

EFFECT OF ORGANIC AND INORGANIC FOODS IN RELATION TO SKIN DISEASE

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The term 'Organic' was first used in relation to farming by Northbourne, in his book "Look to the Land, wherein he described a holistic, ecologically balanced approach of farming. The concept of organic farming originated with an establishment of International Federation of Organic Agriculture Movement (IFOAM) on of November, 1972 in France. Today, organic food is a growing reality all over the worldly.

The term "organic farming" refers to a process that uses methods respectful to the environment. It is one among broad spectrum of production methods which primarily aims at cultivating the land and raising crops in such a way, as to keep the soil alive and in good health by use of organic wastes (Crop, animal farm and aquatic wastes) and other biological materials along with beneficial microbes (bio-fertilizers) to release nutrients to crop for increased sustainable production in an eco-friendly pollution free environment.

Impact of the Organic Food on Human Health:

The effects of organic foods on human health are still not very well known. In the psychological parameters was found among seventeen nuns eating biodynamic foods for one month. Nuns on biodynamic diet had lower blood pressure and better immune status. They also evaluated their physical fitness, intellectual acuity and overall well-being much better in this period. Moreover, they declared less headaches and presented better ability to handle stress. However, this was not a blinded study. According to PARSIFAL study (14,000 children, 5 European countries) children representing anthroposophic lifestyle, including biodynamic and organic food, were found to have less allergies and lower body weight in comparison to group consuming market, conventionally produced foods (Alfven et al., 2006). At the same time the results of the KOALA Birth Cohort Study in the Netherlands (3,000 mothers and children) associated the consumption of organic dairy products with lower eczema risk in children (Kummeling et al., 2008). Organic dairy consumption resulted at the same consumers of organic foods assessed their health state significantly better than other consumers. However, apart from organic diet, it was connected with differences between several aspects of consumers lifestyle (e.g. nutritional pattern, living conditions, physical activity, ways to manage stress). Therefore, it can be concluded that promotion of overall ecological lifestyle, including organic food consumption, can influence positively the nutritional pattern and the self-assessed health state of consumers. As it was previously described, pesticide residues belong to dangerous food contaminants, known to exert carcinogenic, genotoxic, neuro-destructive, endocrine and allergenic effects and found usually in higher contents in conventionally produced plant foods. There is scientific evidence that dietary exposure of children to organophosphorus pesticides, measured on the basis of the level of pesticide metabolites in urine samples, is much lower on organic than on conventional diet. It can be concluded that consumption of organic foods provides a protective effect against exposure to organophosphorus pesticides commonly used in agricultural production (Curl et al., 2003; Lu et al., 2006).

Anil Agarwal Balaji and Latha Nagarajan (1993) stated that in Tamil Nadu some Municipal Corporations have begun to sell organic manure to farmers which will not only solve the problem of waste disposal, but also supplement their budgets. He cited the case of Thanjavur Municipal Corporation which sold 14.790 tonnes of organic manure for Rs.1.69 lakhs in 1992-93. The manure consisted largely of wastes from slaughter houses and vegetable markets, besides domestic wastes.

Balasubramanian Kannan (1994) opined that the agricultural practices followed in organic farming are governed by the principles of ecology. It is not an alternative system of farming but part of the philosophy of life to know the true spirit and form of nature. Biologically active soil is the foundation of organic farming. Healthy plants grown in healthy soil are naturally more resistant to pests and diseases.

Sankaram Ayala (2001) makes a case for organic farming as the most widely recognized alternative farming system to the conventional one. The disadvantages of the latter are described in detail. Other alternatives in the form of biological farming, natural farming and permaculture are also described. The focus is on the organic farming, which is considered as the best and thus is discussed extensively.

Prakash (2003) analysed the inappropriateness of the cost and return accounting methods adopted to find out the economics of the organic farming. An economic evaluation of the bad effects of inorganic agriculture and their internalization through environmental taxes is proposed for a market based approach to promote organic farming in India.

In India, according to Panneerselvam, P et.al., (2010) the number of farmers converting to organic farming has increased in the recent past despite the lack of government support in providing knowledge and extension to the farmers. In his article he has made an attempt to investigate the perceived relevance, benefits and barriers and to a conversion to organic agriculture in Tirunelveli district. The findings indicated that the farmers identified production and marketing barriers as the main constraints to adopting organic farming, while the age and education of the farmers were not deemed a problem. Lack of knowledge and lack of institutional support were other barriers to conversion. Some farmers were, however, interested in converting to organic farming in the near future due to the low cost of production, price premium and health benefits. Organic farmers were more concerned with health, environmental and production factors when institutional support was available. The years under organic farming were positively associated with reduced input costs and with increased income and increased yield. Organic farmers found the two production factors, low yield and pest control, to be of major concern. The study suggest that the government scheme for compensating yield loss during the conversion period and a price premium may help farmers adopt organic agriculture on a large scale in India.

