



# SNS COLLEGE OF ENGINEERING



Kurumbapalayam(Po), Coimbatore – 641 107

Accredited by NAAC-UGC with 'A' Grade

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## Department of AI &DS

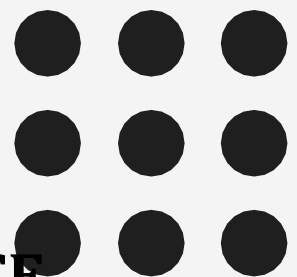
Course Name – 19AD602 DEEP LEARNING

III Year / VI Semester

Unit 5-Traditional Knowledge in Different Sectors

**Topic:**Traditional societies depend on it for their food and healthcare needs

GULSHAN BANU.A/ AP/AI AND DS /Traditional societies depend on it for their food and healthcare needs/SNSCE





Traditional societies have long depended on local knowledge systems to meet their basic needs, including food and healthcare. These societies often rely on practices passed down through generations, rooted in the natural environment around them. In terms of food, traditional societies typically grow crops, hunt, and gather based on deep knowledge of local ecosystems, seasonal patterns, and soil conditions. They often practice sustainable farming methods, such as crop rotation, polyculture, and agroforestry, to ensure long-term food security while maintaining environmental balance. The reliance on local, seasonally available foods not only supports health but also fosters a sense of cultural identity, with food playing a central role in community rituals, social gatherings, and traditions.



Healthcare in traditional societies is equally reliant on the knowledge of local plants, animals, and natural remedies. Traditional medicine, passed down through generations of healers, involves the use of herbs, minerals, and other natural substances to treat common ailments. These healing practices are deeply intertwined with cultural beliefs and worldviews, often incorporating spiritual and ritualistic elements alongside physical treatments. For example, indigenous societies might use medicinal plants for pain relief, fever reduction, wound healing, and digestive issues, and the knowledge of these plants is often shared orally among community members. In many instances, the effectiveness of these remedies has been confirmed through trial and error over generations, making them reliable options for healthcare in these communities.

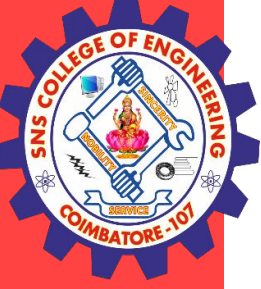


In traditional societies, healthcare is often community-based, with roles such as shamans, herbalists, and midwives providing primary care. These healers play an integral role in maintaining the health and well-being of their communities. They are deeply trusted not only for their knowledge of medicinal plants but also for their understanding of the body, illness, and healing practices within the cultural context. The healing process is not just about physical treatment but also about restoring balance and harmony within the person and their surroundings. In this way, traditional healthcare systems are holistic, addressing the mind, body, and spirit, which contrasts with the often compartmentalized approach of modern medicine.



Food security and healthcare in traditional societies are also closely linked to sustainability and self-sufficiency. By relying on local and renewable resources, these societies have developed systems that are adaptive to the local environment, reducing the need for external input. Traditional farming practices emphasize biodiversity and resilience, which help protect food systems from environmental shocks. Similarly, traditional medicine often promotes preventive care, with an emphasis on healthy lifestyles, nutrition, and maintaining balance within the environment. These systems ensure that communities can continue to meet their food and healthcare needs even in times of scarcity or crisis, reinforcing the resilience of the society as a whole.

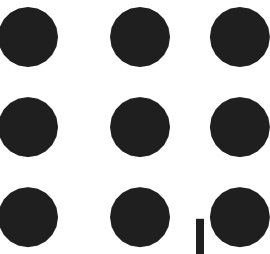




Despite the undeniable value of traditional knowledge, these systems are under threat from modernity, globalization, and environmental changes. The introduction of industrial agriculture and modern medicine has led to the erosion of many traditional practices, often leading to a loss of cultural identity and self-reliance in rural communities. However, there is growing recognition of the importance of preserving traditional knowledge, particularly in the face of climate change and the limitations of modern systems. Efforts to document, protect, and integrate traditional knowledge into contemporary practices offer a path forward, ensuring that traditional societies can continue to rely on these systems for their food and healthcare needs while benefiting from modern advancements.



**Traditional societies depend on it for their food and healthcare needs**



**THANK YOU**