



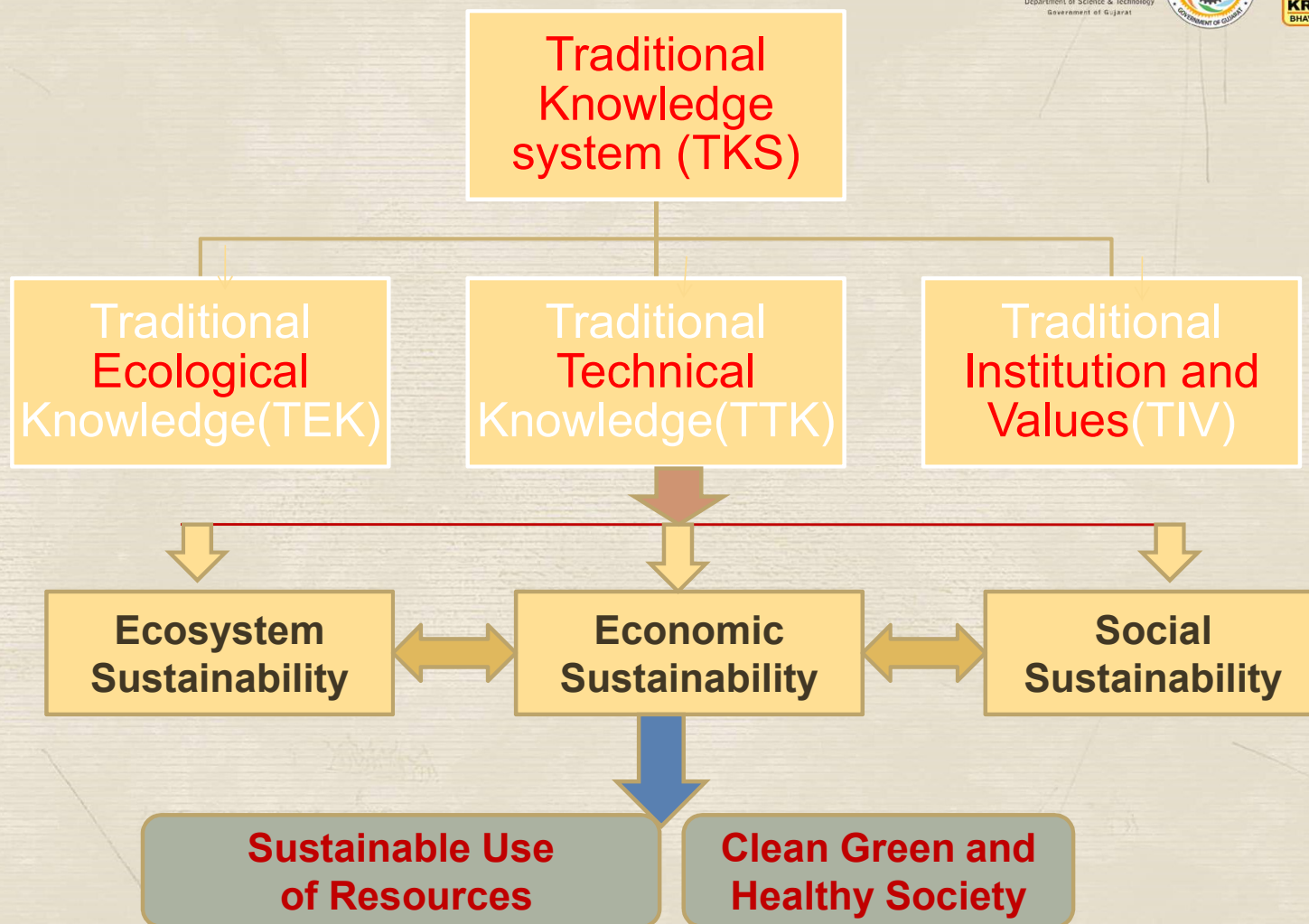
Traditional Knowledge System

What is traditional Knowledge system ???



