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GHEE

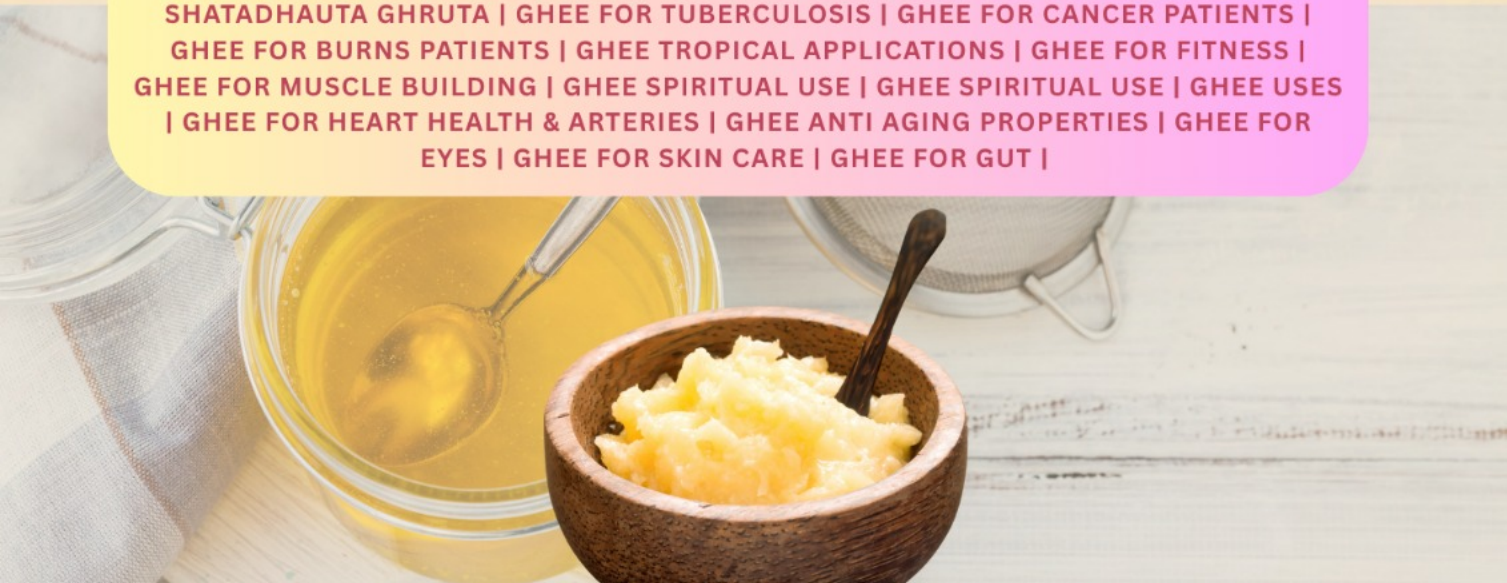
An Ancient Superfood

ISBN – 978-81-989894-7-5

The Golden Essence of Health and Healing



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EYES | GHEE FOR SKIN CARE | GHEE FOR GUT |



The Golden Essence of Health and Healing

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ISBN – 978-81-989894-7-5

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Medifit Publishing House

A venture of Medifit Biologicals Private Limited
Medifit Education, Prabhadevi,
Mumbai, India

www.theMedifit.com

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WHAT IS GHEE?

Ghee is clear butter fat which originated from India, and is typically made by heating butter and evaporating the remaining moisture, resulting in a buttery-flavoured product with an extended shelf-life.

Ghee is the name used in India for a variety of milk fat products mainly made from cows' or buffaloes' milk by methods that can be traced back to ancient times. Similar products are produced in the Middle East and Africa commonly from goat, sheep, or camel milk. In these areas, the products are mostly known as maslee or by some variant of the Arabic word samn.

The products were traditionally manufactured in rural areas where cream or butter was heated over open fire until the water had boiled off. During this treatment, considerable browning of the non-fat milk solids occurs that develops a special taste and a strong antioxidative effect. Today, ghee is often factory made by more industrialized methods. India is the major producer of ghee, but the product is now also gaining popularity in the Western world and can be purchased in many ethnic shops.

ghee is characterized as having a special flavour and physical structure. This is a rather unspecific and not very useful definition, but the problem is of course that the specification tries to cover all the varieties of ghee made in different countries. However, the main point is that ghee is an almost anhydrous milk fat product obtained by a high-temperature process that leaves part of the non-fat milk solids in the product.

The flavour of ghee is very dependent on the manufacturing process. Much of the typical flavour is the result of a very complex mixture of compounds including carbonyls, lactones, FFA, and esters generated during processing. The typical flavour of burnt non-fat milk solids combined with some component derived from oxidation of the milk fat is also important. Lactones, which have a coconut like flavour, seem to be especially important for the characteristic flavour of ghee. The levels of these are increased by increasing temperature during the production, and it is often twice as high in ghee as in butter. The role of phospholipids in ghee has been much debated. Some studies have shown that high content of phospholipids results in poor keeping quality, whereas others have indicated that phospholipids dissolved in fat, as is the case in ghee, have distinct antioxidative properties. This needs further investigation.

Ghee has an intense yellow colour, unless produced from buffaloes' milk, which contains much less β -carotene than cows' milk. Ghee should have a soft and granular texture, with a large proportion of crystalline fat suspended in sufficient liquid fat so the product can be poured at room temperature. Such a texture could be promoted by slow cooling under constant stirring, but textural changes might occur during storage depending on the temperature.

Ghee normally has a shelf life of 6–8 months even at ambient temperature, but considerably longer storage stability has been experienced probably because of

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the antioxidative effect created during processing. However, ghee eventually deteriorates during storage; the limiting factor is normally the development of oxidized flavour.

Ghee is a type of clarified butter, originating from South Asia. It is commonly used for cooking, as a traditional medicine, and for Hindu religious rituals.

Ghee is a variation of clarified butter that is popular in the culinary traditions of the Middle East and India. It's made from cow milk butter, treated with low heat until the water evaporates, leaving milk solids behind. The solids are skimmed off or strained if needed.

Ghee is a clarified butter made by separating butterfat from the milk solids and water in butter. However, it's not exactly the same as French clarified butter. "The French clarified butter is made by melting fresh butter, then straining the clear butter off from the milk residue that has settled at the bottom of the pot, Classic Indian Cooking. "'Usli ghee' (or literally 'authentic ghee') is also begun by melting fresh butter, but is then kept at a simmer for a long time, to allow the moisture in the milk solids to evaporate."

So, ghee is slightly more concentrated than French clarified butter because the extended simmer time allows more water to evaporate, which deepens the flavour imparted by the milk.

The word ghee is borrowed from the Sanskrit word घी (ghī), which comes from Sanskrit: घृत (ghruta) 'clarified butter', from the root घृ, ghr-, 'to sprinkle, it is cognate with the Ancient Greek word χριστός (khristós, 'rubbed, anointed'), from which the English word Christ is derived.

The main flavour components of ghee are carbonyls, free fatty acids, lactones, and alcohols. Along with the flavour of milk fat, the ripening of the butter and the temperature at which it is clarified also affect the flavour. For example, ghee produced at 100 °C (212 °F) or lower has a milder flavour, whereas 120 °C (248 °F) results in a strong flavour.

