

### Organic Milk: Boon to Health

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#### SUMMARY

Milk is useful during childhood and adolescence because of its macro and micro nutrients. Milk composition is affected by mainly genetic, nutrition, season, lactation stage etc. Therefore, there are some differences in milk components between organic and conventional milk because of especially heredities of herds and nutrition. Seasonal variations in pasture, amount of grains and forages (fresh or conserved) cause changes in milk fatty acid composition of organic and conventional milk. Dairy is an excellent source of protein and important vitamins and minerals, including some that are often under-consumed such as calcium, potassium and vitamin D. Dairy promotes healthy growth in children by providing a number of nutrients that are required for building strong bones and the proteins needed for muscle building. Dairy helps maintain lean muscle mass and a healthy weight. Dairy provides a good source of essential amino acids that can maintain healthy muscles, and dairy consumption has been linked with lower risk of obesity. Dairy reduces the risk of bone fractures especially in children. The risk of heart disease and stroke may actually be decreased by dairy consumption.

#### INTRODUCTION

Milk is whole, fresh, clean lacteal secretion complete milking of healthy milch animal excluding that obtained 15 days or 5 days after calving. Milk that is obtain from cows that are fed with organic fodder grown on chemical free soil and that are not injected with antibiotics and hormones qualifies as organic milk. Organic milk has slightly higher concentration of vitamin E, iron and polysaturated fatty acid omega-3 and omega-6 which are very important for brain functions, vision and children’s growth and development. Organic milk has longer shelf life than conventional milk due to pasteurization process it undergoes.

#### Benefits of organic milk

- Milk can help provide kids with the nutrients and vitamins they need to build strong bones and healthy muscles but not all milk is created equal.
- Organic milk has more of the good stuff and none of the antibiotics, synthetic growth hormones or controversial pesticides. By choosing organic milk, you can get the nutritional benefits of milk without exposing your family to chemical contamination.
- Organic cows raised in human conditions and eat healthy diets, so that your glass of organic milk can be served without antibiotics, synthetic growth hormones or controversial pesticides. For all generation cow milk has been an integral part of our daily diet.
- We used milk for tea, coffee making or even simply drank by the glassful milk is enjoyed by people of glass.

Dr. Blatin who conducted the study said,” the result showed that milk was the best drink to consume post exercise rehydration and most of the fluid ingested on milk trial was retained. It helps in support weight loss. Organic milk contained conjugated linoleic acid (CLA) which is an omega-6 fatty acid that boosts in immune system and can help to tackle high cholesterol. Organic milk helps to ensure healthier happier cow.

#### Criteria for organic milk

We should feed the cow on organically growing pasture land. Organic land refers to no use of chemical pesticides, herbicides, fertilizer and any other chemical last 3 years. Also, we can’t treat antibiotics and hormones for development of cow. Organic milk is healthier than regular milk.

#### One cup milk of each type of milk contains

Nutrient	Organic milk	Conventional milk
Calories	161	149
Carbs (grams)	11	12

Protein (grams)	9	8
Fats (grams)	11	8
Saturated fat (grams)	6	4.5
Cholesterol (grams)	36	24

### Future challenges

The practice of organic dairying in India means to reverse the ongoing trend of using high yielding hybrid seeds, pesticides, chemical fertilizers, cross breed cattle, allopathic medicines, antibiotics and growth promoting feed additives etc. while the growing demands for organic milk offer many opportunities, it is argued that there are also some challenges:

- Certification paperwork and compliance costs are the most challenging
- The harmonization of organic standards and certification is important to facilitate international trade in organic products.
- Sourcing organic inputs, including feeds, forages and supplements.
- Replacement of heifers.
- High cost of production and maintaining animal health.
- The safety of organic versus conventional foods also remains unresolved (subrahmnnyeshwari and chander, 2008)
- Biological and integrated pest management is a challenge in organic food production.
- Despite the widespread conviction of the public that organic food is healthier than foods produce using conventional farming, evidence to support this precipitation is difficult to identify as there is very limited research conducted and much of the available scientific data is out dated or based on inadequate study design.

By considering these challenges, Pathak et.al (2003) suggested that policy initiatives on organic farming must focus on the following issues which may be turn the constraints into big opportunity:

- Improvisation of organic standards
- Development of regional standards
- Establishment of low-cost certification agency
- Development of a strong domestic market
- Establishment of a growth centre for organic production
- Research and development
- Training and extension
- Legislations at government levels

### CONCLUSION

Last two years we face covid-19 situation so we all know the importance of immunity and health. Many people die because of covid. If you want improve your immunity then we have to choose organic. Organic farmer uses only organic fertilizer in field so that grass is very beneficial to improved quality of milk. Milk quality increases then our health and immunity are also increases. In India as we know 1<sup>st</sup> organic state is Sikkim so we have to move forward to make not only one state fully organic but also all country as organic country. Agriculture is back bone of our country so we have to promote the farmer to use organic method in dairy field. More nutritious fodder grasses increased milk quality. It is beneficial to us, farmer also for animals.

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