

Adapting 'Rishi-Krishi' Perspectives in Safe Farming in Aadhikhola, Gandaki Province, Nepal

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Abstract:- The Rishi-Krishi approach, a combination of ancient Vedic principles and modern organic methods, is gaining popularity among farmers in Nepal's Aadhikhola. This study investigates the implementation and effects of Rishi-Krishi principles alongside contemporary organic techniques, using a mixed-methods approach. The research aims to assess how these practices contribute to sustainable agricultural development, improve farmers' well-being, and have broader implications for community health, aligning with the "One Health" initiative. The paper has used mixed-methods research, including interviews and secondary data from ASK Nepal to measure the relationship between cultural beliefs, health consciousness, and sustainable agricultural practices, revealing ecological, cultural, and health dimensions. The study highlights the positive impact of organic farming on soil fertility, animal health, and human well-being, but also highlights challenges such as limited access to certified markets, insufficient cold storage facilities, and transportation difficulties that hinder farmers' full potential. Addressing challenges is crucial for sustainable agricultural practices and community health improvement, with future efforts focusing on improving market access and infrastructure.

Keywords:- Rishi-Krishi, Holistic Health, One Health, 'Cultivating Harmony and Harvesting Health'

I. INTRODUCTION

Contemporary agricultural systems prioritize sustainability, food safety, and ecological well-being through organic farming, regenerative agriculture, and precision agriculture, advocating for chemical input elimination, soil health restoration, and resource optimization (FAO, 2021). Integrated Pest Management and the One Health framework address health issues in human, animal, and environmental domains. Urban agriculture ensures food security, while climate-smart practices and digital technologies enhance resilience and market access. These developments emphasize the importance of comprehensive farming strategies that balance productivity with environmental sustainability and health priorities (World Bank, 2021; WHO, 2022).

The global organic farming sector has grown significantly, with 72.3 million hectares under cultivation managed by 3.1 million farmers in 187 countries (Willer et al., 2021) with Australia, Argentina, and China being major contributors to this growth. (FIBL, 2019). Nepal's organic agriculture land increased from 9,361 hectares in 2017 to 11,851 hectares in 2020, mainly due to vegetable and coffee cultivation growth, but its global organic market share is only 0.0004%.

India's organic agriculture, a blend of traditional practices and modern sustainability concepts, promotes ecological balance by avoiding synthetic fertilizers and pesticides. Despite challenges like reduced crop yields and certification costs, initiatives like the Paramparagat Krishi Vikas Yojana and the National Programme for Organic Production have facilitated the transition to organic farming. The organic market in India is experiencing a 20-25% annual growth rate, indicating a growing demand for sustainable agricultural practices, with Sikkim being India's first entirely organic state (NICHEM, 2023).

Nepal is promoting organic agriculture as a sustainable alternative, aligning with international sustainability goals. However, conflicting policies hinder progress, as seen in the ambitious organic transformation efforts in Karnali province (Baral et al., 2020). A study in Awalching, Surkhet, found that 64% of farmers are adopting organic farming methods, despite limited understanding. These practices offer environmental benefits like improved soil health, reduced energy consumption, and potential climate change mitigation (Rokaya et al., 2023). Organic farming in Nepal is a viable solution for generating premium organic products, but farmers face challenges such as reduced crop yields, high input costs, and difficulties in obtaining organic certifications and accessing markets, which hinder its widespread adoption (Regmi, 2023).

In rural Nepal, agriculture is essential not only for economic sustenance but also as a fundamental component of the sociocultural dynamics inherent in agrarian communities (Sharma et al., 2019). Conventional agricultural methods, heavily reliant on synthetic fertilizers and pesticides, have caused significant environmental and health issues in agricultural communities (Regmi & Adhikari, 2020), highlighting the need for sustainable alternatives to address

soil fertility, biodiversity, and human health. Traditional knowledge systems like Rishi-Krishi and Ayurvedic principles promote sustainable agricultural practices, emphasizing the interconnectedness of soil, plants, animals, and human health. These systems align with the modern One Health framework, which integrates human, animal, and environmental health to improve public health outcomes (Chatterjee & Khadgi, 2020; WHO, 2017).

