



Sustainable Cultivation of Medicinal Plants



Dr. Sandhya R S





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The human being in the modern world spends millions of money for the healthy life and lives an unhealthy life still. The technological innovations, medicines and the treatment methods developed in the area of health was even envisioned to secure a healthy life but in a sense, could not assure the same. The health experts repeatedly admit that the health is not secured by the treatment we take up but by the lifestyle, food, nutrition, exercise and the attitude towards life. The health secret of the ancient man was connected to his life style and secured by the nature. There were medicinal plants, as part of their life as food, medicines, perfumes, and rituals. The nature itself was his hospital, doctor and the treatment. The forgotten wisdom must be regained and these medicinal plants must be secured before the extinction. This book is about the wonderful medical system which was forgotten but still there and an effort to remind the world to take up initiatives to regain it. It is just not a report on how forty families had their organic farming to cultivate certain medicinal plants, but a guidance to the Kerala society about its medical future. It urges to go back to the nature and find the cure, treatment and a healthy life in the medicinal plants around us.

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