



A Monthly e Magazine  
ISSN:2583-2212

Jan 2024 Vol.4(1), 372--373

Popular Article

## The Benefits of Organic Dairy Farming in India

Manju Bissu\*(PhD Scholar) and <sup>1</sup>Priyanka Bissu (PG Scholar)

\*Post-Graduate institute of Veterinary Education and Research, RAJUVAS, Bikaner  
(department of Animal Genetics and Breeding)

<sup>1</sup> Rajasthan University of Veterinary and Animal Sciences, Bikaner (Department of Livestock  
Production Management)

<https://doi.org/10.5281/zenodo.10564817>

### Introduction

Milk is one of the top most consumed products globally with high nutrients such as Calcium, Phosphorus, Vitamin B, Potassium and Vitamin D along with being a rich source of Protein. We've all been taught that the consumption of milk helps in strengthening bones, preventing osteoporosis and maintaining weight.

The common adulterants were recorded as detergents, urea, glucose and powdered milk and in the worst cases, there was also sewage water, bleaching agents and shampoo. The ultimate result of it is deadly issues being developed over a period of time. This is something, we wouldn't wish upon anyone. The Union Minister for Science and Technology Mr Harsh Vardhan confirmed in the 2016 Lok Sabha that *'two out of three Indians drink milk adulterated with detergent, caustic soda, urea and paint'*. Once there was awareness of this subject, people started paying attention to these facts and potential dangers. With that, the birth of 'Organic Milk' took place in our beloved country, India.

**Organic dairy farming** is an eco-friendly adventure there is no usage of hormones or antibiotics in animals to increase milk production. Dairy farming has the potential for providing additional income to the farmers along with fulfilling major goal of organic farming i.e. diversified production and supporting biological cycle within farming system. Organic Dairy farming means raising animals on organic feed (i.e. pastures cultivated without the use of fertilizers or pesticides), have access to pasture or outside, along with the restricted usage of antibiotics and hormones.



### **Benefits of Organic Milk**

1. Organic milk has more amount of Omega-3 fatty acid and less amount of Omega-6 fatty acid which can help avoid risk of cardiovascular disease, cancer, depression, rheumatoid arthritis and diabetes like health problems associated with modern lifestyle.
2. The organic milk also contains greater amounts of conjugated linoleic acid (CLA), a cancer fighting fatty acid. CLA also helps boost the immune system and reduce the growth of tumours.
3. Organic milk has higher concentration of vitamins such as vitamin A and vitamin E.

### **Major Constraints and Challenges of Organic Farming in India**

1. Lack of awareness and understanding
2. Inadequacy of farm labor
3. Risk of Yield Loss
4. Lack of policy
5. Shortage of quality organic inputs
6. Industrial-scale farming is difficult
7. Organic certification
8. Underdeveloped Supply chain

