



Human health implications of organic food and organic agriculture

Dr Vibha Bhardwaj

Associate Professor & Head, Department of Home Science, Arya Kanya Pathshala Inter College, Hapur, Uttar Pradesh, India

Abstract

Firstly we need to understand the basics of organic foods. The first thing we need to understand about organics foods is the basics of organic food. The basics of organic food simply the food that is grown without any sort of man made substances being poured around it and even inserted under it. For any food to be classified as being organic foods it needs to be free from all genetically modified internal cell structures. The plant must be like it needs that you see growing in the wild but that we can consume without getting poisoned and their innercell structure should not have been tampered with next the land that is choose to plant these 100% organic plant should be free from all traces of chemicals. There are some potential health benefits of organic foods when compared with conventionally grown goods. Organic food consumption may reduce the risk allergic disease and obesity.

Keywords: Benefits of organic foods, organic farming, nutrients, fertilizers, human health, pesticides, allergic disease

Introduction

Organic farmers and food producers grow and produce food without using synthetic chemicals such as pesticides and artificial fertilizers. Organic foods are not necessarily completely chemical free they may be grown on land not previously used for organic food production and, therefore, might contain chemical residues. However, the pesticides residues in organic food are considerably lower than those found in conventional farming- where foods are produced with synthetic chemicals. Most people buy organically-grown food products because they are concerned about pesticides, additives, antibiotics or other chemical residues and believe organic food is healthier. Other reasons include- concerns with the impact of conventional farming on biodiversity and the environment, and the ethical treatment of live stock. All kinds of fruit and vegetables are available in the market which looks very fresh but this does not mean that they are organic. Organic food (1) items are certified separately.

Benefits of Organic Foods

Organic products reduce public health risks to farm workers, their families, and consumers by minimizing their exposure to toxic and persistent chemicals on the farm and in food, the soil in which they work and play, the air they breathe, and the water they drink. Children are especially vulnerable to pesticides. Thus, offering organic food and fiber products into the marketplace gives parents the option of choosing products produced without the use of these toxins. Organic vegetable are grown in the field without any synthetic pesticides. The method of growing the miscompletely natural and so beneficial for human health.

Organic food is produced in a natural way, without using any chemicals or processing, making it safer for human consumption. The absence of any foreign additives in them, makes them richer in anti oxidants. Organic food (2) keeps many diseases away in elderly the biggest feature of organic foods is that they do not have any side effects on the body it keeps elderly away from many diseases. Grown through healthy ways organic food provides healthier minerals and vitamins. And strengthens immune system.

Organic products are poison free since organic food does not use any harmful chemical during the production it is considered poison free and healthy. Consumers have also begun to understand that their energy and fitness levels also increase when they consume organic food.

Organically ripened food provides better taste than that of regular food as organic food is given more time in the farms and grown in natural ways. Organic food is also considered as a rich source of vitamin C, iron, magnesium and phosphorus people with heart related issues are strictly advised to consume more organic food.

Antioxidant content organic food significantly contributes to the nutritional value in the growing people with the antioxidant content organic food prevents the people from vision problems can ceramal nutrition. Organic food consumption (3) may reduce the risk of allergic disease and of overweight and obesity, but the evidence is not conclusive due to likely residual confounding, as consumers of organic food tend to have healthier life styles over all.

Organic Vegetable and fruits ensure high quality as they are grown using natural methods of agriculture, without chemicals and toxins. Organic food products are always fresh because they are not treated with any preservatives or wax for long era shelf-life. Though they do not taste like our favorite junk food, which is more spicy and sugary, they are rich in flavor thanks to the use of natural fertilizers such as manure and compost. They are environment- friendly as organic vegetables, fruits and dairy products are not treated with harmful chemicals or pesticides, which are not only dangerous to us to consume, but also for farmers and people living near farm areas.

Organic Farming

Organic food contributes to better health through reduced pesticide exposure for all and increased nutritional quality (4). In order to understand the importance of eating organic food from the perspective of toxic pesticide contamination. We need to look at the whole picture- from the farm workers who do the valuable work of growing food, to the water ways from which we drink, the air we breathe.

