



Natural Agriculture: A Remedy to Chemical Damage in Farming and Society

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Chemical-free farming has emerged as a sustainable and health-conscious alternative to conventional chemical-based agriculture. With increasing concerns about soil degradation, toxic residues in food, and environmental pollution caused by synthetic fertilizers and pesticides, natural farming practices have gained renewed importance. This approach avoids harmful chemicals and instead relies on eco-friendly inputs like compost, cow dung, neem, buttermilk, and Jeevamrit, which enhance soil fertility, crop quality, and human health. The article highlights the damaging impact of chemical farming on health, farmer livelihoods, and ecological systems. It further outlines the significant benefits of chemical-free agriculture in terms of safer food, improved farmer income, and reduced environmental harm. With growing market demand for organic produce and government support, this model presents a viable path to achieve economic stability, food safety, and environmental conservation. Chemical-free farming is not just an agricultural method—it is a necessary shift toward a healthier, more resilient, and self-reliant rural future.

Key words: Chemical-Free Farming, Organic Agriculture, Sustainable Farming, Farmer Income, Soil and Health Safety

Introduction

Nowadays, the excessive use of chemical fertilizers and pesticides is deteriorating the soil and making food toxic. In such a situation, chemical-free farming has become an effective and necessary alternative. This method of farming avoids any chemical fertilizers or pesticides and instead uses natural inputs like cow dung, compost, neem, buttermilk, cow urine, and 'Jeevamrit'. This enhances soil strength, improves crop quality, and reduces overall costs. Most importantly, the grains and vegetables produced through this method are healthy and safe for human consumption, causing no harm to our bodies. Today, many farmers are returning to organic and natural farming. This approach helps in keeping the earth clean, farming sustainable, and people healthy. Chemical-free farming is truly the need of the future.

Health and Social Impact of Chemical Farming

Chemical farming initially helped increase agricultural productivity, but now its side effects are becoming evident. The chemical fertilizers and pesticides used in this farming are slowly polluting soil, water, and air, which directly impacts our health and society. Fruits, vegetables, and grains grown with chemical inputs are harmful to health. Farmers themselves also suffer due to exposure—experiencing skin and eye irritation, breathing problems, and sometimes even serious illnesses. Chemical farming increases the cost of cultivation, leading many farmers into debt. In some cases, this financial burden even leads to farmer suicides.

Moreover, the declining quality of water and soil in villages is affecting livelihoods. It also kills helpful organisms and essential nutrients in the soil, reducing soil fertility over time—affecting the quality and productivity of future crops.

Benefits of Chemical-Free Farming

In today's era, where food safety, farmer income, and environmental balance are major concerns, chemical-free farming emerges as a sustainable and better solution. It uses no harmful chemicals or toxic substances—only natural resources. This practice benefits humans, farmers, and the environment alike.

Benefits to Human Health: Chemical-free food is clean, nutritious, and safe to eat. Unlike chemical farming, it does not leave harmful pesticide residues that cause cancer, digestive problems, skin diseases, or hormone disorders. Children, pregnant women, and the elderly especially benefit from such natural and wholesome food. Moreover, organic fruits and vegetables taste better and stay fresh longer.

Benefits to Farmers: In this farming method, farmers spend much less because they can make fertilizers and pest repellents themselves using natural ingredients. This reduces their dependence on loans and increases their self-reliance. Organic produce also fetches higher prices in the market, thereby increasing farmers' income. Additionally, since farmers are not exposed to harmful chemicals, their health remains protected, allowing them to work longer and more productively. Over time, many such farmers are also receiving government support, training, and access to better markets.

Benefits to the Environment: Chemical-free farming improves and preserves soil fertility for the long term. Since no harmful chemicals are used, water sources like rivers, ponds, and groundwater remain clean. This method protects insects, birds, and beneficial microorganisms, maintaining biodiversity. Also, air remains cleaner, benefiting both humans and animals. Chemical-free farming also helps reduce greenhouse gas emissions, making it an important tool against climate change. Due to increasing demand for organic and natural products, farmers practicing chemical-free farming earn better prices. They often connect directly with consumers, eliminating middlemen and retaining full profits. With low expenses, better returns, and safer crops, this method not only enhances farmers' income but also reduces debt and risk, helping farmers achieve economic stability and independence.

Conclusion

Chemical-free farming has now become the most essential practice of our time. It not only protects our food from toxic chemicals but also increases farmer incomes, preserves soil and water, and safeguards the entire environment. While chemical farming has harmed health, society, and nature, chemical-free farming offers a path to healthy, sustainable, and self-reliant agriculture. By adopting this method, farmers can earn more with lower costs, and consumers can enjoy safe, nutritious, and tastier food. If the government, society, and farmers work together to promote it, chemical-free farming can become a strong and safe foundation for the agriculture and livelihood of future generations.

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