

BIODYNAMIC FARMING

Enhancing the Earth Environment

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Biodynamic Farming:

Biodynamic farming is a method of growing crops that is based on astronomical events like moon phases and the simple accessibility of locally obtained resources. Additionally, this farming method prohibits the use of external media and chemicals for crop production. Although biodynamic and **organic farming** appear to be similar, there

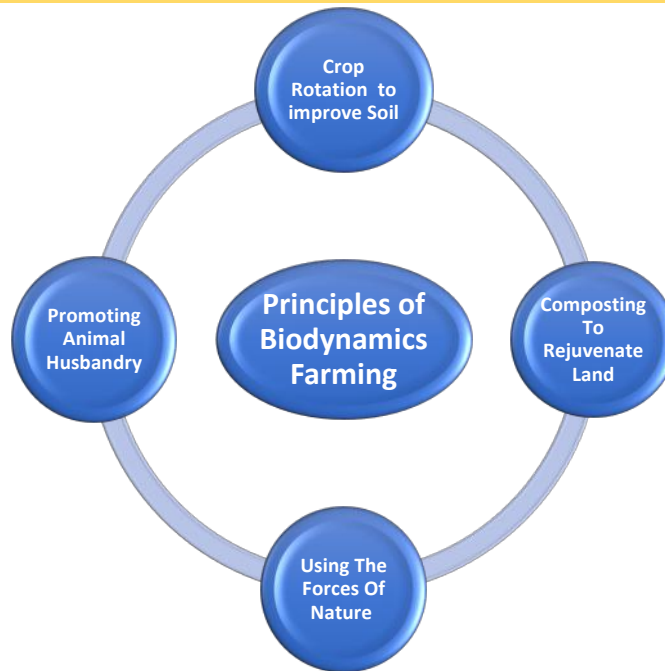
are actually many distinctions between the both.

One of the earliest methods for sustainable farming was developed by Rudolf Steiner in 1924. In addition, biodynamic farming attempts to maintain soil health and cultivate crops with the aid of a variety of microbial life on that particular piece of land. Even though this kind of farming

depends on survival with the materials available, it still requires living soil to be used effectively. A plot of land containing an abundance of biological variety, such as bacteria, fungus, protozoa, and many other microorganisms, is known as living soil.

Consequently, a **biodynamic farm** is considered as a living organism with certain requirements for survival. In addition, **biodynamic food** is regarded as a healthier alternative to those crops produced chemically.

Principles of Biodynamic farming:



Crop rotation to improve soil:

Crop rotation aids in nutrients restoration in soil as cultivating various crops will require various nutrients, ensures that there will be no low supply of any particular nutrient.

Composting to rejuvenate land:

Another methodology required for biodynamic farming is composting, which promotes healthy plant growth by breaking down organic matter and food waste.

Promoting animal husbandry:

Animal husbandry is very beneficial to the health of the soil in biodynamic farming. It specifically reuses waste from farm animals like cattle and other livestock,

reducing the need for artificial materials in the field.

Using the forces of nature:

Biodynamic farming is dependent on the resources that are available, as we have already explained. Additionally, these forces are depending on the rotation of the globe, solar activity, or other variables. In addition to this, gravity and electromagnetism are also forces of nature that assist in the deeper nourishment of plants. Although this aspect of farming can appear superstitious, it has a lot of importance. So, the efficient operation of living soil depends greatly on the power of nature.

Requirements for Biodynamic farming:

This agricultural method has few restrictions; instead, it prohibits the use of chemical fertilizers, pesticides, and other materials. Let's look into why biodynamic farming, which restores soil nutrients, is necessary.

No use of Agro-chemicals:

Biodynamic farming is fundamentally defined by the no agro-chemical use. Additionally, this agricultural method prohibits the use of any chemicals or foreign substances. As a result, the plants are produced with the help of biological components that are readily available.

Necessity of Diversified Living Soil:

In the absence of chemical additives, the growth of plants depends on the living soil. However, because of the variety of living organisms it contains, living soil is

Conclusions:

In the article mentioned above, it is explained why biodynamic farming should be adopted and how it is good for the environment. In addition to this, the

incredibly beneficial on its own. In addition, plants and microorganisms support one another by providing each other the required nutrients.

Planting based on Cosmological Events:

Although it might sound fanciful, planting any crop in accordance with a certain cosmic activity can increase production. In addition, different plants are favoured to be cultivated on different lunar activity days. A **biodynamic farming calendar** is also created by analyzing astronomical events in order to produce crops of the best quality.

Because it is more accessible, people are turning to **biodynamic gardening**. Moreover, since it uses biotic factors for production, this agriculture is also known as **biological farming**.

modern farming method will protect the environment for coming generations. Thus, biodynamic farming is a wise decision for effective production.