Traditional practices, despite their potential, are often underutilized in regions like Aadhikhola, Nepal, where chemical-intensive farming is still prevalent. Agrarian communities face challenges like limited organic seed availability, inadequate education on sustainable farming, and economic pressures that prioritize immediate profits over long-term sustainability (Blaikie & Sadeque, 2000). Diversification of livelihoods, including migration and alternative income sources, has transformed conventional agricultural roles, complicating the implementation of sustainable farming practices (Gautam et al., 2021). Thus, what is the connection between sustainable agricultural methods and the awareness of holistic health among farmers in Aadhikhola rural municipality? What is the impact of Rishi-Krishi principles and the One Health framework on the implementation of sustainable agricultural practices in the region? Based on the above question, this paper seeks to assess the impact of Rishi-Krishi principles on the promotion of holistic health awareness and the implementation of sustainable agricultural practices in Aadhikhola rural municipality and to explore the integration of Rishi-Krishi with the One Health framework to improve health outcomes for farmers, communities, and the environment.

II. CONCEPT

Rishi Krishi, or Vedic farming, is an ancient agricultural practice rooted in the Vedas. It emphasizes the harmonious relationship between nature, humanity, and the environment, promoting sustainable use of resources and spiritual principles. The goal is to enhance soil vitality, promote biodiversity, and reduce environmental degradation. This approach prioritizes ethical farming, considering crop yield, ecosystem health, and farmer welfare (Sadhale, 1999; Mritika Agro, 2023).

Organic farming in India combines traditional practices with modern sustainability principles, emphasizing ecological balance. Initiatives like Rishi Krishi reject synthetic chemicals, promoting biodiversity and soil health. This approach fosters a sustainable agricultural system, addressing environmental concerns while maintaining productivity. The integration of these practices demonstrates the potential of organic farming in achieving environmental goals. Rishi-Krishi aims to boost farmers' income through traditional farming methods, promote organic farming, reduce

environmental impact, discourage chemical use, and promote health benefits (Sadhale, 1999).

Kul Raj Chalise's thesis introduces Rishi Krishi, a holistic agricultural model rooted in Vedic principles, emphasizing quality food production that fosters ecological balance and positive societal impacts. Positioned as more advanced than permaculture and organic farming, it integrates spirituality and sustainability. Chalise suggests that Nepal can leverage Rishi Krishi to establish a unique identity in global agriculture while addressing biodiversity conservation and promoting ethical farming practices (Chalise, 2014).

Combining **Rishi-Krishi principles** from *Krishi-Parashara* (Sadhale, 1999) with the **One Health framework** creates a unified approach to 'Cultivating Harmony and Harvesting Health' **with** sustainable agriculture, fostering environmental harmony, food security, and holistic health.

III. LITERATURE REVIEW

The literature review explores the Rishi-Krishi framework and the One Health Paradigm, which combines traditional knowledge with modern techniques in Regenerative Organic Agriculture (ROA). This Vedic-rooted methodology emphasizes the interconnectedness of food systems, environmental health, and human well-being, promoting sustainable agricultural practices and promoting "One Health." The text emphasizes the crucial role of deities like Indra, Varuna, Agni, Vayu, Yaksha, Gandharva, and Kinnara in protecting the food ecosystem, promoting ecological equilibrium, and ensuring human welfare (Palaniappan & Annadurai, 1999).

Organic agriculture focuses on ecological balance, biodiversity conservation, and soil fertility, using organic inputs like compost, manure, and crop rotation. This approach supports sustainable agricultural systems, improves soil health, and promotes social responsibility. It promotes equitable labour practices, community welfare, and food security. The combination of traditional knowledge and modern organic methodologies offers ecological and economic benefits, but challenges persist, such as certification processes and market accessibility for organic goods (Palaniappan & Annadurai, 1999).

