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## HEALTH PROSPECTS OF ORGANIC FARMING – A STUDY WITH SPECIAL REFERENCE TO CUDDALORE DISTRICT

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### ABSTRACT

**O**rganic product are grown under an agriculture practice where chemical fertilizers and pesticides are not used hence it is an environmentally friendly and socially answerable step. This method of farming preserves the regenerative potential of the soil maintains good plant nutrition and does not harm the environment. Higher level of vitamin C and phenolic compounds in organic plant products as well as higher levels of omega 3 fatty acids and conjugated lenoleic acid in milk from organically raised animals. Recent human epidemiological studies associated consumption of organic foods with lower risks of allergies. Whereas findings of human intervention studies were still ambiguous. Organic food is better for animal nutrition and promotes the working life of live stock. Organic food promotes the strength and stamina among the human body.

**KEYWORDS:** Health prospects, Organic product, Fertilizers, Pesticides, Regenerative, Allergies.

### INTRODUCTION

Health effect of organic farming are about the strongest motives for consumers to buy organic products. A food may be termed organic if there are no chemical fertilizers

used to grow it. Only natural pest killers such as green manure (manure derived from plants) compost are used, there is no use of genetically modified organisms/seeds, there is no irradiation used to keep the fruits and vegetables from spoiling. From the farm workers who do the valuable work of growing food, to the waterways from which we drink, the air we breathe, and the food we eat. Organic food can feed us and keep us healthy without producing the toxic effects of chemical agriculture. Health prospects

of organic farming includes organic food contain more nutrients, Antibiotic resistance capacity of organic food, greater antioxidant value, safer and good for health, organic food tastes better than non organic food, protection of human immune system, certified organic products is free from pesticide residue, prevention of children from pesticide exposure, strengthening quality of food, production of variety of food and organic food promote the strength and stamina among the



human body.

**REVIEW OF LITERATURE:** Recent human epidemiological studies associated consumption of organic foods with lower risk of allergies. In recent years two in vitro studies have been published comparing health – related properties of organic vs conventional foods

The first study analyzed antioxidative and antimutagenic activity of organically Vs conventionally produced green vegetables (Chinese cabbage, spinach, welsh onion and green pepper). The authors found anti oxidative activity in the organic vegetables to be much higher than that in the conventional ones. Moreover organic vegetables juices exhibited significantly stronger suppressive effects against mutagens.

The second study compared the effects of extracts from organically and conventionally grown strawberries on the proliferation of colon and breast cancer cells .The results showed higher anti proliferative activity of extracts from organically grown strawberries on both the type of cancer cells which was probably due to a higher content of secondary metabolites with anticarcinogenic properties in these fruits. The results suggest a possible mechanism by which organic foods could reduce human cancer risks

Derek H. Lynch, Rod MacRae and Ralph c. Martin (2011) analyzed about 130 studies to compare farm-level energy use and global warming potential (GWP) of organic and conventional production sectors. With reference to tillage, compost, soil Car ban sequestration and energy offsets were also reviewed.

Charalampos Konstantinidis (2014) shows that organic farms in Europe display characteristics associated with capitalist agriculture. Organic farms are larger and more mechanized than conventional farms. Furthermore, organic farms are associated with wage- labor and use less labor per hectare than their conventional counterparts, casting doubt on the efficiency of organic farming in increasing labor demand in marginalized communities and acting as an effective tool for keeping rural residents in the countryside. These results present us with evidence of the conventionalization of organic farming, and with a significant case of green washing of capitalist structures of production

### OBJECTIVES OF THE STUDY

1. To find out the health prospects of organic farming
2. To exhibit the farm size respondents rating on health prospects of organic farming
3. To offer suggestions on the basis of the study.

### METHODOLOGY:

The methodology used for the study is identified partly exploratory in nature and partly analytical in nature. The data was collected from 10 villages in Cuddalore district. In this study area the researcher selected 364 households. A detailed analysis is made by taking information from the farm households by employing a well structured interview schedule. The collected data were presented by means of tables, and extensive use of Percentages, Averages, Mean score and Anova Two way model are the statistical tools used for analysis

### ANALYSIS AND DISCUSSION

Health Prospects of Organic Farming: This section deals with respondents' rating on health prospects of practicing organic farming. It can be assessed with the help of 13 factors on a 5 point rating scale. These include prevention of children from pesticide exposure organic food tastes better than non organic food, organic food contain more nutrients, organic food promotes the working life of livestock, greater antioxidant value, production of variety of food, organic food is better for animal nutrition, certified organic products is free from pesticide residue, antibiotic resistance capacity of organic food, organic food promote the strength and stamina among the human body, strengthening quality of food, safer and good for health and protection of human immune system.