To maintain

1. **ecological services,**
2. **management of food and fodder,**
2. **augmenting nutritional inputs,**
3. **health and sanitation,**
4. **disaster risk reduction,**
5. **climate change adaptation**



Traditional knowledge system

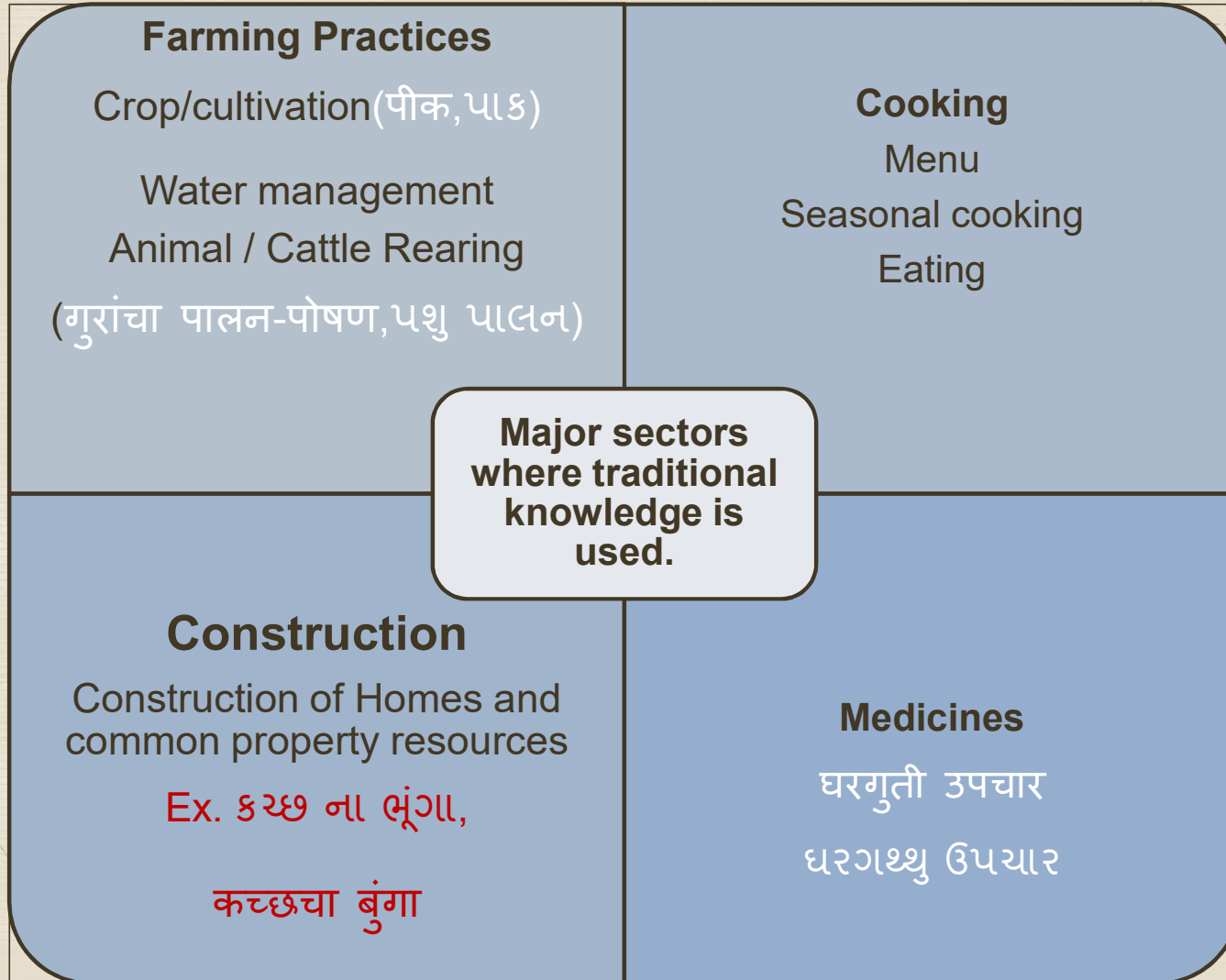
- Was the way of life and now we call it **“Dadima na Nuskha”**
- Indigenous information systems are dynamic, and are continually influenced by internal creativity and experimentation. All the TKS evolved locally to cater local environmental and socio-cultural condition and a larger section of people has fair idea and knowledge about this (ex. **Khakhara**).