Traditionally, ghee is made from bovine milk, either cow or water buffalo, and has been used in rituals since the Vedic period. It is a sacred requirement in Vedic yajna and homa (fire rituals), through the medium of Agni (fire) to offer oblations to various deities .

Fire rituals are utilized for ceremonies such as marriage and funerals. Ghee is required in Vedic worship of mūrtis (divine deities), with aarti (offering of ghee lamp) called diyā or dīpa and for Panchamruta where ghee along with mishri, honey, milk, and dahi (curd) is used for bathing the deities on the appearance day of Krishna on Janmashtami, Śiva (Shiva) on Mahā-śivarātrī (Maha Shivaratri). There is a hymn to ghee. In the Mahabharata, the Kaurava were born from pots of ghee.

Ghee is also used in bhang in order to heat the cannabis to cause decarboxylation, making the drink psychoactive. In Buddhist scripture, stages of dairy production are used as metaphors for stages of enlightenment. The highest-stage product, sarpir-maṇḍa, is theorised to be ghee or clarified butter.

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HOW GHEE IS PREPARED?

What is clarified butter and ghee?

- Ghee is a type of Clarified Butter, best known as used in Indian cooking. Arguably the purest form because the method to make it ensures 100% of the dairy is removed, whereas some basic methods for clarified butter are not as thorough;
- They have a more intense butter flavour and in the case of Ghee, a slightly nutty flavour imparted by the browned milk solids;
- Is a gorgeous golden yellow colour;
- Is completely clear and pure, not clouded with milky bits and foam like normal melted butter;
- Makes things much more crisp than butter ,
- Ghee has a high smoke point of 230°C/450°F, compared to butter which has a smoke point of only 175°C/350°F. This is in fact higher than some vegetable oils, meaning you can use clarified butter/ghee just as you would a normal cooking fat, frying and sautéing things at a high temperature without setting off the smoke alarm.

Ghee Ingredients

There's just one ingredient – butter! So use your favourite brand of unsalted butter. I prefer organic, grass-fed butter, but any brand works.

How to Make Ghee

Cook the butter. Add about a pound to a small pot and cook on low heat. Once the butter is melted and starts to simmer, you'll notice the ghee will separate into three layers.

Skim the top. You'll notice foam forming at the top and sputtering a bit, which is the water evaporating. Skim that foam off with a spoon and let it continue to cook until the foam turns into clear bubbles and the middle layer becomes translucent. You should also start to see the milk solids sticking to the bottom of the pot.

Let it cool and store it. After 25 to 30 minutes, your ghee should be done. Turn off the heat and let it cool for a few minutes, then strain it into a glass storage container. The ghee will become opaque and light yellow as it cools. You can store the ghee at room temperature in a cupboard (away from direct light) for a few months. If you plan to keep it longer, it's best to store it in the refrigerator where it will last about a year.

Ghee is made by simmering butter until it separates into liquid fats and milk solids. The solids are then removed, leaving behind the clarified butterfat, also known as ghee. This process removes most of the lactose and casein, making it suitable for those with dairy sensitivities.

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Here's a more detailed breakdown of the process:

Melting the Butter: Butter is heated in a saucepan over medium-low heat.

Separation: As the butter melts, the milk solids and water will separate from the liquid fat.

Simmering: The mixture is simmered, allowing the water to evaporate and the milk solids to settle to the bottom.

Clarification: The clear liquid fat (ghee) is then separated from the milk solids, usually by straining.

Optional Caramelization: Some recipes call for simmering the ghee a bit longer to caramelize the milk solids, giving it a nutty flavor and aroma.

Storage: The finished ghee is typically stored in an airtight container.

Ghee recipe using milk:

Ingredients

- 1.5 litre milk, full cream
- ½ tsp curd

Instructions

- firstly, in a thick bottomed kadai or vessel take 1.5-litre milk.
- sit occasionally to prevent milk from sticking to the bottom of kadai.
- get the milk to a boil.
- cool the milk, now you can see a thick cream on top.
- transfer the lukewarm milk along with cream to a bowl.
- add ½ tsp curd and mix slightly.
- cover and rest in a warm place for 6 hours or until the curd sets completely.
- refrigerate the curd, as it helps the cream and curd to thicken.
- now collect the cream from the curd and keep it refrigerated.
- for a week, keep collecting the cream and refrigerate.
- once a good amount of cream is collected, transfer the cream into the mixi jar. make sure to add the cream in batches, as we need enough room to blend.
- further, add 1 cup chilled water and close the lid.
- blend for a minute or until the butter separates. if still, the butter has not separated, then add a little more water and blend.
- transfer the butter and buttermilk into a large bowl.
- gather the butter by moving it to a side using your hands. make sure you have washed your hands with cold water, if the hand is warm then there are chances for butter to melt.
- make a large ball-sized butter.

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- now rinse the butter in cold water until the water runs clean. this helps to get rid of buttermilk present in butter.
- shape the butter, and can be stored in refrigerated for use.
- or alternatively, to prepare the ghee from the curd, take the butter to a large kadai.
- to prepare ghee, in a large kadai take butter.
- keeping the flame on medium, melt the butter completely.
- continue to stir until the butter changes colour and turns frothy.
- now, boil for a minute or until it turns golden brown and aromatic. the bubbles turn transparent.
- cool slightly, and filter out the ghee to remove any residue.
- finally, buttermilk, butter & ghee, is ready to use.

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GHEE - SATVIK FOOD

GHEE AS SATVIK FOOD

Ghee, or clarified butter, holds a revered place in Indian culture, cuisine, and especially in the ancient science of Ayurveda. More than just a cooking medium, ghee is considered a "Satvik" food, embodying purity, balance, and positive energy. This four-page article will delve into the profound reasons why ghee is categorized as Satvik, exploring its traditional preparation, Ayurvedic principles, nutritional benefits, and its role in fostering physical, mental, and spiritual well-being.

Understanding Sattva, Rajas, and Tamas

To truly appreciate why ghee is a Satvik food, it's essential to understand the Ayurvedic concept of the three Gunas: Sattva, Rajas, and Tamas. These are fundamental qualities or energies that pervade everything in the universe, including food, thoughts, and actions.

Sattva (Purity, Harmony, Balance): Sattvic foods are those that promote clarity, peace, strength, and health. They are light, fresh, wholesome, and easy to digest. A diet rich in Sattvic foods is believed to support mental calmness, spiritual growth, and overall well-being. Examples include fresh fruits, most vegetables, whole grains, nuts, seeds, and, crucially, pure ghee.

Rajas (Activity, Passion, Stimulation): Rajasic foods are stimulating and energizing, but in excess, they can lead to restlessness, aggression, and stress. They are often pungent, spicy, sour, or overly processed. Examples include coffee, tea, hot peppers, onions, garlic, and heavily spiced dishes. While a certain amount of Rajas is necessary for action, an imbalance can lead to agitation.

Tamas (Inertia, Dullness, Heaviness): Tamasic foods are those that promote lethargy, dullness, negativity, and decay. They are often stale, overcooked, processed, or heavy. Examples include red meat, alcohol, fermented foods, fried foods, and leftovers. A Tamasic diet can lead to physical and mental sluggishness and impede spiritual progress.