The Rishi Krishi methodology, grounded in Vedic philosophy, prioritizes the synchronization of agricultural methods with the equilibrium of nature, as articulated in the Yajurveda and Mahopanishad. The Yajurveda (36.17) highlights the importance of ecological balance and tranquility, advocating for the welfare of all living entities and natural elements. In a similar vein, the Mahopanishad (6.71) presents the principle of Vasudhaiva Kutumbakam, which fosters a comprehensive perspective that recognizes the interdependence of all life forms and the environment,

emphasizing the interconnectedness of humanity, nature, and the universe.

Ayurveda's Holistic Health Consciousness promotes ecological harmony in farming through Prakriti (balance between humans and nature), Ojas (vital energy from toxin-free food), and Sattva (purity in thought and environment). These principles align with sustainable agricultural practices, advocating for soil vitality, organic farming methods, and reduced chemical inputs. The One Health framework emphasizes the interconnectedness of human, animal, plant, soil, and environmental health, fostering enduring sustainability and ecological resilience in agricultural systems.

According to Chalise (Chalise, 2014), the Rishi Krishi method is a sophisticated and spiritually grounded agricultural practice that integrates Vedic principles with ecological and sustainable farming techniques. It emphasizes the production of high-quality, life-enhancing food, distinguishing it from conventional agricultural methods. Rishi Krishi incorporates spiritual insights to maintain harmony between humans and nature while promoting sustainable use of natural resources. He posits that adopting Rishi Krishi could allow Nepal to create a distinctive global identity in agriculture, enhancing biodiversity conservation and demonstrating a model of ethical and culturally significant farming practices (Chalise, 2014).

In her article "Reviewing Agricultural Insights of *Kṛṣiparāśara* for Sustainable Farming and Conservation," Manju V. Kumar (2023) discusses the significance of the agricultural principles laid out by Sage Parashara, highlighting the alignment of ancient Indian farming techniques with modern sustainable practices. The text emphasizes nature-friendly farming methods, such as organic pest control, soil conservation, and water management, which resonate closely with the principles of Rishi-Krishi. Parashara advocates for the use of organic manures, rainwater harvesting, and minimal tillage, echoing modern organic farming and sustainable agriculture practices (Kumar, 2023).

Kumar highlights that the conservation of traditional, locally adapted seed varieties and efficient water management techniques from *Kṛṣiparāśara* are crucial for maintaining agricultural resilience and sustainability. These principles align with the Rishi-Krishi approach, which promotes environmentally harmonious farming and addresses climate-related challenges through sustainable practices like rainwater harvesting and soil management. By integrating these ancient teachings into contemporary agricultural frameworks, Rishi-Krishi and *Kṛṣiparāśara* both advocate for a balanced relationship between humans and the environment, ensuring long-term agricultural viability and conservation of natural resources (Kumar, 2023).

The works of Sadhale (1999), Kumar (2023), and Chalise (2014) highlight the integration of ancient Vedic agricultural wisdom with modern sustainable farming practices. Sadhale (1999) offers a translation of *Kṛishi-Parashara*, a key text that provides comprehensive guidance on sustainable agriculture, emphasizing organic fertilizers, soil conservation, and water management. Parashara's teachings advocate for farming methods that maintain ecological harmony, aligning with modern organic farming principles that avoid harmful chemicals.

Building on these foundations, Kumar (2023) discusses the continued relevance of *Kṛṣiparāśara* for contemporary agriculture, particularly in the areas of seed conservation, efficient water use, and maintaining ecological balance. Kumar emphasizes how these ancient practices can be integrated with modern techniques to address climate change and enhance long-term agricultural productivity.

Chalise (2014), meanwhile, introduces the concept of Rishi-Krishi, which merges ecological and spiritual principles for sustainable farming. By incorporating practices such as agroforestry, rainwater harvesting, and biodiversity conservation, Rishi-Krishi not only supports ecological sustainability but also aligns with cultural and spiritual values. Chalise suggests that this holistic approach, particularly applicable in Nepal, provides a global model for integrating tradition with modern sustainability efforts.

Together, these works demonstrate how ancient agricultural wisdom can provide valuable insights for contemporary farming, conservation, and climate action, offering a balanced approach to sustainability that combines tradition with modern agricultural techniques.