**Farm Size Respondents' Rating on Health Prospects of Organic Farming**

Variables	Marginal	Small	Medium	Large	Mean
Organic food contain more nutrients	3.40	3.59	4.18	4.20	3.84
Organic food is better for animal nutrition	2.55	2.69	3.63	3.88	3.18
Antibiotic resistance capacity of organic food	2.26	2.40	3.34	3.59	2.89
Greater antioxidant value	2.89	3.03	4.00	4.10	3.52
Safer and good for health	2.14	2.20	2.51	2.62	2.34
Organic food tastes better than non organic food	3.53	4.02	4.20	4.22	4.08
Protection of human immune system	2.12	2.15	2.39	2.48	2.26
Certified organic products is free from pesticide residue	2.35	2.49	3.43	3.68	2.98
Prevention of children from pesticide exposure	4.06	4.14	4.21	4.23	4.15
Strengthening quality of food	2.24	2.36	2.67	2.86	2.50
Production of variety of food	2.71	2.85	3.79	4.04	3.34
Organic food promotes the working life of livestock	3.04	3.14	4.10	4.14	3.63
Organic food promote the strength and stamina among the human body	2.36	2.50	2.96	3.10	2.72
Average	2.74	2.89	3.49	3.63	3.19

Source: Computed from the primary data

ANOVA

Source of Variation	SS	df	MS	F	F crit
Variation due to health prospects of organic farming	18.29142	12	1.524285	29.72146	2.032703
Variation due to farm groups	7.448415	3	2.482805	48.41127	2.866266
Error	1.846285	36	0.051286		
Total	27.58612	51			

Data presented in table indicate the farm wise respondents' rating on health prospects of organic farming. The large farm respondents' rank the first position in their overall rated health prospects behind the cultivation of organic crops as per their secured mean score of 3.63 on a 5 point rating scale. The medium farm respondents' record the second position in their overall realized health prospects of organic farming as per their secured mean score of 3.49 on a 5 point rating scale. The small farm respondents' rank the third position in their overall perceived health prospects behind the cultivation of organic crops as per their secured mean score of 2.89 on a 5 point rating scale. The marginal farm respondents come down to the last position in their overall observed health prospects of organic farming as per their secured mean score of 2.74 on a 5 point rating scale.

The an ova two way model is applied for further discussion. At one point, the computed an ova value 29.72 is greater than its tabulated value at 5 per cent level significance. Hence, the variation among the health prospects of organic farming is statistically identified as significant. In another point, the computed an ova value 48.41 is greater than its tabulated value at 5 per cent level significance. Hence, the variation among the farm groups is statistically identified as significant.

It could be seen clearly from the above discussion that the large farm respondents rank the first position in their overall observed health prospects of practicing organic farming, medium farm respondents' the second, the small farm respondents' the third and marginal farm respondents' the last.

**LIMITATION**

1. The findings of the study relate to only organic farming system.
2. The study region confines only to the Cuddalore district
3. The study covers mainly Farm size respondents' rating on health prospects of organic farming

**FINDINGS:**

The findings of respondents rating on health benefit of practicing organic farming reveal the following facts. The respondents' rate the high level health prospect behind the adoption of organic farming by citing the events of prevention of children from pesticide exposure, organic food tastes better than non organic food, organic food contain more nutrients than the conventional food, organic food promotes the working life of livestock and greater anti oxidant value as per their secured mean score above 3.50 on a 5 point rating scale. The respondents' rate the moderate level health prospects of organic farming by stating the benefits of production of variety of food, organic food is better for animal nutrition, certified organic products is free from pesticide residues, antibiotic resistance capacity of organic food, organic food promotes the strength and stamina among the human being, strengthening quality of food as per their secured mean score in the range of 2.50 to 3.50 on a 5 point rating scale. The respondents' rate the low level health prospects of practicing organic farming by citing the advantages of organic food is safer and good for health and protection of human immune system as per their secured mean score below 2.50 on a 5 point rating scale.

**SUGGESTIONS AND CONCLUSION****SUGGESTIONS**

1. There is a need to establish separate research center for health prospects of organic farming in different parts of the country
2. There is a need to establish specific rural communication network of the block level with a view to disseminate the information relating to health prospects of organic farming
3. The farmers should be made aware of interacting components and their linkages in health prospects of organic farming system through conducting special training program me.

**CONCLUSION:**

Organic farming can provide quality food without adversely affecting the soil's health and the environment. There is a need to identify suitable crops/products on regional basis for organic production that has international market demands. The whole region as such cannot afford to go for organic at a time because of its commitments to measure food and nutritional security. This will provide ample opportunity for employment and bring prosperity and peace in the region.

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