Ghee is unequivocally classified as a Sattvic food in Ayurveda. Its properties align perfectly with the qualities of Sattva, making it a cornerstone of a yogic or Ayurvedic diet aimed at achieving balance and harmony. The Traditional Preparation of Satvik Ghee: The Bilona Method

The purity and Satvik nature of ghee are largely attributed to its traditional preparation method, particularly the "Bilona" process. Unlike commercially produced ghee, which often involves heating cream directly, the Bilona method is a meticulous, labor-intensive, and ancient practice that preserves the inherent goodness of the milk.

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The Bilona process typically involves the following steps:

Milk Collection: It begins with fresh, pure A2 milk, ideally from indigenous cow breeds like the Gir cow, which are free-grazing and fed a 100% natural diet. The first calves are fed, and then the remaining milk is procured.

Curdling (Dahi): The milk is gently heated and then cooled. A small amount of curd (starter culture) is added to the milk, allowing it to ferment overnight and transform into yogurt (dahi). This fermentation is crucial as it converts lactose into lactic acid and butyric acid.

Churning (Bilona): The yogurt is then churned using a traditional wooden churner, known as a "bilona." This churning is done bi-directionally, separating the butter (makkhan) from the buttermilk. This process is time-consuming but essential for retaining the nutrients and flavor.

Clarification (Slow Simmering): The collected butter is slowly simmered on a low flame. As it melts, the water content evaporates, and the milk solids settle at the bottom, leaving behind pure, golden, and aromatic ghee. The slow cooking ensures that the nutrients remain intact and a rich flavor develops.

Filtering and Storage: Once ready, the ghee is filtered to remove any remaining solids and then stored in airtight containers, ideally at room temperature.

This traditional method ensures that the ghee is free from lactose and casein (milk solids), making it easier to digest for many individuals, including some with mild lactose sensitivity. The process also concentrates beneficial compounds like butyric acid and essential vitamins. The care taken in raising the cows and the traditional method of preparation contribute significantly to ghee's Satvik qualities, aligning with the principle of ahimsa (non-violence) and respect for living beings.

The Nutritional and Ayurvedic Benefits of Satvik Ghee

The classification of ghee as Satvik is not just philosophical; it is deeply rooted in its profound nutritional profile and the myriad health benefits recognized by Ayurveda and increasingly supported by modern science.

Nutritional Benefits: Rich in Essential Fatty Acids: Ghee is a source of healthy fats, including saturated fats (about 60-65%) and a significant concentration of short-chain and medium-chain triglycerides (MCTs), particularly butyric acid.

Vitamins A, D, E, and K: Ghee is a natural powerhouse of fat-soluble vitamins. Vitamin A is crucial for vision and immune function, Vitamin D for bone health, Vitamin E for antioxidant protection, and Vitamin K (especially K2) plays a vital role in calcium absorption and bone metabolism.

Butyric Acid: This short-chain fatty acid is a key component of ghee. It is known to support gut health by nourishing colon cells and promoting a healthy gut microbiome. It acts like a natural probiotic, aiding digestion and immunity.

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Antioxidants: Ghee contains antioxidants that help combat free radicals, reduce oxidative stress, and boost overall immunity.

Ayurvedic Benefits and Satvik Qualities:

Boosts Agni (Digestive Fire): In Ayurveda, ghee is believed to kindle "Agni," the digestive fire, leading to improved digestion, assimilation of nutrients, and elimination of toxins (ama). A strong Agni is central to good health.

Ojas Builder: Ghee is considered a powerful "Ojas" builder. Ojas is the subtle essence of vitality, immunity, and overall well-being. By nourishing the deeper tissues, ghee enhances mental clarity, physical strength, and a radiant complexion.

Anupana (Carrier for Herbs): Ghee acts as an excellent "Anupana" or carrier substance, helping to transport the medicinal properties of herbs and spices deep into the body's tissues and cells.

Lubricates Tissues and Joints: Its unctuous (snigdha) quality lubricates the internal organs, tissues, and joints, promoting flexibility and reducing dryness, especially beneficial for Vata and Pitta doshas.

Detoxification: Ghee is a key component in Ayurvedic cleansing practices like Panchakarma (specifically in oleation therapy), where it helps to draw out fat-soluble toxins from the body.

Calming and Nurturing for the Mind: Ghee is considered "medhya," meaning it nourishes the brain and nervous system, promoting mental clarity, memory, and emotional balance. Its Sattvic nature is believed to contribute to a peaceful and harmonious mind.

Supports Reproductive Health: Ayurveda recognizes ghee's role in nourishing the reproductive system.

While ghee is highly beneficial, Ayurveda also emphasizes moderation, especially for individuals with Kapha imbalances, weak digestion, or those struggling with high cholesterol or excess weight.

Ghee's Role in a Satvik Lifestyle and Spiritual Significance

Ghee's identity as a Satvik food extends beyond its physical benefits, permeating into lifestyle choices and spiritual practices. Its pure essence is believed to contribute to a balanced and harmonious existence.

Ghee in a Satvik Lifestyle:

Promotes Overall Well-being: A Satvik lifestyle emphasizes living in harmony with nature, cultivating positive thoughts, and consuming pure, wholesome foods. Ghee, with its inherent purity and nourishing qualities, perfectly complements this approach. It's often drizzled over rice, dal, and vegetables in a traditional Satvik meal, enhancing flavor and digestibility.

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Enhances Mental Clarity and Focus: The brain-nourishing properties of ghee contribute to improved cognitive function, memory, and concentration, which are vital for intellectual pursuits and meditative practices within a Satvik framework.

Supports Yogic Practices: Many yogis and spiritual practitioners incorporate ghee into their diet to support their physical and mental well-being, believing it aids in achieving deeper states of meditation and a stronger connection to their inner self.

Easy Digestion: As a food that is easy to digest and doesn't create "ama" (toxins from undigested food), ghee supports a light and energetic feeling, essential for maintaining spiritual focus.

Spiritual Significance: Offerings in Rituals (Homa/Yajna): Ghee has been an integral part of Vedic rituals and fire offerings (Homa or Yajna) for millennia. It is offered to Agni, the Hindu God of Fire, symbolizing purity, sacrifice, and a connection to the divine. The smoke from burning ghee is believed to purify the atmosphere and carry prayers to the heavens.

Symbol of Purity and Prosperity: In Indian tradition, ghee symbolizes purity, prosperity, and auspiciousness. It is often used in religious ceremonies, anointing deities, and lighting lamps.

"Golden Elixir": The term "golden elixir" often used for ghee reflects its precious and life-giving qualities. It's seen as a gift from nature that sustains life and promotes a higher state of being.

Connection to Consciousness: Some ancient texts, like the Upanishads, associate milk (and by extension, ghee) with consciousness, implying its ability to uplift and purify the mind.

In conclusion, ghee's classification as a Satvik food is a testament to its multifaceted benefits—nutritional, physiological, and spiritual. Its traditional preparation methods, rich nutrient profile, and profound role in Ayurvedic philosophy and spiritual practices underscore its enduring value as a golden elixir for holistic well-being. By embracing pure, traditionally made ghee, one not only nourishes the body but also cultivates a mind of clarity, peace, and a spirit aligned with the principles of Sattva.

