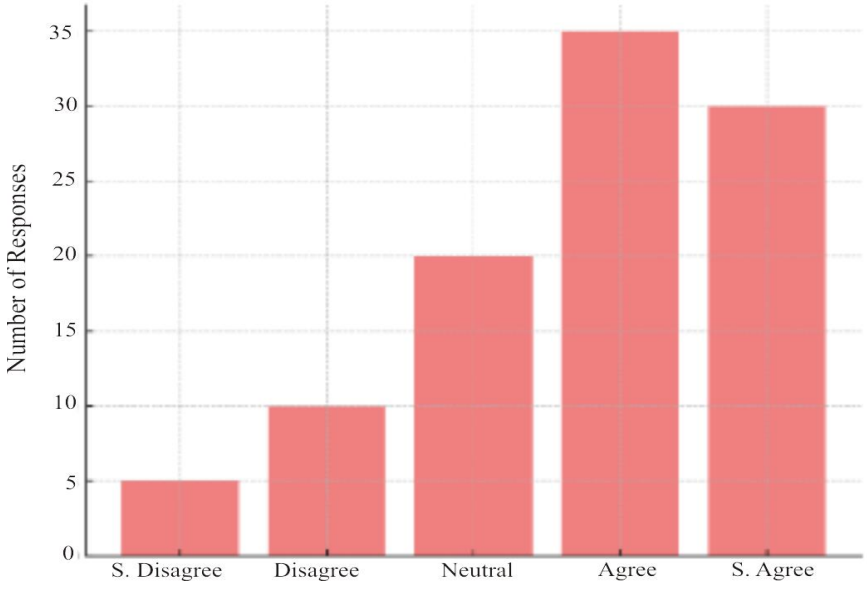

Figure 3: Bar chart showing Perceived Effectiveness on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria

The responses in Figure 3 shows that most participants (65%) believe that Tridax procumbens L. is effective for alleviating prostate symptoms like frequent urination (35% agree and 30% strongly agree). A significant portion (60%) feels that the plant has improved their quality of life, indicating a generally positive perception of its effectiveness for prostate health.

Table 4: Socio-Cultural Influences on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total Responses
16. *Tridax procumbens* L. is widely accepted in my community for prostate issues.	10	15	20	35	20	100
17. Cultural beliefs influence my decision to use *Tridax procumbens* L.	5	10	30	40	15	100
18. I would share information about *Tridax procumbens* L. with others.	5	10	25	40	20	100
19. The use of *Tridax procumbens* L. is encouraged in my community for prostate issues.	10	15	25	30	20	100

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total Responses
20. I feel comfortable using *Tridax procumbens* L. due to its traditional reputation.	5	5	20	40	30	100

Cultural Acceptance: The majority of respondents (55%) believe *Tridax procumbens L.* is widely accepted in their community, reflecting its integration into local traditional medicine practices.

Influence of Tradition: Cultural beliefs heavily influence the decision to use the plant (55% agree or strongly agree), indicating that the treatment is rooted in long-standing traditions and cultural practices.

Community Sharing and Encouragement: The majority of respondents (60%) would be willing to share information about *Tridax procumbens L.*, highlighting the potential for community-driven health interventions and natural remedy promotion.

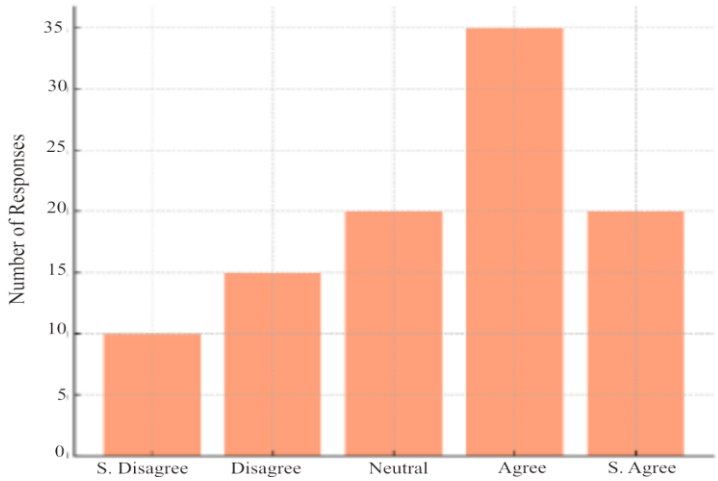

Figure 4: Bar chart showing Socio-Cultural Influences on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria

In Figure 4, the majority of respondents (55%) strongly agree that *Tridax procumbens* L. is widely accepted in their community, which suggests that its use is deeply rooted in local traditions and practices. The willingness to share information about *Tridax procumbens* L. (60%) reflects its social value and trust within the community, emphasizing the role of cultural practices in adopting traditional remedies.

Finally the results suggest a positive perception of *Tridax procumbens* L. as an effective natural remedy for prostate health among men above 45 years in Uyo Metropolis of Akwa Ibom State. While the plant is not universally used or recommended by healthcare providers, it enjoys significant cultural acceptance and trust within the community. Many men report improvement in prostate symptoms and would recommend it to others, indicating its perceived therapeutic value. These findings underscore the importance of traditional medicine in managing health issues in rural or semi-urban areas, though further clinical studies and professional endorsements may help validate its effectiveness.

