



# SNS COLLEGE OF ENGINEERING

Kurumbapalayam (Po), Coimbatore – 641 107

## An Autonomous Institution

Accredited by NBA – AICTE and Accredited by NAAC – UGC with 'A' Grade  
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai



## DEPARTMENT OF COMPUTER SCIENCE AND DESIGN

COURSE NAME : 19MC003 ESSENCE OF INDIAN TRADITIONAL KNOWLEDGE

III YEAR / VI SEMESTER

Unit V- Traditional Knowledge in Different Sectors

Topic 4 : Traditional societies depend on it for their food and healthcare needs,



## Introduction

Title: What Are Traditional Societies?

Content:

- Definition of traditional societies.
- Characteristics: reliance on local resources, indigenous knowledge, and community practices.
- Importance of sustainability and self-sufficiency.



## Food Security in Traditional Societies

- Title: Food Sources in Traditional Societies**

- Content:**

- Agriculture: Small-scale farming, use of heirloom crops.
- Hunting & Gathering: Traditional methods of sourcing food from the wild.
- Livestock: Importance of animals for food, labor, and clothing.
- Local Ecosystems: Sustainable practices such as crop rotation and conservation of biodiversity.



## Healthcare in Traditional Societies

- Title: Traditional Healthcare Practices
- Content:
  - Herbal Medicine: Use of local plants and herbs for treating illnesses.
  - Healing Rituals: Spiritual and cultural healing practices.
  - Community Care: The role of elders and healers in maintaining health.
  - Preventive Health: Natural remedies, diet, and lifestyle choices.

## Interdependence of Food and Healthcare

- Title: How Food and Healthcare Are Linked
- Content:
  - Healthy diets derived from locally grown food contribute to better immunity and health.
  - The role of community knowledge in maintaining both food security and health.
  - Examples of how traditional societies prevent diseases through food choices and natural remedies.



## Challenges Faced by Traditional Societies

- Title: Challenges to Sustainability
- Content:
  - Climate Change: Impact on farming and resource availability.
  - Globalization: Shift towards modern diets and healthcare systems.
  - Loss of Knowledge: Erosion of traditional knowledge due to modernization.
  - Health Risks: Challenges in preventing diseases with limited healthcare infrastructure.

## Case Studies

- Title: Examples of Traditional Societies Around the World
- Content:
  - The Maasai of East Africa: Their reliance on cattle for food and healthcare practices.
  - Indigenous Communities in the Amazon: Use of medicinal plants and biodiversity conservation.
  - The Amish Community: Self-sufficient food production and traditional healthcare methods.



## Conclusion

- Title: The Importance of Preserving Traditional Practices
- Content:
  - Traditional societies offer valuable insights into sustainable living.
  - The integration of traditional knowledge with modern healthcare and food systems can lead to more holistic solutions.
  - Importance of preserving biodiversity and cultural heritage to support traditional societies.



Any Query????

Thank you.....