



Monthly Newsletter

Darpan

Insights from Aditi

Inside the Issue



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MEDICINAL PLANT IN FOCUS TERMINALIA BELLIRICA (VIBHITAKI)

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ADITI'S INSPECTORS TRAINED AT MAYACERT, GUATEMALA

We at Aditi are pleased to inform that few of our inspectors are trained on inspections by Mayacert, Guatemala tram as per NOP, USDA standards in Sri Lanka.

TRADITIONAL DAL IDLLI

This idli is made with urad and moong dal only making it more protein packed than the regular idli.

MESSAGE FROM THE MANAGING DIRECTOR

Greetings! The situation with pandemic is getting better in our country and we are seeing limitless possibilities in the new normal. More and more people than ever are starting a business at village level and keeping environmental issues in mind. In this edition we explore likelihood of organic agriculture- a review, medicinal plant in focus Terminalia bellirica (Vibhitaki), interview with Dr. Manoharan Krishna- International agriculture scientist among others.

We hope you enjoy reading this issue as much as we have enjoyed putting it together for you!



-Narayana Upadhyaya



INSIGHT: LIKELIHOOD OF ORGANIC AGRICULTURE A REVIEW

Organic farming creates the best possible relationship between earth & human beings. This paper locates Indian experience in organic farming. The farmers of India & China are known as the farmers of organic farming since history. It is true that India had witnessed a tremendous growth in agricultural production in the era of green revolution.

Organic farming has emerged as an alternative system of farming which not only addresses the quality and sustainability concerns, but also ensures a debt free, profitable livelihood optional. The practice of organic farming should be for low volume high-value crops like tea, coffee, spices, medicinal and herbal plants.



An environmentally sustainable system of agriculture like organic farming will be able to maintain a stable resource balance, avoid over exploitation of renewable resource, conserving inherent soil nutritional quality, soil health, and biodiversity. It will lead us to sustainable agriculture and create a sustainable lifestyle for generations to come. As the awareness about the harmful effect of chemicals on health, soil and environment is increasing, the inorganic farming is shifting its way towards organic farming. Organically produced food commodities contain more vitamins, minerals, enzymes, trace elements in addition to antioxidants which fights cancer as compared to conventionally grown food crops.

Click here to read more>>> Likelihood of Organic Agriculture a Review - ADITI ORGANIC CERTIFICATIONS (aditicert.net/)

SPOTLIGHT
IN CONVERSATION WITH DR
MANOHAR KRISHNA -
INTERNATIONAL AGRICULTURE
SCIENTIST



[https://youtu.be/-
Wuu0ZO2M](https://youtu.be/-Wuu0ZO2M)



In conversation with Dr. Manohar Krishna as he shares insights on Global opportunities for scientific and exportable organic agriculture produce



MEDICINAL PLANT IN FOCUS: *TERMINALIA BELLIRICA* (VIBHITAKI)

In Sanskrit Terminalia bellirica is known as Karshaphala, Kalidruma and Vibhitaki. Its fruits are mainly used for preparing various drugs. Drugs prepared from Terminalia bellirica are used for treatment of swollen parts, skin diseases, premature greying of hairs, lowering of cholesterol and lowers blood pressure

Package of practices:

Soil and Climate:

The best natural habitat of the species is temperature ranges between 30°C and 45°C and rainfall ranges from 900 mm to 3000 mm per annum. Because of its hardy nature it is grown in variety of soil. The soil must contain good moisture content. It gives best result when grown under moist, deep, sandy loam soil with well drainage system. It can tolerate even shade in early seedling stage.

Land Preparation:

For Terminalia bellirica plantation, it requires well prepared land. To bring soil to fine tilth, plough the land. After ploughing, digging of pit is done before the onset of monsoon. In degraded areas pits are dug of larger size for good growth and development of plant

Time of sowing:

The nursery beds are prepared in the month of June-July. Sowing is done in the month of July when there is onset of monsoon. Spacing for good growth use seedling spacing of 3m x 3m.

Seed treatment

Soak the seeds in water for 24 hours to increase germination percentage.

Nursery management and transplanting

Sow Terminalia bellirica seeds on digging pits 45cm x

45cm x 45cm. After sowing light irrigation is done to moist the soil. Sowing is done in the month of July when there is onset of monsoon.

Direct sowing can also be done but in the month of June-July when there is start of monsoon. Seeds are sown 2 inches deep and followed by line method.

Seedlings are ready for transplantation within 10 to 40 days. The seedlings are mainly planted at the spacing of 3m x 3m. Water seedling beds 24 hours before transplanting so that seedlings can be easily uprooted and be turgid at transplanting time.