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NUTRITIONAL VALUE

Ghee is a calorie-dense food. 100 ml of ghee provides as much as 110 calories of energy.

It consists almost entirely of fat, with negligible amounts of protein, carbohydrates, sugar, or fibre. 100 ml of ghee contains almost 99.5% of fat. Most of the fat present in ghee is saturated fat. It also contains cholesterol.

Ghee made from the milk of grass-fed cows is rich in vitamin A, vitamin E, vitamin K. and also butyric acid.

Does ghee have any nutritional value?

Yes, ghee has nutritional value. It's a good source of healthy fats, including **omega-3 and omega-9 fatty acids, and fat-soluble vitamins like A, D, E, and K.** It also contains beneficial compounds like conjugated linoleic acid (CLA) and butyrate, which can support heart health and digestion.

Here's a more detailed breakdown:

Fats:

Healthy Fats:

Ghee is rich in saturated fats, but it also contains beneficial monounsaturated and polyunsaturated fats.

Medium-Chain Triglycerides (MCTs):

These are easily digested and absorbed by the body, providing a quick source of energy.

Conjugated Linoleic Acid (CLA):

CLA has been linked to potential benefits for heart health and may help with weight management.

Butyric Acid:

This short-chain fatty acid supports gut health by nourishing the cells in the intestines and promoting healthy bowel movements.

Vitamins:

Vitamin A: Important for vision, immune function, and cell growth.

Vitamin D: Essential for bone health and calcium absorption.

Vitamin E: An antioxidant that protects cells from damage.

Vitamin K: Plays a role in blood clotting and bone health.

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Breakdown of Ghee nutritional value per 100g

Most research shows that Ghee is a concentrated source of fat that gives you about 900 calories for every 100g. However, this does not do enough justice to understand Ghee's nutritional value. So, here's a detailed breakdown to help you better understand.

Nutritional Table:

- Nutrient Amount per 100g
- Calories 876 kcal
- Total Fat 99.8 g
- Saturated Fat 62.4 g
- Monounsaturated Fat 28.7 g
- Polyunsaturated Fat 3.7 g
- Omega-3 Fatty Acids 1.2 g
- Omega-6 Fatty Acids 2.5 g
- Cholesterol 256 mg
- Vitamin A 3069 IU
- Vitamin E 2.8 mg
- Vitamin K 8.6 mcg
- Vitamin D 1.3 mcg

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GHEE FOR COOKING

7 Things to Know Before Cooking with Ghee

You Can Totally Make It Yourself

Ghee is butter, simmered. It's easy to make. It's also easy to burn. Keep an eye on the pot. As it simmers, the butter's milk solids separate from the oil while evaporating out water. After about 15 minutes, spoon out the milk solids. What's left is ghee: a clear-golden cooking oil with a high smoke point, long shelf life, and fancy reputation.

Lactose Intolerant People Eat Ghee.

Because ghee is clarified, it's both casein and lactose-free. People who are officially lactose intolerant (or lactose-free) eat it and digest it. Most ghee recipes instruct discarding the milk solids. Seriously? Discard organic, grass-fed milk solids? If you or someone you live with isn't lactose-averse, keep them. Sprinkle them on a salad, toss them in a smoothie, or spread them on toast. Because salty, creamy, crunchy milk solids belong on really tangy sourdough or a crusty baguette.

Ghee Has a High Smoke Point

Because there's no water in ghee (remember, it evaporated when the butter simmered), ghee has a higher smoke point than butter, about 465° F compared to butter's 350° F. It cooks without sputtering, smoking or burning, making it friendly for grilled cheese, chilaquiles, breakfast potatoes, and more.

Ghee Is Extremely Shelf Stable

Because there is no water in ghee, bacteria won't grow there, so you can skip refrigeration. Ghee travels well: Take it camping or off the grid. To keep ghee shelf stable be sure your jar of ghee remains both water and steam-free; don't place it right next to the steaming stovetop. If your ghee gets tainted with water or food, then refrigerate; it'll be fine for future use.

Ghee Can Be Really Expensive

Yes, good ghee—the organic, grass-fed kind—costs about four times as much as butter per ounce. If you're trying ghee for the first time and you don't think it's worth the splurge, see #1: Make your own. To get a worthy yield, start with at least a pound of unsalted butter.

Ghee Has a Long and Illustrious History

Ghee has been used in India for thousands of years in daily home cooking and medicine. Ancient (and modern) Yogis choose ghee for its anti-inflammatory,

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digestive, and peace-promoting attributes. Ayurveda recommends roasting cooking spices in ghee to make them not only more flavourful but also more active, nutritionally.

Ghee Is Incredibly Versatile

Along with its buttery taste, ghee has a distinct roasted, nutty, fragrance. It's an easy, tasty swap for butter or olive oil in the sauté pan; try ghee for frying eggs and bread, tart rye crepes, or zucchini fritters. And because ghee is pure oil that melts easily, it's perfect for spiced and flavoured butters, whether you're dipping summer lobster, smothering fruity pancakes, or spooning on oatmeal. Obsessed with turmeric lattes? Your bedtime cup is about to get real—milk, turmeric, cardamom, saffron, a touch of sweet and a dollop of ghee. This is the stuff that dreams are made of.

What Makes Ghee the Perfect Condiment

Ghee's versatility makes it a valuable addition to any kitchen. Here are some of its many culinary uses:

Cooking

Cooking with ghee is among the most popular methods in Indian households. Among the most common ghee uses is when it is used for cooking various Indian dishes with different methods, including but not limited to:

- **Frying:** Ghee's high smoke point makes it ideal for deep-frying foods like pakoras and samosas.
- **Sauteing:** Sauté vegetables like spinach and mushrooms in ghee for a rich, flavourful dish.
- **Roasting:** Roast chicken, fish, or vegetables in ghee for a crispy, golden-brown exterior and juicy interior.

Baking

Ghee is also used for baking, especially when it comes to Indianized versions of baked sweets such as:

- **Cookies:** Use ghee in cookie recipes for a richer, more tender cookie.
- **Cakes:** Ghee can be used as a substitute for butter in cake recipes, adding a unique flavour and texture.
- **Pies:** Ghee can be used in pie crusts for a flaky, buttery crust.

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Spreading

This is among the best ways to use ghee in one's meals. There's nothing quite like consuming a sabzi or sandwich with ghee spread.

- Bread: Spread ghee on toast or bread for a delicious and healthy snack.
- Roti: Use ghee to drizzle over warm rotis for a flavorful addition.
- Dosa: Spreading some ghee over a dosa before roasting it gives it a crisper, tastier feel.
- Idli: Top warm idlis with ghee for a rich flavour boost.

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GHEE SWEETS

Let's explore the top 10 ghee-based sweets that will make your festive celebrations sweeter.

Gulab Jamun: These soft, delicious balls of sweetness soaked in sugar syrup are an absolute festival favourite. Typically, it is made with khoya and then deep-fried in pure cow ghee to reach that golden perfection. Gulab Jamuns are all about that delicious richness that comes with a perfect blend of ghee and are not just festive highlights but an all-season delight. The right amount of pure cow ghee lends the Gulab jamuns a soft texture and delectable aroma for a heavenly experience.