Traditional Environmental Knowledge (TEK)

with uses of natural resources, like use wild edible, uses of different clay in pottery, use of different plants parts for different purposes are considered

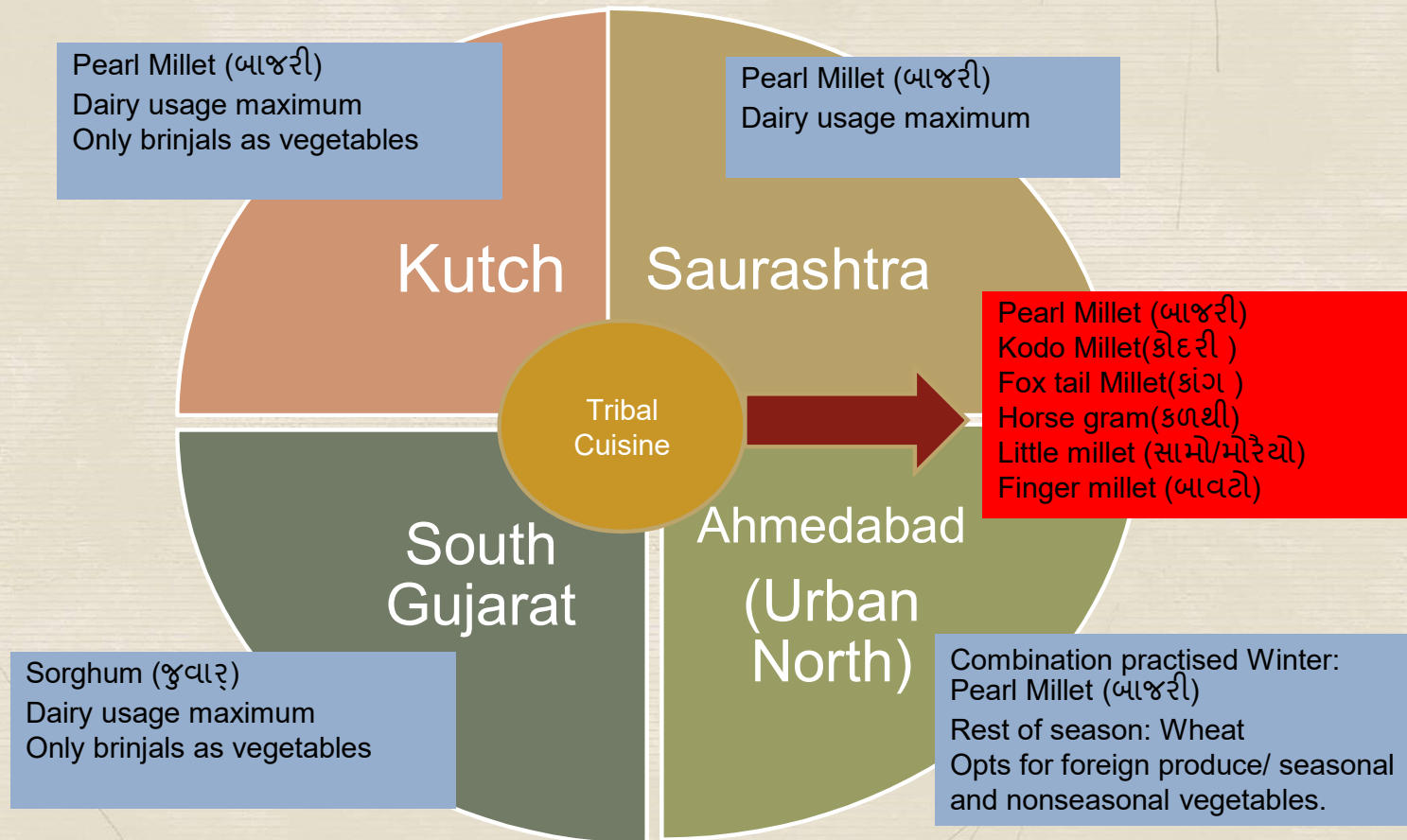
Traditional Technical Knowledge (TTK)