Plant nutrient

At the time of land preparation, apply Farmyard Manure or decomposed animal manure @10kg/pit. Mulch the pit with green leaves, especially for Leguminosae family

Weed control

Regular weeding should be done to keep the field weed free. If weed left uncontrolled then it will reduce the crop yield. Manual or mechanical weeding could be done so that the adequate sunlight falls on the leaves of Terminalia bellirica. Mulching is also an effective way to reduce soil temperature along with weed control.

Irrigation

In summer i.e., in the month of March, April and May apply irrigation 3 times in one week.

Harvesting

Harvesting is done when fruits are start turning greenish-grey in colour. Harvesting is mainly done in the month of November-February. After ripening the fruits are immediately harvested. Approximately 40-50 kg of dry fruits is obtained per tree per year after it attains six years of age.

Post-harvest management

After harvesting, drying of seeds is done. Make sure that no external contamination could happen during sun drying of the collected fruits. The sun-dried fruits are packed in contamination free, airtight bags for transportation and to increase its self-life. From dried seeds several products like Triphalaurna, Bibhitaki sura, Bhibhitaka ghrta and Triphala ghrta are made after processing



Certification- The National Medicinal Plant Board (NMPB), in collaboration with the Quality Council of India (QCI), India's apex quality facilitation body, has developed a voluntary certification scheme for medicinal plants based on good agricultural and field collection practices. Aditi now offers VCSMP certification for medicinal plants. Please mail us at aditi@aditicert.net for more information.

TRADITIONAL USE OF *TERMINALIA BELLIRICA* (VIBHITAKI)



Terminalia bellirica is a tree of deciduous origin that grows to a height of up to 12-50 metres and a diameter of 3 metres with a roundish-oval crown. It usually has a buttressed trunk at the base with branches of up to 20 metres in length. The bark is usually 10-20 mm thick, bluish or ashey-grey in colour and covered with numerous fine longitudinal cracks and yellowish inner marks on the bark. Leaves of this tree are large, globous, elliptic and are alternately arranged on the twigs and clustered towards the end of the branches. Flowers are simple and solitary and are usually white or yellow in colour with a strong honey-like odour. One unique thing about the *Terminalia bellirica* tree is that upper part flowers are male whereas the lower part flowers are either bisexual or female. Fruits are usually in the form of drupes, grey-coloured and ovoid-shaped and are covered with minute pale pubescence enclosing one stony hard seed within. The fruits are quite like that of haritaki but without longitudinal ridges

- **Diabetes:** Taking *Terminalia* with other ingredients lowers pre-meal blood sugar levels in women with diabetes. But it does not seem to improve HbA1c, which is a measure of average blood sugar.
- **Heart failure:** The role of *Terminalia* in the treatment of heart failure is inconsistent and unclear. Early research in people with severe heart failure shows that taking *Terminalia* by mouth for 2 weeks along with heart failure drugs improve symptoms compared to taking heart failure drugs alone.
- **High levels of cholesterol or other fats (lipids) in the blood (hyperlipidemia):** Taking *Terminalia* with other ingredients lowers LDL cholesterol levels and increases HDL cholesterol levels in women with diabetes
- **Chest pain (angina):** Some research shows that taking *Terminalia bellirica* by mouth with conventional medications improves symptoms in people experiencing chest pain after a heart attack. Taking *Terminalia* by mouth improves symptoms and reduces the need for chest pain medication in people with long-term chest pain.
- **Heart disease:** Taking *Terminalia* by mouth might improve cholesterol levels in people with heart disease.

HIGHLIGHT - ADITI'S INSPECTORS TRAINED AT MAYACERT, GUATEMALA

We at Aditi are pleased to inform that few of our inspectors (Mr. Vinay Hegde, Mr. Santosh, Mr. Abhishek M.J, Mr. Prasad Avsare and Mr. Shivprathap Bhati) are trained on inspections by Mayacert, Guatemala team as per NOP, USDA standards in Sri Lanka.

They have also undergone the shadow audit along with Mayacert inspectors.





TRADITIONAL DAL IDLLI

Ingredients:

Types of dal

- 1.Channa dal ---1 cup
- 2.Urad dal. ---1/2 cup
- 3.Green gram dal ---1/2cup
- 4.Menthol seeds—2tsp
- 5.Onion. ---1 big
- 6.Green chillies--- 4
- 7.Curry leaves --- 10-12
- 8.Ginger chopped-1 inch
- 9.Turmeric. ---1/2 tsp
- 10.Jeera. ---1 tsp
- 11.Cooking soda 1/4 tsp

Instruction for cooking :

- Soak all the dals and menthi seeds for 1-3 hours and then grind coarsely
- Add all the other ingredients and mix well
- Put the batter in idlli
- Plate and steam for 10 to 15 mins
- Serve hot with coconut chutney and butter

Taste & Garnish

- 12.Salt for taste
- 13.Coriander leaves for garnish

GLIMPSE OF INSPECTION ACTIVITY

Photographs taken during INSPECTION of Organic Farms / Handler



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