

# AMRIT KRISHI:

AN INITIATIVE ON INDIGENOUS SUSTAINABLE FARMING FOR POISON FREE AND HEALTHY FOOD

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## INTRODUCTION:

Farming system had been developed naturally with the natural evolution in the ecosystem with zero effect and zero defect to the natural environment and all components of the environment either living or non-living all the remaining normal and healthy as well as complementary to each others in the nature. Like all natural components are holistic and well being and well wisher to all. All the natural components degraded naturally and mixed up on the earth as per the principles of “*jat pinde tat brahmande*”. Naturally and scientifically as per today’s proven knowledge found that from birth to death in the entire journey of life always there are a numbers of transformation and assimilation taking place in between the living and non-living system. As per the Vedic mythology, the Cow and the Ganges are the main stream line, major components hosting and stimulating all the activities on the earth, like ‘panchabhut’. Farming is the system by which do we get food from the plants and others species. Plant and other species get there food from the nature with natural ecological balance as noticed from micro-biomes to higher living system. All these natural systems, ultimate give us food and feed, fuel and energy for all as under the organic farming system or natural farming or so called zero budget natural farming. Organic farming is the concept practices, where all the farming components come from the natural sources by means of natural system as well as assimilation of ‘panchabhut’ for the better men mankind and all for each others for their existent of all. Means all the living and non- living or meso-living components are complements for each other all the holistic and helpful to all. As per modern world perception, organic farming helps in the availability of more healthy food and fodder and energy to the consumers in the food chain in a healthy manor without harming the soil, water, microbial or mineralogistic health as well as

higher livings. Under the organic farming system all the environmental components get benefited, those are participating directly or indirectly either long term or short term sustainability goal. Organic farming was the natural part of the ecosystem but due to more artificiality and people are far ways from the natural understanding so thinking something new or newer to the practitioners. We are by practiced became readymade, user not naturally readymade and nature friendly to the components whatever looking for. It is the time; we need to rethink on the sustainability of the world as well as the Organic farming, spiritual farming or Amrit krishi and it essentiality.



### Amrit Krishi:

The farming system which gives us the entire ecosystem sustainability i.e. health, food, wealth, natural resources may be called as Amrit krishi. Mythologically, amrit is the substance after intake in body system which gives us the supper-power, life or amaratta or never die type status to the living being. It is the farming system, where farming is done with the holistic approaches, complete sustainability, during farming practices, farm produces are also help in the improvement of consumer’s health and creation of positivity in the entire system from farm land, farming components and consumers or entire food chain. During farming, farm land would be benefited as well as the consumers by means

of farm produces. In the Amrit krishi system each and every components of farming all work as directly or indirectly beneficial to each other's either in short term or long term gain.

## Go Adharit Krishi:

The Go mata is the entire mystery of farming inputs by means, cow dung, urine, milk, curd, ghee (Pachagabhya) as well as the whole decomposed body of the holly mother cow express the her service to the holly mother the earth and her nourishment for the enrichment with different nutrient taken from panchatata and return to the mother land and all ways keep the soil healthy and wealthy forever. Cultivators apply the farming inputs for the nutrient and plant health management purpose only from Indian cow and never apply any toxic ingredient in the farm land. Similarly, farm produces are all ways toxicant contamination free and consumers' get always toxin free healthy and wealthy food and rich with nutrient ingredient food from the Go Adharit Krishi system and which is entirely, indigenous eco-friendly in nature an

approach towards the sustainability. Without cow, the farming is impossible or amrit krishi is not possible. In this farming system, different farming ingredient applied in the field time to time in the form of beeja amrit, ghanjeeba amrit, amrit pani, kit niantrak, etc. This farming system gives better sustainability and nourishment of the land and consumers' by means of healthy and wealthy food to all without any effect and defect the farming system.

## Organic Farming:

In the organic farming system, all the farming ingredient for the farm management from seed treatment to crop harvest as well as post harvest in the entire food system applied from the organic or natural source either in solid or liquid form. All the ingredient or farming inputs sources are organic derivatives either decomposed or fresh applied to the soil or crops. In general in organic farming system, applied ingredients are decomposed of fermented or naturally process which is rich



Fig. Amrit Krishi Initiative in Ranchi, Jharkhand, India



with micro-biomes and gives an eco-friendly step by system under give and take system within the farming system, for all the live or no live components in the entire farming process. In this farming system the entire ingredient for farming comes from organic source means either from plant, animal or their derivatives with the help of microbial activities and active participation of the microbes those help in the farming system as complementary for each other need in the farming and food chain.