design and development of tools and gears to perform different activities, like traditional tools and implements in agriculture, fishery/fishing, handloom and handicraft



Scope in the State of Gujarat

Different cuisines in different parts of Gujarat state.



Millet s are Earth friendly grains, for farmers to grow and for soil to support.

Some typical tribal foods



- ◆ Prickly Pear (ફીસલ)
- ◆ **Prickly pear**, also called **nopal**, any of several species of flat-stemmed spiny cacti of the Genus Opuntia (family- Cactaceae) and their edible fruits. Prickly pear cacti are native to the Western Hemisphere.
- ◆ Several are cultivated, especially the Indian fig (*O. ficus-indica*), which is an important food for many peoples in tropical and subtropical countries.
- ◆ Engelmann prickly pear (*Opuntia engelmannii*)
Grant Heilman Photography.

Bel nu sharbat (Gujarat & Rajasthan)

- ◆ Jamboo sharbat
- ◆ Kokam Sharbat



- ◆ *Aegle marmelos* L., bael (or *bili* or *bhel*), also Bengal quince, golden apple, Japanese bitter orange, stone apple or wood apple,
- ◆ Cooling of the whole system during summers being so rough and hard in both the states.



- * Control Cholestrol
- * Relieve Constipation
- * Reduce Skin Rash
- * Increase Breast Milk
- * Purify Blood
- * Control Diabetes
- * Antimicrobial Properties
- * Anti-Inflammatory Properties





Eat Drumstick as Food & Medicine

Did you know that Drumstick leaves contains

4 times more Vitamin A than Carrot
4 times more Calcium than Milk
2 times more Iron than Spinach
7 times more Vitamin C than Oranges
2 times more Protein than Yogurt
0% Cholesterol



Moringa oleifera is the most widely cultivated species in the genus *Moringa*, the only genus in the plant family Moringaceae. Common names include **moringa** or **Sargavo** and **drumstick tree**.

Plant parts used for different purposes regionally



Gunda Pickle – *Cordia obliqua*/ clammy berries

Culinary Uses

- ✓ Gunda is taken as food and the immature fruits are pickled and are also used as vegetable.
- ✓ Gunda is used in making chutneys which are served with rice or dosas in Southern part of India.
- ✓ Gunda imparts sour tastes in many Andhra based cuisine and recipe.

Health benefits

- ✓ Gunda is studied to have anti diabetic properties .
- ✓ The plant is used for treatment for delaying effects of aging on skin.
- ✓ It is useful in the cough, chest diseases and also provides relief from severe colic pain.

Earthquake safe construction systems



The typical traditional dwellings of the Kutch region; the bhungas, that have withstood the test of time for centuries and have also withstood earthquakes,.

their circular form, which is very good in resisting lateral forces of earthquakes. Moreover, their wattle and daub constructions, especially where wood is used as reinforcement for the wall, has proved to be very effective.

Its worth mentioning that bhungas are not only earthquake safe, they also demonstrate sensitive understanding of locally available resources, climatic conditions and spatial requirements of people. In fact, all these factors play an important role in the evolution of vernacular architecture at any given place.