The conceptual framework about the integration of ancient Vedic agricultural principles with modern sustainable farming practices, combining aspects of organic farming, seed conservation, water management, agroforestry, biodiversity conservation, and spiritual values like Rishi-Krishi. It highlights the connection between ecological balance, climate action, and sustainable development, emphasizing the relevance of these practices globally, particularly in Nepal.

IV. METHODOLOGY

The study is based on the integration of Rishi-Krishi philosophy and the One Health framework in safe agricultural practices in the Aadhikhola corridor of Syangja, Nepal. It uses a mixed-methods research design, combining primary data from interviews and secondary data from ASK Nepal. The study surveyed 247 households involved in organic farming in Aadhikhola, with purposive sampling to ensure active participation in organic practices. This study involved **247 participants**, with **207 interviewed face-to-face** and **40 via telephone**. **Purposive sampling** was used, focusing on

household heads as key respondents, with a gender distribution of **173 females (70%)** and **74 males (30%)**. Interactions were conducted in **Nepali** and later translated into English, ensuring cultural relevance and methodological clarity.

The research was conducted between February and August 2021. The study explores the correlation between cultural beliefs, health awareness, and sustainable agricultural practices, focusing on the influence of Rishi-Krishi principles and the One Health framework, using both qualitative and quantitative methods to understand the ecological, cultural, and health aspects of farming in the region.

The study analyzed farmers' perceptions of health, environment, and Safe farming practices using both qualitative and quantitative methods. Thematic analysis was used to understand how cultural beliefs and health consciousness influence sustainable practices. Ethical considerations were maintained, with informed consent obtained from all participants and confidentiality maintained. The study faced limitations due to the COVID-19 pandemic, including limited in-person interactions and telephone interviews. However, the mixed-methods approach provided a comprehensive understanding of the relationship between health-conscious farming practices and holistic health, offering valuable insights into sustainable agriculture within the Rishi-Krishi framework. The selection criteria focused on studies published between 2015 and 2023 on organic farming, traditional farming systems like Rishi-Krishi, and health-conscious agricultural practices in Nepal. Exclusion criteria included studies with insufficient methodological quality, inadequate sample sizes, or those not focusing on health, sustainability, or agricultural practices.

This study used both qualitative and quantitative methods to analyze farmers' perceptions of health, environment, and farming practices. Thematic analysis helped us understand how cultural beliefs and health consciousness influence sustainable practices. Ethical considerations were crucial, with informed consent obtained from all participants and confidentiality maintained. Ethical approval was obtained from relevant review boards to accurately represent participants' views and protect their rights.

The study faced limitations due to the COVID-19 pandemic, including limited in-person interactions and the use of telephone interviews. The purposive sampling method may limit the generalizability of findings, and self-reported data could introduce biases. Despite these, the mixed-methods approach provided a comprehensive understanding of the relationship between health-conscious farming practices and holistic health, offering valuable insights into sustainable agriculture within the Rishi-Krishi framework.

The selection criteria for articles focused on studies published between 2015 and 2023 on organic farming, traditional farming systems like Rishi-Krishi, and health-conscious agricultural practices in Nepal. The studies were considered if they involved populations practicing organic or sustainable farming, explored interventions related to health outcomes, and measured ecological or socio-economic impacts. The exposure of interest was the adoption of sustainable farming practices and their integration with health frameworks like One Health. Exclusion criteria included studies with insufficient methodological quality, inadequate sample sizes, or those not focusing on health, sustainability, or agricultural practices.

The study focused on sustainable farming practices like organic farming and their integration with health frameworks like One Health. It prioritized articles focusing on soil health assessments, crop yields, and health improvements. Exclusion criteria included studies with insufficient methodological quality, inadequate sample sizes, or not focusing on health, sustainability, or agricultural practices. Additionally, studies lacking clear demographic or geographical relevance were excluded.

V. DATA PRESENTATION

A. Motivating Factors for Involvement in Organic Farming

The study identifies several motivating factors influencing farmers to engage in organic farming, including cultural consciousness, health awareness, environmental concerns, and economic self-reliance.