DISCUSSION

Awareness and Knowledge

The findings in Table 1 show that a significant portion of respondents (50%) strongly agree that they are aware of *Tridax procumbens* L. and its potential health benefits. This high level of awareness underscores the dissemination of knowledge about medicinal plants in the Uyo Metropolis, possibly influenced by traditional healers, family traditions, and public health initiatives (Ugbogu *et al.,* 2019). The 15% neutral responses suggest that some individuals may have limited or superficial knowledge of *Tridax procumbens* L. From the bar chart, it is evident that awareness is skewed towards positive responses, with fewer participants showing disagreement. This aligns with findings from Adeniran et al. (2021), which emphasized the role of cultural practices and informal knowledge dissemination in raising awareness about medicinal plants in rural areas.

Prostate Health and Use of *Tridax procumbens* L.

The results indicate mixed usage patterns, with 20% strongly disagreeing and only 10% strongly agreeing to its regular use. While *Tridax procumbens* L. is recognized for its potential health benefits, its usage may be limited by factors such as accessibility, preparation complexity, or lack of formal medical endorsement (Chinedu *et al.,* 2020).The bar chart illustrates the central

role of neutral responses (30%), highlighting that a considerable number of individuals are aware of the plant but do not actively use it. Research by Eze et al. (2021) supports this, indicating that while traditional remedies are acknowledged, actual use is often hindered by skepticism or preference for modern treatments.

Perceived Effectiveness

The data in Table 3 reveal that *Tridax procumbens* L. is largely perceived as effective, with 65% of respondents agreeing or strongly agreeing to its efficacy in managing prostate symptoms. This is a strong indication of the plant's potential as a complementary or alternative treatment, which is consistent with pharmacological studies that highlight its anti-inflammatory and antioxidant properties (Okoye *et al.,* 2022). The bar chart clearly supports this positive perception, with minimal disagreement from respondents. Previous studies, such as those by Ogunlana and Oladejo (2021), have documented anecdotal evidence and preliminary scientific findings about the effectiveness of *Tridax procumbens* L. in treating prostate-related issues.

Socio-Cultural Influences

The responses in Table 4 emphasize the cultural acceptance of *Tridax procumbens* L., with 55% strongly agreeing that it is widely used and trusted within their community. Socio-cultural practices play a pivotal role in the adoption of medicinal plants, as traditional beliefs often guide health-seeking behaviors in rural and semi-urban communities (Amadi *et al.,* 2019). The bar chart reflects a significant cultural endorsement of *Tridax procumbens* L., corroborating findings from Nnamani et al. (2020), which highlighted the interplay between traditional medicine and cultural values in influencing health decisions. This socio-cultural support enhances the likelihood of the plant being integrated into broader healthcare practices if validated further by scientific research.

Recommendations

By implementing these recommendations, *Tridax procumbens* L. can be more effectively utilized as a resource for improving prostate health, thereby contributing to the well-being of aged men in Uyo Metropolis and beyond.

Based on the findings of the study the following recommendations are made:

(i) Further research should be conducted to scientifically validate the efficacy and safety of *Tridax procumbens* L. for prostate treatment. Laboratory and clinical trials should be prioritized to provide evidence-based recommendations for its use.

(ii) Awareness campaigns should be organized to educate the public about the potential benefits and safe usage of *Tridax procumbens* L. This can bridge the gap between awareness and usage.

(iii) Collaboration between traditional healers and modern medical practitioners is essential. *Tridax procumbens* L. could be integrated into complementary healthcare practices, ensuring its proper application and monitoring.

(iv) Governmental and non-governmental organizations should work towards standardizing the preparation and dosage of *Tridax procumbens* L. Regulations will help ensure its safe and effective use in managing prostate-related conditions.

(v) Efforts should be made to cultivate and make *Tridax procumbens* L. more accessible to the local population. Sustainable harvesting practices should be encouraged to prevent overexploitation and ensure long-term availability.

(vi) Engage local communities in the propagation and usage of *Tridax procumbens* L. Focus group discussions and workshops can help address misconceptions and provide practical guidance on its application.

(vii) Policymakers should support research and development in traditional medicine, recognizing the role of plants like *Tridax procumbens* L. in addressing public health challenges in rural areas.

(viii) Multidisciplinary approaches involving ethnobotanists, pharmacologists, and public health experts should be adopted to explore the full potential of *Tridax procumbens* L. for prostate health and other medical applications.

Conclusion

This study explored the Therapeutic Influence of *Tridax procumbens* on Prostrate Health in Men above 45 Years in Uyo Metropolis of Akwa Ibom State, Nigeria. The findings revealed that awareness of *Tridax procumbens* L. is relatively high, and it is culturally accepted as a medicinal plant. However, its usage remains limited, possibly due to a lack of formal medical endorsement and accessibility challenges. Respondents who used *Tridax procumbens* L. reported perceived effectiveness in managing prostate-related symptoms such as frequent urination, pain, and inflammation, reinforcing the plant's potential as a complementary treatment. The socio-cultural acceptance of this traditional remedy highlights its role in the healthcare ecosystem within the studied community.

Despite these findings, the gap between awareness and consistent use underscores the need for further scientific validation of its efficacy and safety. Integrating traditional remedies like *Tridax procumbens* L. into formal healthcare frameworks can enhance community health outcomes, particularly in areas where modern medical facilities are inaccessible.

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