Jalebi: Crispy, golden spirals of jalebi come alive when fried in pure cow ghee. The ghee not only gives jalebi its best crunch but additionally complements the flavour and taste of the sugar syrup that oozes out with every chunk. Frying in ghee is the secret to attaining that irresistible balance of crispiness and softness that makes Jalebi a festive favourite.

Malpua: Malpuas are a staple sugary snack in almost every household. However, during the festive season, these delightful sugary pancakes crafted from flour, khoya, and spices are cooked in cow ghee. The pure cow ghee gives malpua its signature golden colour and a rich, caramelized flavour that's impossible to resist. When ghee is added, the malpua become deliciously crispy on the edges and soft inside, making them the ideal treat for celebrations.

Ghevar: Ghevar is a festive delicacy, made especially during Teej. It is a honeycomb-like delicious dessert made from flour and soaked in syrup. On the other hand, Cow ghee plays an important role in giving ghevar its unique, porous texture and rich flavour. With the right amount of ghee, this classic Rajasthani delicacy just melts in your mouth. The finest quality of the cow ghee brings a unique flavour and taste to this sweet.

Motichur Laddu: Small besan or (bundi) pearls are dipped in cow ghee and then wrapped in sugar syrup to form a happy ball. The pure cow ghee is what makes these ladoos so soft and fragrant. It ensures that everything they say feels lovely and celebratory. The thickness of the ghee enhances the flavor of it all, making Motichur Ladoo a must for any festival.

Gajar Ka Halwa: Gajar ka Halwa is a very old traditional recipe infused with carrots cooked slowly in pure cow ghee, milk, and sugar, topped with cardamom and nuts. This winter delicacy just wouldn't be the same without the finest quality ghee. In fact, ghee largely contributes to the smooth texture of the halwa. Intensifying the sweetness of the carrots and turning them into a velvety delicious dessert.

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Kaju Katli: the royal dish made with cashews, is enlivened by the use of cow ghee. This festive favourite sweet is very popular for its unique shape and amazing taste. Cow ghee is the secret ingredient that makes the cashew soft, silky, and naturally rich. The ghee in this delicious sweet subtly brings out the sweetness and creaminess, making each slice a beautifully melting delight in your mouth.

Son Papdi: This flaky, delicate sweet dish is absolutely a must-have in every festive season. Authentically made from gram flour, sugar, and pure ghee, it has a unique texture that nearly crumbles into your fingers when you bite into it. The ghee is essential to attaining that mild, airy texture. It is what binds all the ingredients together into layers of sweet, savoury goodness.

Ghee Mysore Pak: This typical South Indian classic sweet dish is all about ghee. Made with gram flour, sugar, and loads of pure ghee. It is undeniably a festive favourite for many. The texture of Ghee Mysore Pak is dense yet very soft. The flavour and richness are pure indulgence. And here comes the role of cow ghee, which not only gives it its iconic taste but also provides the perfect juiciness and consistency that makes this sweet so irresistible.

Doodhpeda: Doodhpedais a very popular and traditional milky dessert. It is cooked in pure cow ghee for a creamy and rich texture. It's the ghee that makes Doodh Peda soft yet crunchy. The essence of pure ghee in this dessert, binds the ingredients together, making it consistent yet soft. It brings out the milky sweetness that makes this sweet a perfect offering at festivals.

Ghee is the secret ingredient in all these desserts that enhances their flavour, texture, and fragrance. The richness enhances their indulgence, making them perfect for festive celebrations!

This festive season, try cooking one of these sweets with the pure indulgence of Cow Ghee.

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GHEE IN KETOGENIC DIET

What Is A Ketogenic Diet?

A ketogenic (Keto) diet is a low-carbohydrate, high-fat diet that stimulates the liver to produce ketones, which are then converted into energy. A ketogenic diet can be followed in a variety of ways (including soft approaches like LCHF or higher protein approaches like Atkins).

However, a ketogenic diet will prioritize good sources of fat and protein over carbs (including derivatives of refined and natural sugars, fruits, and veggies).

The Keto diet has one thing in common: it promotes "clean" eating and discourages the consumption of processed foods or those containing additives, making ghee keto friendly.

A ketogenic diet promotes natural weight loss by encouraging the body to use fat stored in the body for energy. The procedure is straightforward: by reducing carbohydrate intake, the body enters a state known as ketosis. Ketones are produced in the liver during ketosis as a result of fat breakdown. Ketosis is a metabolic state that occurs when fat is burned to generate energy.

Without carbohydrates, your body will rely on fat reserves to survive, resulting in rapid weight loss, increased energy, lower blood sugar, improved mental clarity, lower cholesterol, lower blood pressure, and other advantages.

Ghee is a keto-friendly dairy. How reliable is saturated fats?

Because it is free of casein and lactose, grass-fed ghee is superior to regular dairy butter. Butter contains lactose and casein, which may cause lactose intolerance in lactose-intolerant people.

Furthermore, ghee contains up to 64% saturated fat, making it an excellent source of healthy fats. Ghee is considered keto-friendly by dietitians because it contains a high concentration of saturated fats, which can replace carbohydrates in the diet when following a ketogenic diet. Including a moderate amount of grass-fed ghee in your diet is a sure way to get enough good fat to replace carbs.

Adding fat and eliminating carbohydrates from your diet is a healthy way to lose unwanted body weight, according to modern dietitians. This is the central concept of the ketogenic diet. Ghee aids in the success of the keto diet, so it is labelled as keto friendly.

Is ghee keto-friendly?

A healthy ketogenic diet would be 75% fat, 20% protein, and 5% or less than 50 grams of carbs per day. You should focus on high-fat, low-carb foods like eggs,

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lean meats, dairy, low-carb vegetables, and sugar-free brews while on the diet. Because ghee is high in fat, we can trust that it is keto-friendly.

When beginning a ketogenic diet, avoid grains, sugars, fruits, and starches (such as potatoes). Instead, eat plenty of meats, leafy greens (like spinach), high-fat dairy, and other natural fat sources like avocado and nuts.

When cooking, it's best to use healthy fats like organic, grass-fed ghee, which is high in vitamins and minerals. Ghee is useful because it adds a slightly sweet, buttery richness to any dish while containing no sugars or carbs.

Why is organic ghee ideal for keto diet recipes?

Ghee is a keto-friendly food because organic, grass-fed ghee contains 62-64% fat. When A2 ghee is used in cooking or as a raw ingredient in the Keto diet, it produces good results in terms of losing weight and staying fit, so dieticians refer to ghee as keto-friendly or keto-approved fat.

Organic ghee contains the essential fatty acids Omega-3 and Omega-9, beta carotene, CLA, antioxidants, and vitamins E, D, A, and K. Apart from improving immunity, Omega-3, Omega-9 essential fatty acids, and CLA help with natural weight loss.

How versatile is ghee?