The findings, summarized in Table 1, highlight the diverse drivers of organic farming adoption.

Table 1: Motivational Factors

Motivational Factors	Responses (n)	Percent (%)
Ayurveda Culture Consciousness	169	81.6
One Health Consciousness	90	43.3
Environmental Concerns	54	26.1
Economic Progress through Self-Employment	8	3.9
Total	321*	---

*Note: The Number of Responses Exceeds the Total Number of Respondents due to the Multiple-Response Nature of the Question.

Source: Field Survey, 2021.

The study reveals that farmers in Aadhikhola, Syangja, are motivated to adopt safe and organic farming practices due to cultural, health, environmental, and economic factors, influencing their decision-making process.

➤ *Ayurveda Culture Consciousness*

The study found that 81.6% of respondents, or 169, are motivated by Ayurveda culture consciousness, highlighting the significant influence of cultural and religious beliefs within the community. Organic farming aligns farmers' practices with Hindu traditions' principles of purity, sustainability, and spiritual wellness, promoting soil health, ecological equilibrium, and a natural lifestyle. This highlights the profound connection between religious values and agricultural behavior in the region.

The most prominent motivating factor identified is Ayurveda Culture Consciousness, with 169 responses accounting for 81.6%. This reflects the deep-rooted influence of cultural and religious beliefs in the community. Farmers perceive organic farming as a means to align their agricultural practices with the principles of purity, sustainability, and spiritual well-being advocated by Hindu traditions. These beliefs encourage practices that prioritize soil health, ecological balance, and a natural way of life, underscoring the region's strong connection between religion and farming behaviour.

➤ *One Health Consciousness*

The One Health Consciousness factor, involving 43.3% of responses, highlights the growing awareness among farmers about the interconnectedness of human, animal, and environmental health. Many farmers fear the harmful effects of chemical pesticides and fertilizers, leading to a shift towards organic farming methods. Organic produce benefits families and communities, bolstering their commitment to sustainable agricultural practices.

➤ *Environmental Concerns*

A total of 54 farmers, representing 26.1% of the responses, recognized environmental challenges as a major concern. These farmers exhibited awareness of the harmful impacts linked to traditional farming methods, such as soil deterioration, water contamination, and a reduction in biodiversity. Their involvement in organic agriculture is motivated by a dedication to tackling these environmental problems and encouraging the sustainable stewardship of natural resources for the advantage of upcoming generations.

➤ *Economic Progress through Self-Employment*

The study found that economic advancement through self-employment was the least influential motivator for most farmers, accounting for only 8.9% of responses. This suggests that organic farming is primarily a cultural and health-focused pursuit rather than a profit-driven enterprise. However, some commercial farmers still consider organic farming as a viable income source and self-sufficiency option.

The study reveals that cultural and health-related factors drive the implementation of safe farming practices in Aadhikhola. Traditional beliefs and health education are crucial for sustainable agricultural methods. Economic incentives have less impact on environmental issues. Policies promoting organic farming should focus on cultural values and health awareness, while considering economic feasibility to increase wider engagement.

B. Maintaining Soil Health Practice

Ensuring soil health is crucial for agricultural sustainability, and various methods promote soil vitality and fertility. These strategies, both conventional and contemporary, aim to balance nutrient levels, improve soil structure, and enhance long-term productivity.

Table 2: Soil Purifying Processes among the Farms

Soil Purifying Process	Responses	
	Numbers	Percent
Use of traditional fertilizers with Cow urine and compost	207	100.0
Use of modern fertilizers	27	13.0
Total	234*	

*Note: The number of responses exceeds the total number of respondents due to the multiple-response nature of the question.

Source: Field Survey, 2021.

The data presented in Table 2 from the 2021 field survey highlights the soil purification methods employed by farmers in Aadhikhola and Bheerkot, Syangja. The findings reveal that an overwhelming 100% of the 207 respondents use traditional fertilizers, such as cow urine and compost. This indicates a strong commitment among these farmers to maintaining soil health and adhering to organic farming principles, as they prefer natural methods over synthetic chemical alternatives.

