

# ORGANIC FARMING MAINTAINS THE NATURAL BALANCE

**Satyendra Kumar Saini**

*HOD, Divya nursery, Patanjali Yogpeeth, Haridwar*

**O**rganic farming is the natural method, which keeps the atmosphere pure and naturally balanced by keeping the earth; water and air free from pollution and also gives good yield. In this method the chemical fertilizers are used less or used only when necessary. Soil is considered to be a live source in this type of farming. Innumerable useful organisms are found, which are complementary to each other and at the same time are responsible in growth of the plant and supply the required nutrients. Hence in this method the soil is kept healthy and the natural organism of the soil are maintained in harmony with other organisms of the nature in order to practice organic farming. The fields should be ploughed appropriately because over ploughing could affect the organisms. It also increases soil erosion. Therefore the soil should be kept healthy for good yields. Healthy soil means, more the number of organisms, better the health of the soil. The organisms decompose the roots, stems, leaves, and other substances, which are found in the soil. They also make the fertilizers easily solvable in the soil and make it suitable for proper growth of the plants. The decomposed substances increase the soil fertility.

Organisms are the basis of agriculture. Therefore do not burn the parts of organisms that could reduce the soil fertility. Generally the farm waste like leaves of sugarcane, cotton waste, twigs of barley, and wheat plants are cropped in such a manner that 40 to 50 percent of the stems are left in the fields, which are later burnt. This practice destroys the useful organisms found in the soil. This kind of waste and cow dung should not be considered to be waste, as they can be turned into composte manure. The Nodap method of preparing composte manure is considered to be good.

Green fertilizers are beneficial from the view of growth of organisms. If the organisms present in the soil are used to the fullest then the dependency on chemical fertilizers will reduce.

A good composte manure can be made with cow dung. Almost 30% of the cow dung is made into fuel cakes due to fuel deficiency in the country. Every household should maintain a biogas unit looking into the present fuel needs, especially the cattle owners. Biogas plants not only fulfill the fuel requirement but also help in producing good quality manure for the fields.

The soil remains lively with organisms. It inactivates the factors that affect the health of soil. They make available necessary ingredients for the plants and organisms. They also save the soil from soil erosion. This helps in soil conservation and maintains the strength. The most important organisms found in soil are the earthworms. They are blind and remain inside the soil during the daytime due to sunlight and become active at night-time. They are available in the wet regions in fields, canals where the water is in plenty. Usually earthworms are active in climate with 20 to 35 degree temperature. They rest in the layers of the earth in order to save themselves from extremities of temperature. They penetrate through the earth's surface and come out in order to breathe and repeat this process. They come out from one hole and enter the soil through another hole.

They make around 16-20 holes in a day. The number of earthworms increases from 50 thousand to four lacs in a wetland with abundant organisms. They make hundreds of holes in a day. It keeps the mud loose and helps in the growth of crops and other organisms. Nowadays earthworms are sold in containers to help decompose the waste lying in the streets of cities and villages. The waste is put in ditches and earthworms are added into the ditches and covered, which decomposes the waste. When this decomposed matter is added in the fields it has been noticed that all the plant diseases are cured.

The farmers are adopting this method of farming for the past quite some time. If we believe the claims of the organic -farming board then the number of organic

-farmers would increase to one lac by the end of 2010. The rising interest of organic -farmers shows that by 2008-09, the organic -farming will be practiced in almost 50 thousand hectares of land. The farmers are getting the correct price for their crops from some time. On the other hand, there are better chances for organic farming in hilly regions. It can be implemented in these regions without much efforts. The farmers are able to earn more money when compared to the other traditional ways of farming with the beginning of organic farming. That is reason that the farmers are more and more interested in this type of farming. The government is trying to establish facility centers and planning to bring in measuring and grading system. There is a proposal to collect the entire organic farm produce and to facilitate better marketing techniques.

Organic manure is being used in the Divya nursery of 'Patanjali Yogpeeth, to cultivate herbs and medicinal plants. The farmers co-operative committees are being set up to motivate herbal plantation among the people. Manure made out of earthworms is being used for this purpose. The aim of Patanjali Yogpeeth is to make the organic manure a substitute for the chemical fertilizers. The chemical fertilizers pollute the atmosphere on one hand and are also harmful for the food grains, vegetables, fruits etc. the earth becomes infertile with the use of these fertilizers. The chemical fertilizers and pesticides are the main reasons for the spread of deadly diseases in the rural areas. Organic farming is the permanent solution for this problem. The aim of Ayurved is to find the root cause and eradicate it so that diseases do not occur at all.



## WATERMELON INCREASES SEXUAL POWER

**I**f you want your married life to be happy, then you do not have to take allopathy (energizer tablets etc.) because watermelon can also improve your sexual power and fulfill your desire.

An Indian born American Scientist who resides in Texas says that watermelon contains an ingredient, which fills blood vessels of the body with Viagra like effect and increases the sexual desire. The Director of fruit and Vegetable improvement center Dr.Bheemu Patil, found in his research that the watermelon and its skin contains Cytrillinn which gives Viagra effect to the blood vessels of a man's body. When

watermelon is consumed in sufficient quantities, then it reacts with the enzymes present in the body. After this, it converts into Arginin, a type of Amino acid. This is beneficial even in heart related problems, blood flow and increases immune capability.

Patil also informed that they have conducted research on watermelon and found that it gives natural growth. We have always known that watermelon is important but now its benefits are getting revealed with each study. Cytrillin-Arginin combination is very beneficial for obese and Type-2 Diabetic patients.

According to Patil said that Arginin increases Nitric Oxide, which affects the arteries just like Viagra. A person who has become impotent mentally and faces some physical problems can reap health

benefits with Nitric Oxide, as it will increase the amount of blood in the body.

Angina, high blood pressure and other heart related problems can be cured with it. Patil said that watermelon cannot be used as Viagra for any other organ. But it is an effective way to give relaxation to blood vessels, which is of any medicinal effect and side effects.

There are many more advantages of watermelon. It's role in excretion as it is important in throwing out Arginin, Ammonia and other dangerous ingredients from the body through urine. Watermelon contains 92% water and 8% dycopin, which is beneficial for the heart, prostate and skin, related problems.