OBJECTIVES:

1. To study and compare male organic food users and inorganic foods users with regards to burning on skin or pain on skin.
2. To study and compare male organic food users and inorganic foods users with regards to redness of skin or warmness of skin,
3. To study and compare male organic food users and inorganic foods users with regards to rough skin.

4. To study and compare male organic food users and inorganic foods users with regards to pimples after redness of skin.
5. To study and compare male organic food users and inorganic foods users with regards to powder discharge or blood discharge after burst of pimples.

HYPOTHESIS:

1. There will be no significant difference between male organic food users and inorganic foods users with regards to burning on skin or pain on skin.
2. There will be no significant difference between male organic food users and inorganic foods users with regards to redness of skin or warmness of skin,
3. There will be no significant difference between male organic food users and inorganic foods users with regards to rough skin,
4. There will be no significant difference between male organic food users and inorganic foods users with regards to pimples after redness of skin
5. There will be no significant difference between male organic food users and inorganic foods users with regards to powder discharge or blood discharge after burst of pimples.

SAMPLE:

In the present research 214 male organic food user and inorganic food user were randomly selected from different areas of Ahmedabad city.

VARIABLES:

In present research male organic food users and inorganic food users were considered as independent variable and scores of skin related disease were considered as dependent variable.

TOOL:

For the data collection self structured questioner regarding skin disease problems was used.

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PROCEDURE:

In the present research for the data collection self constructed questioner regarding skin disease was used. This questioners were administered to the participants. On the basis of responses of each questions of each subject scoring was carried out. On the basis of scoring frequency was found out regarding different skin disease among male organic food users and inorganic food users data was tabulated.

STATISTICAL ANALYSIS:

After scoring the data, frequency distribution was done regarding independent variables. To test the hypothesis chi-square was used. For data analysis SPSS was used and hypotheses were tested at 0.01 and 0.05 level.

RESULTS AND DISCUSSION:

Table No. 1 : Result showing frequency of male organic food and inorganic food user with regards to burning on skin or pain on skin

	Organic food user	Inorganic food user	Total
Yes	8	34	42
No	81	91	172
Total	89	125	214
df=1, Tabulated value: at 0.05 = 3.84 and at 0.01 level =6.64 Chi-Square = 1.34, not significant			

Table no. 1 shows that out of 89 male organic food users 8 male organic food users were suffering from burning on skin or pain on skin and 81 male organic food users have no burning on skin or pain on skin. In male inorganic food users out of 125 male inorganic food users 35 male inorganic food users were suffering from burning on skin or pain on skin and 91 male inorganic food users have no burning on skin or pain on skin. Here value of Chi-square is 1.34. It is not significant level. So the hypothesis "There will be no significant difference between male organic food users and male inorganic food users with regards to burning on skin or pain on skin" is accepted. So we can say that significant difference does not existed between male organic food users and male inorganic food users with regards to burning on skin or pain on skin.

Table No. 2 :Result showing frequency of male organic food and inorganic food user with regards to redness of skin or warmness of skin

	Organic food user	Inorganic food user	Total
Yes	13	26	39
No	76	99	175
Total	89	125	214
df=1, Tabulated value: at 0.05 = 3.84 and at 0.01 level =6.64 Chi-Square = 8.19, significant at 0.01 level			

Table no. 2 shows that out of 89 male organic food users 13 male organic food users were suffering from redness of skin or warmness of skin and 76 male organic food users have no redness of skin or warmness of skin. In male inorganic food users out of 125 male inorganic food users 26 male inorganic food users were suffering from redness of skin or warmness of skin and 99 male inorganic food users have no redness of skin or warmness of skin. Here value of Chi-square is 8.19. It is significant at 0.01 level. So the hypothesis "There will be no significant difference between male organic food users and male inorganic food users with regards to redness of skin or warmness of skin" is rejected. So we can say that significant difference existed between male organic food users and male inorganic food users with regards to redness of skin or warmness of skin. Its reveals that male organic food users have less redness of skin or warmness of skin than male inorganic food users.

