



डॉ. शेखर चिं. मांडे

एफएनए, एफएएससी, एफएनएएससी

सचिव

वैज्ञानिक और औद्योगिक अनुसंधान विभाग, तथा  
महानिदेशक

**Dr. Shekhar C. Mande**

FNA, FASc, FNASc

Secretary

Department of Scientific & Industrial Research, and  
Director General



भारत सरकार

विज्ञान और प्रौद्योगिकी मंत्रालय

वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद्

वैज्ञानिक और औद्योगिक अनुसंधान विभाग

Government of India

Ministry of Science and Technology

**Council of Scientific & Industrial Research**

Department of Scientific & Industrial Research

### Foreword

It gives me immense pleasure to congratulate CSIR-NISCAIR for bringing out a Special Issue of Indian Journal of Traditional Knowledge (IJTK), focused on the importance of traditional knowledge in our war against the global pandemic COVID-19. CSIR-NISCAIR is a premier CSIR institute recognized at global level for its engagement for science communication, science popularization and inculcation of scientific temper. CSIR-NISCAIR has always stood apart in disseminating S&T information to the public in general, and school children in particular to arouse interest in science among them. It has a large portfolio of scholarly peer-reviewed research journals. CSIR-NISCAIR also publishes the aforementioned interdisciplinary journal titled 'Indian Journal of Traditional Knowledge' (IJTK) to showcase the rich biodiversity of India and the traditional knowledge based upon its usage for human benefit. The journal covers the traditional use of raw materials of plant, animal and mineral origin which are available in the country, and relevant technologies for community benefit with specific interest to the rural population.

The articles published in this Special Issue have extensively discussed the management of COVID-19 using traditional medicines especially Ayurveda and Unani. Identification of therapeutic targets for controlling COVID-19 through Ayurvedic system of medicines is one of the main highlights of this issue. This issue further informs about the immunity boosting potential of turmeric pickle, which is prescribed for its rich source of therapeutic probiotics. Yoga, mindfulness and structured exercise protocols have also been established to be very effective in coping with the COVID-19 crisis.

I hope that this Special Issue is going to strengthen the role and importance of traditional knowledge and traditional medicine systems in overcoming the ongoing pandemic, though detailed scientific research is still needed to validate the outcomes.

(Dr Shekhar C Mande)

Director General

Council of Scientific & Industrial Research

New Delhi-110001

