

## **Abstract:**

Bangladesh is “one of the most densely populated and poorest countries in the world” (USAID, 2010). In a country like Bangladesh, where public resources are scarce, it is best to research possible solutions for common health maladies that could offer a sustainable and independent option for the Bengali people. This research focused on exploring the use of herbal remedies and traditional healers among both urban and rural populations. Fifteen individuals in two different communities were interviewed regarding their current or past health practices and, specifically, their use and belief in traditional healers, called Kobirajis, and use of herbal medicines in the home. Research was conducted with the help of student interpreters in each of 2 locations. If someone being interviewed talked about their use of a traditional herbal healer or use of herbal remedies, which herbs they used, and for which conditions/maladies. Findings indicated that rural people had increased access and belief in the positive effects of herbal remedies and healers, and urban people had less access and belief in healers and herbs. The specific reasoning for these beliefs and findings is discussed in the research. Suggestions for these findings can carry over to other fields of public health and health-seeking behaviors.