



Indian Journal of Traditional Knowledge



22/9/26
SB



<https://niscpr.res.in>

राष्ट्रीय विज्ञान संचार एवं नीति अनुसंधान संस्थान
NIScPR
NATIONAL INSTITUTE OF SCIENCE COMMUNICATION AND POLICY RESEARCH

CSIR-National Institute of Science Communication
and Policy Research
New Delhi, INDIA

Indian Journal of Traditional Knowledge

<https://niscpr.res.in>

VOLUME 25
CODEN: IJTKB7

NUMBER 8

AUGUST 2026
ISSN: 0972-5938 (Print)

CONTENTS

Review

- Benincasa hispida* (ash gourd) a mighty future crop, it's saga from folk tales and traditional implications to modern applications: A review 727
Bakshi Priyanka, Raghavendra Sathyanarayana, Hulegaru Channakeshava Chaya, Kurupalli Ramanjappa Mohan, Dattatreya Govindan, Deepika Halekalyadi Ananda & Paramesha Mahadevappa

Papers

- Medicinal plants used by traditional health practitioners for paediatric ailments in Thaba 'Nchu, Free State, South Africa 740
Shudufhadzwani Ndou, Brian Ngoben & Idah T Manduna
- An ethnobotanical study of traditional recipes used in the peripheral villages of the Ghurdauri region, Uttarakhand, India 753
Manvi Rawat & Mamta Baunthiyal
- Role of *Basti*, *Nasya* and allied therapies for improving quality of life in oral cavity cancer patients post conventional treatment 768
Sadanand Prabhakar Sardeshmukh, Arvind Vishnu Kulkarni, Vineeta Vasant Deshmukh, Shweta Rakesh Gujar, Sushrut Sadanand Sardeshmukh, Nilambari Sushrut Sardeshmukh, Anjali Aniruddha Deshpande, Vasanti Rajesh Godse, Swapna Jaideep Kulkarni, Dhananjay Ravindra Deshpande, Vinita Sanjog Awalkanth, Suchita Kishor Shiraskar, Abhishek Sumant Salunkhe, Sushama Sumeet Shivgankar & Sandeep Bhagwan Chavan
- Pharmaceutico-analytical standardization, characterization, and clinical evaluation of sedative and hypnotic effects of *Roghan Banāfshā* (*Viola odorata* oil) in patients with primary insomnia 781
Athar Parvez Ansari, N Zaheer Ahmed, Mary Shamyia Arokiarajan, Achintya Kumar Mandal & Hafiz Mohd Aslam
- Comparative evaluation of different treatment regimens for managing polycystic ovarian syndrome: A long-term, prospective observational study 792
Shalini Singh, Vedpriya Arya, Rajesh Kumar Mishra & Satyendra Kumar Rajput
- A double-blind, randomized, placebo-controlled study on the efficacy of standardized processed Ashwagandha root powder in alleviating stress and anxiety with reference to sleep quality, testosterone, and hGH levels 804
Harish Kumar Singhal, Pradeep Kumar Prajapati, Govind Prasad Gupta, Brahmanand Sharma, Devendra Chahar, Bhanupriya Choudhary, Neetu Sharma, Anupam Trehan[†], Manoj Verma & Anurag Gupta
- Amomum aromaticum* prebiotic-like polysaccharides enhance yeast fermentation and antioxidant profile of traditional rice beer - '*kiad*' 815
Darity Hynniewta, Bakmenlang Rani & Vedant Vikrom Borah
- Coracle: the living heritage of migratory fishermen of Kerala 826
Swetha K C, Jayalakshmi K J & Sreekanth G B
- Traditional beliefs and practices of Muga silkworm rearing: An exploration and validation in Assam, India 836
Priyakhi Bhuyan, Indrajit Barman & Arup Kumar Sarma
- Author Index 843
- Subject Index 844