

## PREFACE TO THE EDITION

We are pleased to present the latest issue of the **International Journal of History and Archaeology Research Studies (IJHARS)**, a publication committed to the advancement of scholarly inquiry into the multifaceted dimensions of the human past. This issue brings together a diverse and thought-provoking collection of articles that traverse time, space, and discipline, offering deep insights into ancient civilisations, indigenous systems of knowledge, cultural developments, and the evolution of human practices.

The opening article delves into the profound role of Indigenous medical knowledge in pre-colonial India, shedding light on the enduring legacy of systems like Ayurveda and Siddha. Through a critical analysis of historical texts and practices, this piece challenges long-standing Eurocentric narratives and elevates indigenous traditions as sophisticated and scientifically grounded frameworks of health and healing.

Our exploration then expands to Mesoamerica, where the study on the Mayan civilisation examines the intricate relationship between environment, adaptation, and socio-political complexity. This comprehensive work not only celebrates the Maya's architectural and agricultural ingenuity but also reflects on their relevance to current discourses on sustainability and climate resilience.

Turning to the Indian subcontinent, we feature a powerful investigation into the Pandya Dynasty, highlighting their influence during the Sangam era—a golden period for Tamil identity, literature, and temple architecture. This is complemented by a study of the Chera Dynasty, where maritime trade, cultural pluralism, and administrative innovation converge to illustrate the dynastic contributions to regional and international histories.

Bridging the historical with the cultural, our final article provides a sweeping narrative of the evolution of sports across time and continents. From ancient rituals to global competitions, this work encapsulates the transformative power of sports as both a cultural mirror and a unifying force across societies.

Together, the articles in this issue underscore the journal's dedication to interdisciplinary, critical engagement, and global perspective. We extend our sincere gratitude to the authors for their rigorous research and to our reviewers for their insightful feedback. It is our hope that these contributions will inspire continued dialogue and discovery among scholars, practitioners, and readers worldwide.

Dr. Vinodkumar Kallolickal,  
Chief editor

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