Ghee is safe to use in the kitchen because it is easy to store and can be used in all types of cooking, including vegetarian and non-vegetarian dishes. There are numerous Keto-friendly alternatives to your favorite high-carb foods, and incorporating the right fats is the first step in discovering new dishes that work for you:

- The list includes ghee and keto-friendly oil. You can make use of it because of its high smoke point, organic clarified butter is suitable for all types of cooking, including sautéing, barbecuing, baking, and deep frying.
- Ghee can be mixed into your morning tea or coffee to provide energy while also acting as a filler food and reducing hunger.
- Instead of butter, spread ghee—a keto-friendly oil—on your bread toast.
- Grass-fed clarified butter is made from 100% grass-fed cow milk and contains no milk proteins such as lactose or casein. If you are on the keto diet, you must include clear and good fats in your diet, which clarified butter does.

Who should follow the keto diet?

The keto diet is for anyone who cares about their health and wants to stay fit and healthy. From this standpoint, anyone can follow the keto diet. This diet is ideal for overweight people in good health who want to lose excess body fat. Even Keto Supporters frequently recommend that people suffering from epilepsy,

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cancer, and Alzheimer's disease consider incorporating the benefits of the keto diet for improved wellness and health. This claim, however, has not been medically or practically validated.

But what exactly is ghee used for in the keto diet plan?

Who should not follow the keto diet?

People with damaged kidneys, type 1 diabetes, and cardio patients should avoid using the keto weight loss challenge. Lactating women and pregnant women should avoid the keto diet.

People with pancreatic problems, liver problems, or a history of gallbladder problems should also avoid this diet. Understanding what ghee is and how it is used in the keto diet solves the problem of creating a food plan and incorporating high-quality fat into your diet.

How to use ghee for keto breakfast?

Keto breakfast is ideally a fat-rich breakfast in which the good fat acts as a filler and can keep hunger pangs at bay for longer than usual.

What is the purpose of ghee in keto breakfast recipes?

To take advantage of the high calories in this dairy fat, raw ghee is added to tea/corning coffee in Keto breakfast. It transforms the typical morning beverage into an energy drink, and the ghee's high-calorie count suppresses hunger.

As a result, ghee-clarified butter aids in controlling the urge to consume extra calories. So, if you're wondering what ghee is and how it's used in the keto diet and calorie restriction, the answer is right here.

If you want to include a salad bowl in your morning breakfast, season it with ghee. The brown butter (ghee) makes it a calorie-rich salad dish that will fill you up and keep you full for a long time.

Similarly, you can spread this healthy milk fat on your toast in the morning. The creamy texture and nutty aroma will put you in a good mood, making it a great way to start the day. What is the purpose of ghee on the keto breakfast menu? Ghee calories, ghee flavor, and ghee benefits are all important.

How ghee is used for keto lunch?

Ghee can be used in a variety of ways in a keto lunch. It can be used to cook vegetables, such as by sautéing them in ghee with spices and herbs. It can also be used to cook meat, such as by pan-frying chicken or steak in ghee. Ghee can also be used as a spread on low-carb wraps or sandwiches or as a topping for salads. Finally, ghee can be used in a variety of sauces and dressings, such as a creamy avocado-cilantro dressing or a spicy curry sauce.

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How ghee is used for keto dinner?

Ghee can be used in a variety of keto-friendly dishes and dinners. Ghee can be used to sauté vegetables, dressings, and sauces. It can also be used to fry eggs and meats, season soups and stews, and spread on keto-friendly bread slices. Ghee is also a great substitute for butter in baking, as it adds a creamy, nutty flavor.

How much ghee should you use in the keto diet?

The amount of ghee you should use on the keto diet depends on your individual needs and the type of diet you are following. It is generally recommended that you consume no more than 4 tablespoons of ghee per day. It is also important to remember that ghee is high in calories, so it should be consumed in moderation.

Ghee is a keto-friendly food because it contains a lot of fat from grass-fed, clarified butter. Shahji Ghee's organic clarified butter is made from 100% grass-fed A2 cow milk and is certified organic ghee. Shahji ghee is perfect for incorporating into your keto diet.

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GHEE MEDICINAL PROPERTIES

Ghee. It helps kindle all types of Agni (digestive and metabolic fire). Ghee is a very nourishing fat. It penetrates all tissues and is said to cross the blood-brain barrier and has therapeutic properties by itself and in its numerous formulations. It is also Yogavahi (it absorbs and transmits therapeutic properties of herbs to all tissues). Ghee pacifies the Vata and Pitta doshas but can mildly increase Kapha so it is only given in the Nirama stage (when Ama or toxins are digested). But a word of caution, not all ghee is therapeutic, it must be cruelty-free, organic, cultured, and clarified! Additional health benefits of ghee include:

- Nourishing, strengthening, immunity building, and rejuvenating, Ghee nourishes and protects all the tissues starting with the Rasa Dhatu. Ghee is the single most Ojas-enhancing substance and is considered an anti-aging tonic that rejuvenates and promotes longevity.
- Aides in digestion by kindling Agni and supporting enhanced nutrient absorption.
- Provides lubrication internally and externally. Ghee improves luster, enhances complexion, reduces dry skin, dry colon, and stiffness in joints.
- Ghee is Yogavahi or the best medium for delivering Ayurvedic formulations as it assumes their characteristics and ensures they penetrate all tissues. It is a good Anupaan (medium) for many Pitta/Vata formulations.
- Improves eyesight, strengthens sense organs, and voice clarity.
- It is good for mental health conditions, and improves brain health, concentration, cognitive function, intelligence, and memory.
- Enhances the reproductive tissue and improves libido.
- Ghee is anti-inflammatory and rich in linoleic acid, Vitamins (A, K2, and E), and Omega-3 fatty acids. And it's a source of butyrate acid, a short-chain fatty acid that promotes gut health.
- Aids in cleansing and detoxification at a physical and mental level. Ghee penetrates every Dhatu (tissue), loosens and binds with toxins, and brings them to the gut for elimination.
- Heals the gut and supports the liver, heart, and kidneys.
- Promotes healing of wounds, traumatic injuries, and skin infections.
- Relieves burning in the skin and is used after Kshar Karma, a para-surgical procedure with significant efficacy in managing piles and fistulas.
- Ghee is good for pregnant and lactating mothers.
- Promotes healthy elimination and when added to milk can help relieve constipation.
- Ghee is fattening and can aid in degenerative conditions and emaciation.

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Contraindications - when ghee should not be used

During the Ghee making process all casein, whey, and lactose should be removed but in the case of those with dairy allergies, Ghee consumption is advised against as a precautionary measure. Additionally, Ghee should not be consumed by those following a vegan diet, individuals with unbalanced Kapha or Ama (except for Shatpala Ghritam), hepatitis, fatty liver, congestion, fever, obesity, indigestion, and/or diarrhoea.

Ghee for detoxification and Ayurvedic applications

Ghee is sweet, cooling and pacifies Vata and Pitta. It can be recommended in food, therapeutically by itself, in formulations, or as an Anupaan (medium in which formulations are given). It is often used during cleansing and detoxification and various other Ayurvedic therapies.

Herbal formulations/Ghritams

Medicated Ghritams are best for internal oleation, rejuvenation, and addressing many imbalances. They are used for oral intake, Vasti (medicated enemas), or for numerous other therapies.

Ghee can be given based on an assessment of Agni and imbalances (i.e. Dadimadi Ghritam) and the usual dosage is 1-2 tsp(s) at bedtime or early morning. An example of a therapeutic Ghee is Indukāntha Ghritam (Ref: Sahasrayogam). This is indicated in Vāta disorders, degenerative disorders, ascites, spasms, gastritis, duodenitis, intermittent fevers, and for enhancing immunity.