Organic food can feed us and keep us healthy without producing the toxic effects of chemical agriculture. Organic

farming was actually initiated as an answer to the environmental sufferings caused by the use of chemical pesticides (5) and synthetic fertilizers. In other words organic farming is a new system of farming or agriculture that repairs maintains and improves the ecological balance. System of farming that uses organic inputs like green manures, cow dung, etc., for cultivation. This is a method of farming that works at grass root level preserving the reproductive and regenerative capacity of the soil, good plant nutrition and sound soil management, produces nutritious food rich in vitality which has resistance to diseases. Organic farming supports carbon sequestration, which helps to mitigate rising atmospheric carbon dioxide levels. Organic farming rebuilds soil health and stops harmful chemicals from getting into our water supplies. Water and soil are two extremely important resources necessary for growing food.

Organic farmers don't rely on non-renewable oil-based fertilizers and pesticides we may not always have access to.

Organic farming results in greater biodiversity.

Organic farming releases fewer green house gas emissions.

The most commonly purchased organic foods are fruits, grains, vegetables, dairy meat and egg product. Processed organic foods are produced through farming practices and only use natural substances. India produced certified organic products which includes all varieties of food products namely Oil Seeds, fiber, Sugar cane, Cereals & Millets, Cotton, Pulses, Aromatic & Medicinal Plants, Tea, Coffee, Frits, Spices, Dry fruits, Vegetables, Processed foods etc.

Conclusion

Suggestive evidence indicates that organic food consumption may reduce the risk of allergic disease and of overweight and obesity, but residual confounding is likely, as consumers of organic food tend to have healthier lifestyles overall. In Organic Agriculture, the use of pesticides is restricted, and residues in conventional fruits and vegetables constitute the main source of human exposures. The nutrient composition differs only minimally between organic and conventional crops, with modestly higher contents of phenol compounds in organic fruit and vegetables. Organic dairy products, and perhaps also meats, have a higher content of omega-3 fatty acids compound to conventional products, although this difference is of likely of marginal nutritional significance. Consuming healthy organic foods and avoiding the ill effects of conventional foods and food additives and factors.

Organic food consumption is a basic healthy fact from common consumer perspective. In organic food processing there is also restriction of the use of food additives and ionizing radiation maintaining a true nature of the product. Cleaner food means cleaner diets which leads to a healthy life. Organic food contains no artificial color, flavors or perspectives. In recent years, Indian consumers have started paying more thought fullness to their health, the nutrient content and quality of the food they eat. Due to these concerns, they have gradually begun shifting towards organic food, even though organic foods are priced higher than conventional foods. This alertness among consumers is further giving a boost to the organic market as consumers are willing to pay for them if it is going to benefit their health and wellness. Also, in places where consumers are aware about the safety and quality of organic products, the market is grow this increasing, since consumers are willing

to pay higher prices. Organic farming is beneficial to society, but organic food consumption is also beneficial to the people at large as it is highly nutritious and doesn't cause any harm to the human body. Still, on the other hand, it is costly. This change in perception is likely to drive the growth of the organic food market in future as well. In fact, all over the globe, there has been a growth in the organic food and beverage market particularly fruit and vegetables. In fact, the biggest share in the organic food market comes from fruit and vegetables, followed by bread, cereals, milk and meat. Organically grown fresh fruit takes the leading place in international trade too. While the production and sale of organic food comes mainly from developed countries, even developing countries have begun to produce and export organic foods and products. India is a leader in the export of organic tea, basmati rice and cotton. Another area where India can see a demand in the export market is through organic vegetables. Not only is the production of organic food better for human health and the environment than conventional production, emerging science reveals what organic advocates have been saying for a long time-in addition to lacking the toxic residues of conventional foods, organic food is more nutritious.

Keeping the organic food products free of pests, turns out to be a headache to the farmers. So whether organic food is a boon or bane is for the consumer or potential consumer to decide. However, recently, retailers across the country have noticed the growing popularity of organic foods and have been adding organic foods to their shelves. Increased organic foods marketing by large retail outlets and specialty stores has made organic foods accessible to more consumers.

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