➤ *Traditional Fertilizers in Organic Farming:*

Organic agricultural practices prioritize ecological equilibrium and soil fertility enhancement through the use of conventional fertilizers like cow dung and urine. Cow dung is rich in nutrients like nitrogen, phosphorus, and potassium, improving soil structure and fostering microbial diversity. Cow urine has purifying and therapeutic qualities, managing pathogens and enhancing nutrient levels. These methodologies align with traditional ecological wisdom, advocating for sustainable agricultural practices and soil health. (Mishra et

al., 2011; Bhattacharyya et al., 2016). These methodologies align with traditional ecological wisdom, advocating for sustainable agricultural practices and soil health.

➤ *Modern Fertilizer Use*

13% of farmers still use modern chemical fertilizers despite traditional practices, especially in high-value crops like tomatoes, cauliflower, cabbage, and potatoes. This trend is driven by the need to increase yield and market demands, as opposed to the predominant preference for traditional methods.

➤ *Implications for Sustainable Farming*

The use of chemical fertilizers in organic farming faces challenges in transitioning from traditional methods. Farmers in regions like Aadhikhola and Bheerkot use chemical fertilizers as a short-term solution for specific crops. This highlights the need for improved education and support systems to facilitate a comprehensive transition to organic

farming across all agricultural sectors, as traditional practices are reconciled with contemporary productivity demands.

The Aadhikhola communities have a strong tradition of organic farming but still rely on modern fertilizers. This indicates a transitional stage where traditional techniques are used alongside modern methods. To advance this transition, farmers need support in addressing challenges, providing training, facilitating access to organic inputs, and promoting market opportunities for organic products. This will improve soil health and promote long-term agricultural sustainability.

C. *Seeds and Plant Management Practices*

Effective seed and plant management practices are crucial for maintaining productivity, biodiversity, and sustainability in farming. These practices focus on selecting, preserving, and cultivating seeds and plants that align with ecological principles and local adaptability.

Table 3: Sources of Seeds and Plants of Organic Farming

Source of Seeds and Plants	Responses	
	Numbers	Percent
Agrovet market	193	93.7
Farmer’s seed collection	45	21.8
Supporting NGO (Ask Nepal)	22	10.7
Neighbors and relatives’ farmers	6	2.9
Total	266*	

*Note: The number of responses exceeds the total number of respondents due to the multiple-response nature of the question.

Source: Field Survey, 2021

Table 3 provides insights into the seed sourcing practices of farmers in the Aadhikhola and Bheerkot regions of Syangja, revealing their significant dependence on diverse sources for seeds and plants, which impacts both traditional and contemporary agricultural practices.

➤ *Dominance of Agrovet Markets*

93.7% of farmers rely on agrovet markets for seeds and plants, particularly for hybrid seeds like cauliflower, tomatoes, and cabbage. These markets offer enhanced yields and pest resistance, often linked to GMOs. However, the adoption of hybrid seeds raises concerns about biodiversity loss and increased dependence on commercial seed suppliers (Altieri, 2002). The trend of farmers sourcing seeds from urban centres like Syangja and Pokhara indicates a shift towards commercialization of agriculture and a decrease in traditional seed-saving methods.

➤ *Farmer’s Seed Collection*

21.8% of farmers use seeds collected from their own crops, focusing on local varieties and leafy vegetables. This method preserves genetic diversity, enhances resilience against pests, diseases, and climate fluctuations, and promotes economic sustainability by avoiding the high costs of hybrid seeds (Eyzaguirre & Linares, 2004). Farmers choose seeds

from varieties suitable to their local conditions, ensuring long-term soil health and ecological stability.

➤ *Support from NGOs*

10.7% of farmers acquire seeds from NGOs, particularly Ask Nepal, which provide improved seed varieties and certified organic seeds. These NGOs also offer technical guidance on sustainable agricultural practices. Their support promotes the adoption of organic farming techniques and aids in transitioning from traditional to more ecologically sustainable systems. They ensure farmers have access to high-quality, non-GMO seeds and offer training for effective organic farming (FAO, 2011). Additionally, NGOs may reduce reliance on external commercial inputs.

