

# VETERINARY TODAY

## Organic Dairy Farming

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### Abstract

Keeping animals on organic feed, such as pastures grown without the use of pesticides or fertilizers, together with the limited use of antibiotics and hormones, is referred to as organic dairy farming. These dairy cattle's milk is considered organic milk. It's critical to realize that organic farming is an organizational structure of production, a collection of rules with clear objectives that enable farmers to handle their unique conditions on an individual basis while upholding the organic standard. This article talks about the management, benefits and scope, and constraints of Organic dairy farming in Indian conditions.

### Introduction

Keeping animals on organic feed, such as pastures grown without the use of pesticides or fertilizers, together with the limited use of antibiotics and hormones, is referred to as organic dairy farming. These dairy cattle's milk is considered organic milk. It's critical to realize that organic farming is an organizational structure of production, a collection of rules with clear objectives that enable farmers to handle their unique conditions on an individual basis while upholding the organic standard. Cows and calves must be fed only organic feed, hay and pasture must be grown without synthetic pesticides and fertilizers that haven't been thoroughly examined and granted for usage in organic farming, non-natural additives to

feed and supplements like mineral and vitamin supplements have to be authorized for utilize in organic farming, and land used for growing organic crops has to be free of all pesticides. Animals over the age of six months need to have an area of pasture during the growing period, and organic animals may not be given slaughter by-products, urea, or dung. Calves must be fed organic milk, and all animals should have entry to the outdoors.

### Management

In order to label their livestock goods as organic, manufacturers of animal products cannot withhold treatment for the disease. Approaches for disease prevention, parasite management, and illness treatment should all be part of a robust herd health program. There are no unapproved endemic disease vaccines. The use of herbal, naturopathic, and homeopathic remedies on organic livestock is permitted. Antibiotic Use is limited to 30 days, which is twice the designated drawback period. Hormone use was strictly prohibited. It is acceptable to use sanitation techniques like teat dipping and milking sanitation chemicals. Prior to milking, equipment must be thrice washed with clean water.

### Benefits of Organic Milk

The health of the consumer can be seriously impacted by the residues found in conventional milk, which include hormone, chemical pesticides, antimicrobial agents, urea, solvents, and other

substances. Organic milk is preferable because it is devoid of these substances and hence of higher quality. The conjugated linoleic acid can be found in organic milk. CLA is healthier for your health since it boosts your immune and slows the formation of cancers. Omega 3 is more abundant in organic milk than non-organic milk. Essential fatty acid omega-3 is necessary for good growth and has been linked to a number of health issues that have appeared to be becoming worse in recent years. Regular consumption of the omega-3 fatty acids helps prevent cancer, heart disease, arthritis, and inflammation-related skin conditions like eczema. It also helps lower your risk of developing these conditions. As a result, their milk is free of dangerous substances including pesticide, fertilizer, and hormone residues. Furthermore, as they are not provided to the cows to enhance milk production, this nutrient-rich organic milk is free of any residues of antimicrobial agents, modified feed, hormones, or urea. Antioxidants are two to three times as abundant in organic milk than in non-organic milk such as Lutein which is vital for maintaining healthy eyes and is useful in avoiding several other disease conditions. Zeaxanthin is crucial for maintaining healthy eyes. It guards against UV deterioration and the effects of free radicals on the eye. It is particularly effective in avoiding macular degeneration, glaucoma, cataracts, and diabetic retinopathy. Vitamins like vitamin A as well as E are more abundant in organic milk than in regular milk. The milk produced by organic cows, who eat on new grass and clover, has roughly 50% more Vitamin E and 75% more beta carotene. Vitamin E helps postpone the aging process by shielding your body's cells from damage caused by free radicals. Additionally, it lowers the prevalence of some chronic disorders.

The last ten years have seen a sharp increase in customer demand for organic milk, partly due to mounting research showing that it is more nutrient-dense and environmentally friendly than milk from overcrowded, polluted environments. Due to its higher nutritional content, organic milk is favored by those who are health conscious, which increases the amount of economic activity. A premium might be charged to customers for organic

milk because of its many health advantages. Therefore, a farmer may benefit more per animal.

### **Scope in India**

Due to consumers' growing health awareness surrounding the use of normal milk, organic dairy production is gaining more and more attention in India. Organic milk has a better nutritious value than conventional milk and is devoid of antibiotic and other toxins. The milk has been supplemented with essential antioxidants and omega-3 fatty acids that aren't found in conventional milk. Consumers are choosing organic dairy products more frequently due to these health advantages. The acceptance of the organic alternatives has also been boosted by the country's economic expansion and consumers' rising disposable incomes. In India, the market for organic milk expanded by almost 30% between 2014 and 2019, and it is anticipated that this strong growth would continue between 2020 and 2025.

### **Constraints in India**

The organic dairy industry is still expanding quickly. The use of synthetic growth stimulants, genetically modified organisms, antibiotics, and harmful, persistent, synthetic pesticides is forbidden for farmers who want to use the organic growth label. A stringent system of inspection, and certification of organic practices is also required by the standards. Further obstacles include balancing supply and demand and bringing down the prices. Obtaining organic inputs, such as grains, forages, and feed additives, replacing heifers, and maintaining animal health are a few of the difficulties encountered.