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Title: Role of Complementary and Alternative Medicine (CAM) in building the future of the Healthcare Sector in Pakistan

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Background:

More than 70% of the developing world's population still depends on complementary and alternative systems of medicine (CAM). Despite today's advancements, a large segment of the population still depends on traditional medicine or so-called alternative medicine as the preferred form of health care. So there is a need to consider the role of complementary and alternative medicine in public healthcare.

Objective:

- To identify the population's exposure to the traditional medicine
- To explore the rich diversity of medicinal plants in Pakistan
- To identify the areas that can play a crucial role in the healthcare sector of Pakistan

Method:

A narrative review study has been conducted. Data has been collected from different articles from different search engines i.e. Google Scholar, PubMed and Science Direct. A total of 10 articles are being referenced in the main article while reading the literature involves the 150+ articles

Results:

Almost 70 species of the 430 wild species In the western part of the Himalayas had been examined. About 40% of flora species have been used for the treatment of diseases relating to Gastrointestinal (GIT). It was discovered that most of the species 12 to sixteen species) sought to deal with human and farm animals' digestive system-related issues, respectively.

Conclusion:

Pakistan has unique biodiversity, having nine major ecological zones. Due to its unique climate, the country is very rich in medicinal and endemic plants distributed in its large area. The highlands of northern Pakistan are the hot spots of biodiversity and are rich in medicinal and endemic species. These plants are still commonly used for medicinal purposes by people in their daily lives. This region, which is rich in medicinal plants, still needs more exploration and study.

Keywords:

Traditional medicine, CAM, Healthcare sector in Pakistan