

Ancient wisdom, modern solutions:

Indigenous knowledge as the foundation of a circular Nepal.

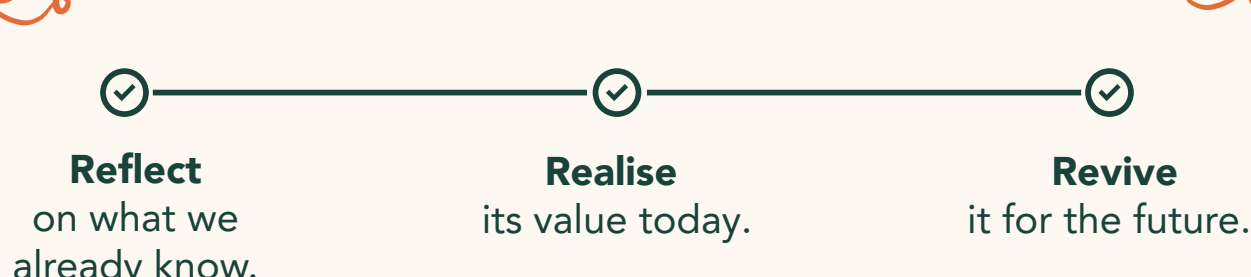
The Circular Economy is often viewed as a Western concept, but it has actually existed in Nepal for generations.

Nepal's 59 Indigenous communities have long been the protectors of mountains, forests, rivers, and ecological balance.

The 5 core principles



The 3-step strategy



Everyday materials

Bamboo & clay

The tradition
Creating baskets and pottery that safely return to the earth.

Why it's Circular

- Local loop**
Extracted, used, and returned to the same ecosystem.
- Zero waste**
Broken pots naturally decompose or are reused in construction.
- Low energy**
Handmade processes skip industrial manufacturing.

Modern lesson

Replace single-use plastics with natural materials and build modern repair systems.

Health systems

Sowa Rigpa, Amchi & Baidhya Ayurveda

The tradition
Ancient healers (Amchis) using Himalayan herbs and minerals.

Why it's Circular

- Sustainable harvesting**
Only mature plants are collected; young plants regenerate.
- Biodiversity management**
Preventing overharvesting through species knowledge.
- Renewable knowledge**
Practices continuously passed down.
- Composting and biomass**
Leftover plant material from harvesting is often returned to the soil as compost, maintaining soil fertility.

Modern lesson

Combine traditional medicine with formal healthcare to scale sustainably.

Urban water

Hitis

The tradition
Around 300 ancient stone spouts in Kathmandu Valley, functioning for over 1,500 years.

Why it's Circular

- Long-life infrastructure**
Built to last centuries.
- Passive design**
Works completely without electricity.
- Integrated ecosystems**
Connected to canals, ponds, and groundwater.

Modern lesson

Combine traditional medicine with formal healthcare to scale sustainably.

Natural resources

Cow Dung

The tradition
Using cow dung in rural households for fuel, flooring, and natural fertiliser.

Why it's Circular

- Closed-loop system**
Waste from livestock is reused directly in homes and farms.
- Zero waste**
Nothing is discarded. Dung is used for biogas, compost, or building material.
- Regenerative use**
Enriches soil health, supporting continuous agricultural cycles.
- Low impact**
Reduces reliance on chemical fertilisers and fossil fuels.

Modern lesson

Turn organic waste into valuable resources through composting, biogas, and regenerative farming systems.

The formula for the future



ABOUT

Roots of Circularity (RoC) Nepal is an innovative, educational project with the aim of developing a strong and engaging ecosystem for the Circular Economy in the country.