## Natural Farming:

In this farming system in general the farming practices are in-situ, natural resource management or zero input from the

outside applied in the field. All the farming component are systematically sequenced in the natural system, where no need of any external input for their ecosystem which is required, like in forest soil of forest system no need external effort, only we get our benefit from, with different type of farm produces and help us for our survivable with quality food, fuel and energy rich food. In a forest system, all components are healthy and wealthy by nature due to their complementary, supplementary compatibility with ecosystem existed in the ecology as well as in the food chain. This system may be adopted and being adopted by many farmers in the different regions, India.

## Sustainable Farming System:

In this farming system, farming system is sequenced as a manor, where all the farming components are complementary to each other in the sequence mean farming in such a way where all the farming components like soil, water, plant, animals or air, no one get adversely affected during the farming activities either in short term or long term. It is the concept developed looking to the global development goal by different research institute in their respective farming domain and farming components with respect to their interested crops of the geographical region and farming components available or suitable for the region or community with respect to long term goal and their sustainability on the World.

## Ecological Farming:

It is the model of farming, generally existed in the nature; naturally but due to human intervention and harnessing the targeted components forms the nature and some artificially imply to management the ecology or the ecosystem is called ecological farming. Some examples are like pond ecology, sea weed farming, spirulina farming, azola Farming, mushroom farming, fish farming, crop husbandry, bee keeping etc. In this farming system all the ecological components harnessed and managed with balance way and not affecting their ecology and diversity in long term gain and feasibility.

## Poison Free Food:

It is the holistic approach to feed all with healthy and keeps wealthy for a long time to all the components of the entire ecosystem with the supply of poison freed food for all. In the nature some toxic affect or event happen in the ecology due to some abnormality to balance the normality, means when something wrong happen but if we apply the toxicant in the natural system means we are leading to some think wrong to be happen

systematically in the nature. As the result of toxicant application in the field by means of poison and contaminating the food chain which is ultimately being consume by us along with the contaminated food or water consumption. As a result, we are suffering with different type of health abnormality so called diseases similarly the ecosystem also get affected unknowingly. Therefore, we need such a food production system, which gives us the toxicant or poison free food to all not only to the targeted segment but to all the entire ecosystem for the healthy and wealthy living and sustainability in the food chain along with farming system which to be adopted. The poison free food may be available by means, Amrit krishi, Organic Farming or Natural Farming; because in these farming system never apply the extreme toxic substances those are not eco-friendly and having long term negative impact on the ecology.

## Healthy Food:

Healthy food which may be defined as the food which gives us healthy life. This food may be considered as the nutrition point of view balance food or complete food, food from toxicant free, and food with more beneficial stimulants for health as well as richness of nutrients. This food could be healthy for all prospective irrespective to age, and lead towards the normal health. This food and fodder may be achieved from organic or toxic free farming, holistic farming or natural farming which gives us the fresh and healthy food from the nature. Milk from the indigenous cow give us the best food for all, without any synthetic intervention in the nutrient of health management or milking system. Natural pasturing or grassing in the natural environment or ecology gives us the best milk with best nutrients composition as well as the extract for the farming with urine as well as cow dung.

## Farm for healthy food, healthy life and happiness:

Farm is the best source of healthy and hygienic food for all in any system, but here farm means not only one piece of land under ultra management which means farm, where entire ecosystem is managed but look like natural atmosphere and without any toxicant intervention systematically with the natural system with the holistic approaches or so called Indian system or indigenous system we get the healthy food. Here food are offered to all of us, for wellbeing and blessing for the wellbeing without any negativity and negative emotion and all are the complementary to each other offering and helping hand to all. In this system, we get the food healthy; by consuming the healthy food developed the wealthy life and wealth of the nature. We are all good for each other and happiness in mind as eternal force and feel always happy and the happiness in mind.



Fig. Go Adharit Organic Farming at Samsi, Malda, West Bengal, India

## CONCLUSION:

Amrit krishi is the term which gives us the immense pleasure to live us healthy and wealthy without any type health or mental abnormality as well as always to be the flow of positive energy in the food and energy transformation chain. The central source of farm input would come from the indigenous cow which to be serving as the miracle of farming system as a whole and would be serving with healthy, wealthy to the entire ecosystem with holistic nourishment and food. This system, all ways think about the whole universe and betterment of all the components of the nature living or non-living. This system is to be maintaining the entire world sustainability with each components of the ecosystem with the better future and holistic living.

