What it is: When your heifer/cow fails to come to oestrus within the normal range of time i.e. 12-28 months depending on the breed and nutritional plan you provide, it is called anoestrus. It is of two types -

a) Delayed onset of puberty: When your heifer fails to come into heat within 16 months of age in case of crossbred and within 28 months in case of indigenous, it is considered as delayed onset of puberty.

b) Delayed post-partum oestrus: When your cow fails to come into heat within 3 months of time after calving, it is considered as delayed post-partum oestrus

How it affects your farm

- Anoestrus causes a huge loss to you as you are to feed and maintain the animals for some extra months/years till she conceives.
- You are to spend extra money for treating the animals.
- The lifetime production in terms of milk yield and calf born will be significantly reduced.

What may cause anoestrus:

a) Delayed onset of puberty:

- Poor nutrition/under nutrition during the growth period- if you do not provide concentrate feed with required proportion of different feed ingredients including mineral mixture and vitamins there will be delayed onset of puberty;
- Parasitic infestation- parasites absorb the digested food from the gut and delay the process of attaining puberty;
• **Defects in the reproductive tract/organ of your heifer** - Having defects in the reproductive tract/organ causes delayed onset of puberty.

**A well-nourished heifer with proper growth**

**b) Delayed post-partum oestrus:**

- **Improper involution of the uterus** - After calving, the uterus of the cow should normally regain its normal shape and size (which is called involution) within 30 to 90 days and heat is expected within this period. Sometimes it goes far beyond because of several factors like - incomplete removal of the placenta, seasonal influence (involution is rapid in spring and summer), a lower plan of nutrition, infection in the uterus, diseases like milk fever, mineral deficiency, etc.;

- **Diseases of the ovaries** - There may be formation of cysts/other anomalies in the ovaries that leads to anoestrus;

- **Pregnancy** - Sometimes your cow may be mated with a bull without being noticed by you and get pregnant. In such case, you may be assuming wrongly as delay in postpartum oestrus;

- **Cow-calf association** - If you keep the calf with the cow for longer period and the calf continues to suckle the mother, it will delay postpartum oestrus and vice versa.

- **Sub nutrition/under nutrition** - if you do not provide good quality concentrate feed to the cow in right amount there may be delayed postpartum oestrus;

- **Pyometra/Mucometra** – Formation and accumulation of pus/mucus inside the uterus also inhibits post partum oestrus.
Measures to be adopted to reduce the occurrence of anoestrus:

- Maintain a proper plan of nutrition. Give the heifer/cow adequate quantity of good quality concentrate feed and green & dry forages according to their body weight, milk yield, stage of lactation, stage of pregnancy, etc.
• Use dewormer drugs periodically;
• Allow for regular exercise;
• Keep the heifer close to a bull, it may hasten puberty;
• Complete the course of treatment for any diseases as prescribed by the veterinarian;
• Separate the calf from the cow as early as possible;
• Take guidance from a veterinarian during dry period and early lactation for maintaining better health of the animal;
• Call a veterinarian to rule out any unnoticed pregnancy.

What you should do if anoestrus occurs:

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<tr>
<th>Dos</th>
<th>Don’ts</th>
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<tr>
<td>Consult with a veterinarian in case the heifer/cow does not exhibit heat symptoms within the stipulated time period</td>
<td>Do not treat the heifer/cow with delayed oestrus at your own</td>
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<tr>
<td>Complete the course of treatment animal suffers from any metabolic (e.g. milk fever) or infectious disease, as advised by the attending veterinarian</td>
<td>Do not ignore any disease condition and do not treat the diseases taking help of local service provider</td>
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<td>Cull the animal if it does not respond to treatment within the timeframe as expected by you</td>
<td>Do not rear unproductive animals for long as it affects your farm’s productivity and profitability</td>
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