➤ *Local Seed Exchange*

2.9% of farmers in the region rely on local farmers for seeds, reflecting the traditional practice of seed exchange. This helps maintain local crop varieties and strengthen community ties. However, the low percentage suggests a shift towards more commercial and less communal seed systems in the region.

D. Impacts of Rishi Krishi Farming model in Society

The Rishi Krishi farming model, rooted in traditional agricultural practices, has transformative impacts on society by promoting environmental sustainability, health, and

economic empowerment. By relying on organic inputs and natural cycles, it minimizes chemical use and restoring soil health, preserving biodiversity, and reducing water and air pollution.

Table 4: Impacts of Organic Farming in Society

Impact of Organic Farming	Responses (n=40)	Number	Percent
Improve soil health	38	97.4%	
Increase awareness level in society	35	89.7%	
Improve animal health	25	64.1%	
Improve human health	22	56.4%	
Total		120*	

Note: The number of responses exceeds the total number of respondents due to the multiple-response nature of the question.

Source: Telegraphy (2021).

This table 4. highlights the significant societal impacts of organic farming, including improvements in soil health (97.4%), heightened societal awareness (89.7%), enhanced animal health (64.1%), and better human health outcomes (56.4%). These findings underline the multifaceted benefits of transitioning to organic practices for both environmental and community well-being. Organic farming significantly impacts society, fostering environmental, social, and economic benefits. **Improved soil health (97.4%)** stands out as a key benefit, with practices like composting and reduced chemical inputs enhancing soil fertility, structure, and biodiversity, ensuring long-term land productivity. Additionally, **increased awareness (89.7%)** among farmers and communities about environmental and health sustainability drives a shift toward safer agricultural methods. The adoption of organic farming also improves **animal health (64.1%)**, reducing disease incidence by minimizing chemical exposure, aligning with the One Health approach. **Human health (56.4%)** sees improvement as reduced chemical use lessens health risks like skin irritation and gastrointestinal issues. Economically, organic farming offers long-term benefits, including food security, diversification, and growing market opportunities, despite initial challenges such as limited infrastructure. These outcomes underscore the multifaceted advantages of organic farming in promoting ecological and social well-being.

VI. DISCUSSION AND IMPLICATIONS

This study sought to evaluate the integration of Rishi Krishi principles within farming practices and their impact on health outcomes in Aadhikhola, Nepal. The specific objectives were to evaluate how Rishi Krishi principles contribute to holistic health consciousness and sustainable farming practices and other to explore the integration of Rishi Krishi with the One Health framework in improving health outcomes for farmers. The integrated guiding theme, "Cultivating Harmony and Harvesting Health," encapsulates the broader objective of fostering a balanced relationship between agricultural practices, human health, and ecological sustainability.

A. Comparison with Rishi Krishi Principles and farm practice

The study's findings resonate strongly with the core principles of **Rishi Krishi**, which emphasize ecological balance, sustainable practices, and holistic health:

➤ *Improvement of Soil Health (97.4%):*

The Rishi Krishi model advocates the use of organic inputs, such as compost and natural fertilizers, to enhance soil fertility. This aligns with the finding that organic farming improves soil structure, water retention, and biodiversity. Rishi Krishi principles recognize the soil as a living entity that must be nurtured to sustain long-term agricultural productivity.

➤ *Increased Awareness (89.7%):*

Rishi Krishi promotes an understanding of the interconnectedness of farming practices with environmental and human health. The increased awareness among farmers about the harmful effects of chemicals mirrors the Rishi Krishi ethos of integrating traditional knowledge and ecological consciousness into farming practices.

➤ *Improvement of Animal Health (64.1%):*

Organic farming practices that reduce chemical inputs contribute to healthier livestock, consistent with the Rishi Krishi approach, which emphasizes harmony between humans, animals, and the environment. This reflects the broader **One Health** perspective embedded within Rishi Krishi, recognizing the interdependence of all forms of life.