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Table No. 3 :Result showing frequency of male organic food and inorganic food user with regards to rough skin

	Organic food user	Inorganic food user	Total
Yes	5	24	29
No	84	101	185
Total	89	125	214
df=1, Tabulated value: at 0.05 = 3.84 and at 0.01 level =6.64 Chi-Square = 5.0, significant at 0.01 level			

Table no.3 shows that out of 89 male organic food users 5 male organic food users were suffering from rough skin and 84 male organic food users have no rough skin. In male inorganic food users out of 125 male inorganic food users 24 male inorganic food users were suffering from rough skin and 101 male inorganic food users have no rough skin. Here value of Chi-square is 5.0. It is significant at 0.01 level. So the hypothesis “There will be no significant difference between male organic food users and male inorganic food users with regards to rough skin” is rejected. So we can say that significant difference existed between male organic food users and male inorganic food users with regards to rough skin. Its reveals that male organic food users have less rough skin than male inorganic food users.

Table No. 4 : Result showing frequency of male organic food and inorganic food user with regards to pimples after redness of skin and pimples after redness of skin

	Organic food user	Inorganic food user	Total
Yes	5	23	28
No	84	102	186
Total	89	125	214
df=1, Tabulated value: at 0.05 = 3.84 and at 0.01 level =6.64 Chi-Square = 7.47, significant at 0.01 level			

Table no. 4 shows that out of 89 male organic food users 5 male organic food users were suffering from pimples after redness of skin and pimples after redness of skin and 84 male organic food users have no pimples after redness of skin and pimples after redness of skin. In male inorganic food users out of 125 male inorganic food users 23 male inorganic food users were suffering from pimples after redness of skin and pimples after redness of skin and 102 male inorganic food users have no pimples after redness of skin and pimples after redness of skin. Here value of Chi-square is 7.47. It is significant at 0.01 level. So the hypothesis “There will be no significant difference between male organic food users and male inorganic food users with regards to pimples after redness of skin and pimples after redness of skin” is rejected. So we can say that significant difference existed between male organic food users and male inorganic food users with regards to pimples after redness of skin and pimples after redness of skin. Its reveals that male organic food users have less pimples after redness of skin and pimples after redness of skin than male inorganic food users.

Table No. 5 : Result showing frequency of male organic food and inorganic food user with regards to powder discharge or blood discharge after burst of pimples

	Organic food user	Inorganic food user	Total
Yes	5	37	42
No	84	88	172
Total	89	125	214

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df=1, Tabulated value: at 0.05 = 3.84 and at 0.01 level =6.64
Chi-Square = 18.95, significant at 0.01 level

Table no. 5 shows that out of 89 male organic food users 5 male organic food users were suffering from powder discharge or blood discharge after burst of pimples and 84 male organic food users have no powder discharge or blood discharge after burst of pimples. In male inorganic food users out of 125 male inorganic food users 37 male inorganic food users were suffering from powder discharge or blood discharge after burst of pimples and 88 male inorganic food users have no powder discharge or blood discharge after burst of pimples. Here value of Chi-square is 18.95. It is significant at 0.01 level. So the hypothesis "There will be no significant difference between male organic food users and male inorganic food users with regards to powder discharge or blood discharge after burst of pimples" is rejected. So we can say that significant difference existed between male organic food users and male inorganic food users with regards to powder discharge or blood discharge after burst of pimples. Its reveals that male organic food users have less powder discharge or blood discharge after burst of pimples than male inorganic food users.

CONCLUSIONS:

1. Significant difference does not existed between male organic food users and male inorganic food users with regards to burning on skin or pain on skin.
2. Significant difference existed between male organic food users and male inorganic food users with regards to redness of skin or warmness of skin. Its reveals that male organic food users have less redness of skin or warmness of skin than male inorganic food users.
3. Significant difference existed between male organic food users and male inorganic food users with regards to rough skin. Its reveals that male organic food users have less rough skin than male inorganic food users.
4. Significant difference existed between male organic food users and male inorganic food users with regards to pimples after redness of skin and pimples after redness of skin. Its reveals that male organic food users have less pimples after redness of skin and pimples after redness of skin than male inorganic food users.
5. Significant difference existed between male organic food users and male inorganic food users with regards to powder discharge or blood discharge after burst of pimples. Its reveals that male organic food users have less powder discharge or blood discharge after burst of pimples than male inorganic food users.

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