Many Ghritams are also used in neurological and psychiatric disorders and for enhancing mental health like Saraswatha Ghritam, Kalyanaka Ghritam, Lasunadi Ghritam, and Brahmi Ghritam. Examples of these Ghritam formulations include Mahatiktakam Ghritam, Sukumara Ghritam, and Panchatiktakam Ghritam. These can be used in Shamana (as formulations to correct imbalances, along with dietary and lifestyle suggestions) or in Shodhana (cleansing modalities).

Snehapana: Use of Ghee for cleansing and detoxification

Ghritams can be used in Panchakarma or seasonal cleanses. Ghee ingested during the Snehapana phase of cleansing dissolves and digests Ama at the tissue level and carries wastes to the Koshta or intestinal tract to be expelled.

In seasonal cleanses, the supervising Vaidya assesses every client through personalized consultation and determines their current imbalances. All their formulations, including the Ghritam to be given during the cleanse, are decided based on this assessment.

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Ghee uses for Ayurvedic therapies

Ghee is also used for Pratimarsha or daily Nasya. Typically, two drops of lukewarm, melted Ghee are applied in the nostrils in the morning. This can be done as part of Dinacharya or one's daily regimen, or therapeutically under the guidance of a Vaidya. Additional therapeutic uses include use in oil pulling, herbal smoking, and as a lubricant in the case of rectal suppositories.

Netravasti or Netra tarpana is an Ayurvedic therapy used in multiple eye disorders. A dam is created with flour and filled with a Ghritam (Triphala Ghritam is commonly used). It is a specialized procedure for eye health that should be done under the guidance of a qualified Ayurvedic professional.

Ghee can also be used for Vasti (medicated enema) in a personalized cleanse. Vasti is known as 'Ardha Chikitsa' or equal to the worth of half of all Ayurvedic treatments because of how valuable they are in helping with many imbalances of all Doshas, primarily Vata.

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SHATADHAUTA GHRUTA

Powerful benefits of 100 times washed ghee (Shata Dhauta Ghrita) The surprising benefits of Shata Dhauta Ghrita

Here's a long-kept beauty trick that profoundly moisturizes your skin while being aromatic (smells really good, not at all like ghee). Ayurveda refers to 100 times-washed ghee as Shata Dhauta Ghrita, where "Shata" means "hundred," "Dhauta" means "washed," and "Ghrita" means "Ghee."

How is the ghee washed 100 times?

According to instructions found in the 400–200 BC Charaka Samhita, one of the greatest texts on Ayurveda, this cream is to be made on the night of the full moon in a pure copper vessel by washing pure A2 cow ghee 100 times while reciting sacred mantras.

By using this technique, the substance becomes lighter, more voluminous, and has smaller particles, making it easier for the skin to absorb. The cleaning of ghee incorporates the benefits of copper metal, copper utensils were employed. This minimal amount of copper may aid in the synthesis of elastin and collagen, which can lessen wrinkles and fine lines around the skin. Copper has strong antioxidant and antibacterial properties.

Moisturises 7 layers deep

The only Ayurvedic cream that has been shown to have the capacity to reach the skin's deepest layers and nourish it from the inside out is Shata Dhauta Ghrita. Benefits of applying ghee to the face could be considered the earliest Ayurvedic skincare technique. A feature of Shata Dhauta Ghrita cream allows it to nourish and fully permeate all seven layers of skin.

Delays Aging.

Ghee that has been washed 100 times aids in skin whitening, hydrating, delaying wrinkles and age spots, and many other benefits. Omega 3, 9 fatty acids, and vitamins A, D, E, and K are all found in Shata Dhauta Ghrita and are all said to be excellent for skin health.

Natural sunscreen.

It works well as a daytime and night-time cream. When applied, Shata Dhauta Ghrita's natural sunscreen shields skin from UV rays for several hours. Similar to natural sunscreen, 100-times-washed ghee contains natural moisturising qualities that keep skin supple and enhance face radiance.

Fades the dark circles.

Shata Dhauta Ghrita can also act as a potent eye cream. It can aid in firming and fullening the skin around the eyes. Cow ghee is considered Sheeta virya that offers our eyes a calming and cooling effect which helps in depuffing the eye area.

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Relieves sunburn and fades scars.

Applying cow ghee to burned or scarred skin inhibits the formation of blisters and scars, just like Aloe Vera does. This is because of its high vitamin E content, which directly treats skin that has been damaged by the sun or domestic fires. Shata Dhauta Ghrita, can accelerate the formation of new skin cells, lessen burning sensations, and aid in wound healing. However, it also works to stop skin cancer brought on by UV exposure.

MECHANISM OF SHATADHAUTA GHRITA PREPARATION

Goghrita (Clarified Butter) was taken in a shallow vessel, water added in a vessel containing ghrita & kneading action was performed. After performing kneading action for 2-3 mins the mixture was allowed to settle down & then above water was drained. This procedure was repeated 100 times. Shatadhauta Ghrita was obtained after repeating the procedure 100 times. In this method, ghrita was triturated with water, resulting in the formation of a water in oil type of emulsion because water is in the dispersed phase and oil is in the continuous phase. As the washing process continues, the particle size of fat granules decreases due to the pressure applied during agitation (as per texture it was non-granular and smooth). Eventually, successive washings result in o/w type of emulsion. It is possible that it might lead to formation of a complex system like w/o/w emulsion.

The reason may be passage of water globules in fat molecules by forming water oil (w/o) emulsion and leads to swelling of Ghrita. The pigment may leak out into the water from repeated washings, changing the colour of the item (Dhauta). In this process the triglyceride is converted into a glycerol in presence of water.

In preparation of Shatadhauta ghrita ghee converted in to a soft cream in this process fat splitting process was take place due to presence of water so triglycerides are converted into glycerol.

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GHEE FOR TUBERCULOSIS

What is tuberculosis or TB?

Tuberculosis or TB is a disease that occurs due to the infection caused by the bacterium known as mycobacterium tuberculosis. Tuberculosis or TB is a contagious disease that spreads from one person to another through various mediums like breath or air. Tuberculosis or TB affects the functioning of the lungs badly. Mycobacterium tuberculosis is a bacterium that infects the body and leads the body to Tuberculosis or TB disease. As per the estimation of WHO more than 2 billion (200 crores) people are infected with mycobacterium tuberculosis globally, and 95% of them are not aware of it. Mycobacterium tuberculosis caused infection does not lead everybody to the tuberculosis disease, this infection does not affect the people who have a strong immune system. Tuberculosis commonly affects people who have a weak immune system like children and older people. A strong immune system fights with the bacteria of mycobacterium tuberculosis and doesn't let it increase and multiply.

What are the types of tuberculosis or TB?

Types of tuberculosis or TB are mentioned below:

- Pulmonary Tuberculosis or TB
- Pleural Tuberculosis or TB
- Skeletal Tuberculosis or TB
- Brain Tuberculosis or TB
- Bladder or Kidney Tuberculosis or TB
- Joint Tuberculosis or TB
- Gastrointestinal Tract Tuberculosis or TB
- Miliary Tuberculosis or TB

What are the symptoms of tuberculosis or TB?