➤ *Enhancement of Human Health (56.4%):*

By avoiding synthetic chemicals and prioritizing natural farming methods, Rishi Krishi practices promote human health through the cultivation of toxin-free crops. This aligns with the study's finding that organic farming reduces health risks, contributing to the overall well-being of farmers and their families.

B. Explanation of the Findings

The findings highlight how organic farming, rooted in the Rishi Krishi philosophy, is a **multi-dimensional process** that nurtures not only the environment but also the health of communities. The principles of Rishi Krishi emphasize that sustainable farming practices must protect and enhance the natural ecosystem while ensuring the well-being of all living beings.

The improvement in soil health demonstrates the ecological benefits of composting and organic fertilizers, foundational to Rishi Krishi. Increased awareness reflects the role of traditional agricultural wisdom in fostering a more profound understanding of sustainability and interconnection. Improved livestock health and human health outcomes emphasize the systemic nature of Rishi Krishi, where the health of the soil directly influences the health of plants, animals, and humans.

This holistic integration, as illustrated by the findings, underscores the essence of "Cultivating Harmony and Harvesting Health." Organic farming based on Rishi Krishi principles not only leads to tangible environmental benefits but also fosters a broader cultural and health-oriented transformation within communities, ensuring long-term resilience and sustainability.

As summarizing the findings, the study highlights the transformative effects of Rishi Krishi principles in promoting holistic health and sustainable farming:

➤ *Contribution to Holistic Health Consciousness and Sustainable Farming*

The study revealed that Rishi Krishi farming practices, which include organic farming, crop diversification, and composting, have significantly enhanced the soil quality, improved crop yields, and reduced dependency on chemical inputs. This reflects the principle of cultivating harmony with nature, where health-conscious practices are directly linked to farming methods that prioritize environmental sustainability. The principles not only boost farm productivity but also cultivate a more health-conscious mindset among farmers, fostering a deep connection to their food and surroundings.

➤ *Integration of Rishi Krishi with the One Health Framework*

The integration of Rishi Krishi with the One Health framework emerged as a significant factor in improving health outcomes across the community. As the One Health approach connects human, animal, and environmental health, it was found that healthier soils and plants led to healthier livestock and, in turn, healthier farmers and consumers. The community reported fewer health issues like skin irritation, digestive problems, and respiratory issues, which are commonly associated with the use of chemicals in conventional farming. Furthermore, the holistic nature of Rishi Krishi encourages a systemic view of health, where the environment plays an essential role in maintaining public well-being.

VII. RESEARCH FINDINGS

The findings from the study highlight the significant impacts of organic farming aligned with Rishi Krishi principles. Key outcomes include:

A. Soil Health:

Organic practices such as composting and using natural fertilizers greatly enhance soil quality, improving fertility, structure, and biodiversity, essential for sustainable agriculture.

B. Environmental and Health Awareness:

Farmers and communities showed increased understanding of the negative effects of synthetic chemicals, fostering a shift toward environmentally sustainable practices.

C. Animal Health:

Reduced chemical exposure in organic farming led to healthier livestock and fewer diseases, aligning with the interconnected principles of the One Health approach.

D. Human Health:

By minimizing harmful chemical usage, farmers and their families experienced fewer health issues, promoting overall well-being.

These outcomes emphasize the alignment of organic farming with Rishi Krishi principles, highlighting their role in fostering ecological harmony and enhancing holistic health. This integration supports the vision of "**Cultivating Harmony and Harvesting Health**," bridging traditional agricultural wisdom with contemporary sustainability needs.

VIII. CONCLUSION

The research in Aadhikhola, Nepal, highlights the transformative potential of organic farming, rooted in Rishi Krishi principles, to foster sustainable agriculture and holistic health. The findings demonstrate improvements in soil health, enhanced awareness of sustainability, and better health outcomes for humans and animals. Readers are encouraged to support eco-friendly practices and advocate for healthier food systems, while the government is urged to integrate traditional agricultural wisdom with modern sustainability frameworks through investments in education, infrastructure, and supportive policies. These collective efforts align with the vision of "**Cultivating Harmony and Harvesting Health**," ensuring a balanced and resilient future for communities and the environment.

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