

## Annexure- VI

Course Title: Plants in the Indian Traditional System of Knowledge Credits 2=0-0

### Course objectives:

The purpose of this course is to explore the intricate relationship between plants and humans such that the students should be able to understand the concept of the Indian system of traditional medicines, cultural significance and conservation of traditional knowledge of plants in different Indian societies.

### Course outcomes:

Upon the successful completion of this course, students should be able to:

- 1) Learn about the relationships between people and plants, including how plants are used in traditional cultures.
- 2) Explore the traditional use of plants for healing ailments.
- 3) Understand the cultural significance of plants by learning how plants play a vital role in cultural rituals, ceremonies, and folklore.
- 4) Learn about the traditional culinary uses of plants and their importance in local cuisines.
- 5) Explore plants' spiritual and religious significance in traditional belief systems and shamanic practices.
- 6) Explore the traditional harvesting, cultivation, and conservation methods to ensure the sustainable use of plant resources.

### Syllabus

#### Unit 1: Traditional Systems of Knowledge in Plants

Overview of indigenous cultures and their relationship with plants; Importance of traditional plant knowledge in indigenous cultures of India; Traditional System of Medicine (TSM) in India and its importance.

Introduction, Concept and Principles of Ayurveda; Some important plants of Ayurveda and their utilisation (*Aconitum heterophyllum*, *Cinnamomum tamala*, *Embolica officinalis*, *Elettaria cardamomum*, *Glycyrrhiza glabra*, *Picrorrhiza kurroa*).

#### Unit 2: Ethnobotany and Cultural Significance of Plants

Concept of herbalism and its significance. Traditional medicinal plant knowledge and its role in healthcare; Symbolism and mythology associated with plants; Indigenous perspectives on plant-human relationships; Local health traditions.

Ethno medicines; Ethnobotanical plants of Jammu & Kashmir (*Acacia catechu*, *Achyranthes aspera*, *Acorus calamus*, *Azadirachta indica*, *Butea monosperma*, *Cannabis sativa*, *Centella asiatica*, *Justicia adhatoda*).

#### Unit 3: Traditional Plant Conservation and Protection

Threats to traditional plant knowledge and ways to mitigate them; Sacred Groves; Protection of traditional knowledge bill, 2016. Intellectual property rights about traditional knowledge and culture.

Bio-piracy; Strategies to protect the indigenous knowledge system; Geographical Indicators (GI); Access and benefit sharing

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### Suggested Readings:

- 1) Kunwar, R.M., Sher, H., & Bussmann, R.W. (Eds.) (2021) Ethnobotany of the Himalayas. Springer Nature
- 2) Sharma, S and Kumar, R.J. (2021). Sacred groves of India. repositories of a rich heritage and tools for biodiversity conservation. For. Res. 32, 899-916  
<https://doi.org/10.1007/s11676-020-01183-x>.
- 3) Oommen, O.V., Laladhas, K. P., Nelliya, P., & Pisupati, B. (Eds.) (2023) Biodiversity Conservation Through Access and Benefit Sharing (ABS). Himalayas and Indian Sub-Continent. Springer Nature.
- 4) Singh, M.P., Srivastava, J., and Pandey, S.N. (2003). Indigenous Medicinal Plants, Social Forestry, and Tribals. Daya Books.
- 5) Indian Medicinal Plants (Vol 1- 4) by K.R. Kirtikar and B.D. Basu (2006)
- 6) Handbook of Ayurvedic Medicinal Plants by L.D. Kapoor (2005).
- 7) Godagama (2004). The Handbook of Ayurveda Shantha, Bishen Singh Mahendrapal Singh, Dehradun.
- 8) Jain, S.K. (1989). Methods and approaches in Ethno-botany. Society of Ethnobotanists CDRI, Lucknow. Pp.127-128.
- 9) V.V. Sivarajan and I. Balachandran (1994). Ayurvedic Drugs and their Plant Sources by Oxford & IBH.
- 10) A.K. Sharma (2006). Globalization of Herbal Health. Recent Progress in Medicinal Plants Vol.12.

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