These are a few symptoms of tuberculosis or TB mentioned below:

- High cough generation
- Cough with blood
- Chest pain while coughing and breathing
- Unwanted weight loss
- Fatigue or weakness
- Long fever
- The body sweats at night
- Wasting syndrome
- Appetite loss
- Breathlessness
- Joint pain

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- Stomach pain

What causes tuberculosis or TB?

These are the major causes of tuberculosis or TB mentioned below:

- HIV infection
- AIDS disease
- Transmission from another affected person
- Close contact with a tuberculosis patient
- Ignorance of initial infection
- Weak immune system
- Organ transplant
- Medication
- Kidney disease
- Using same toilet or room
- Drinking juices in one glass
- Increasing age
- Children with weak immunity

What are the complications of tuberculosis or TB?

Tuberculosis or TB influence many other diseases and creates many complications. Major complications of tuberculosis are mentioned below-

- Back pain or spinal pain
- Stiffness and pain in joints
- Headaches
- Liver problem
- Kidney problem
- Heart disorder
- Chest pain
- Lung failure
- Wasting syndrome
- Frequent weight loss
- Night sweating

What prevention we should take to prevent ourselves from tuberculosis or TB?

Every contagious disease needs a certain kind of prevention to break the transmission, there are a few preventions for tuberculosis mentioned below:

- Good air ventilation in the room or place you live
- Maintain hygiene
- In case of initial symptoms, cover your mouth and nose with safety masks
- Consume healthy food that builds the immune system
- Wash your hand after coughing and sneezing

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- Don't visit the person's house who have symptoms of tuberculosis
- Use sanitizer if any suspect makes contact with you
- Do yoga every day (Anulom-Vilom)
- Do not drink cold drinks
- Consume Vitamin-A, C, and E rich fruits and food including amla, orange, mango, guava, sweet pumpkins, etc.
- Avoid refined sugar
- Avoid the consumption of caffeine

Home remedies for tuberculosis or TB:

Follow the home remedies mentioned below to cure tuberculosis at home-

First home remedy for tuberculosis or TB

Ingredients: Amla or Indian gooseberry and honey

Step 1: Take 3 amla or Indian gooseberry, make them seedless and crush them to make a fine paste. **Step 2:** Extract the juice in the glass using a sieve and mix a spoon of honey into it. Stir it well.

Instructions: Drink this mixture every morning regularly to kill tuberculosis or TB causing bacteria.

Second home remedy for tuberculosis or TB

Ingredients: Drumstick leaves, black pepper powder, salt, a glass of hot water, and lemon juice

Step 1: Crush the drumstick leaves to make a fine paste.

Step 2: Take one spoon of drumstick leaves with 1 spoon of black pepper powder, 1 spoon of salt, and 1 spoon of lemon juice and mix it into a glass of hot water.

Instructions: Drink this concoction regularly in the morning. This is one of the best home remedies for tuberculosis or TB.

Third home remedy for tuberculosis or TB

Ingredients: Walnut, garlic, and ghee

Step 1: Crush the walnut and garlic in a different crusher.

Step 2: take 2 spoons of crushed walnut and 1 spoon of garlic paste. Mix them with one spoon of pure ghee. **Instructions:** Consume this once a day. This is one of the potent home remedies for tuberculosis or TB.

Fourth home remedy for tuberculosis or TB

Ingredients: Black pepper, asafoetida powder, and ghee

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Step 1: Fry 9 black pepper seeds in ghee.

Step 2: After frying it, mix a pinch of asafoetida powder. Divide this mixture into 3 doses.

Instructions: Consume one dose in breakfast, one dose in lunch, and one dose in night. This home remedy of tuberculosis is very effective.

Fifth home remedy for tuberculosis or TB

Ingredients: Orange juice, salt, and honey

Step 1: Take a glass of orange juice and mix a pinch of salt into it.

Step 2: After mixing salt add a spoon of honey into it and stir it properly.

Instructions: Drink this mixture regularly to treat tuberculosis at home. How does Ghee used for cure Tuberculosis

Some traditional practices, particularly within the framework of Ayurveda, suggest the use of ghee as part of a regimen to support the recovery of individuals suffering from tuberculosis (TB). However, it is crucial to understand that modern medical science does not endorse ghee as a standalone cure for TB, and relying solely on it can be dangerous and hinder proper treatment and recovery.

Here's how ghee might be used traditionally in the context of TB:

Improving nutrition and energy intake: TB can cause significant weight loss and weakness. Ghee, being a calorie-dense food and a source of healthy fats, can be added to meals to increase their energy and protein content, potentially helping with weight gain and overall nourishment, according to ntep.in.

As a vehicle for herbs and medications: In Ayurvedic traditions, ghee is considered a "bearer" or carrier for herbs and medicinal substances, facilitating their absorption and transportation to various parts of the body. Some traditional preparations involve infusing ghee with specific herbs believed to have beneficial effects in managing TB symptoms or boosting overall health.

Potential benefits of specific types of ghee:

Goat milk ghee: Some Ayurvedic practitioners recommend using ghee prepared from goat milk, considering it to have natural medicinal properties in the context of TB, says Practo.

Medicated ghee: Ghee infused with specific medicinal herbs or preparations is also recommended in some instances to address TB-related symptoms or support overall health during the recovery period, says Practo.

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Boosting immunity: Ghee is known to contain antioxidants and other beneficial compounds that may help strengthen the immune system. A stronger immune system is crucial for fighting off the TB infection and promoting recovery.

Important considerations

Ghee alone is not a cure for TB. It is important to emphasize that TB is a serious bacterial infection that requires proper medical diagnosis and treatment, which typically involves a prolonged course of antibiotics.

Consult a healthcare professional: Before incorporating ghee or any other alternative remedy into a TB treatment plan, it is vital to consult with a qualified healthcare professional, especially a doctor or an Ayurvedic practitioner experienced in TB management.

Potential side effects and contraindications: While generally considered healthy, consuming excessive amounts of ghee can lead to weight gain or other health issues, according to Sprint Medical. Moreover, certain individuals with specific health conditions, such as liver problems or certain respiratory disorders, might need to limit or avoid ghee consumption.

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GHEE FOR CANCER PATIENTS

Bilona Ghee: A New Hope in Cancer Treatment

The number of cancer patients in our country is rapidly increasing, putting immense pressure on the healthcare system. In this critical situation, there is a growing interest in natural and traditional remedies, with A2 cow ghee gaining particular attention.

A2 cow ghee, a clarified butter made from the milk of indigenous cow breeds, has been touted for its numerous health benefits. Recently, there has been interest in its potential role in cancer prevention and treatment. This blog delves into the available information on A2 cow ghee and its connection to cancer, examining the scientific evidence, proposed mechanisms, and practical considerations.

What is A2 Cow Ghee?

A2 cow ghee is derived from the milk of cows that produce only A2 beta-casein protein. Unlike A1 milk, which contains A1 beta-casein, A2 milk is believed to be easier to digest and more beneficial for health. The traditional method of making A2 ghee involves:

- Collecting A2 milk from desi Cows.
- Converting the milk into curd.
- Churning the curd to separate the butter.
- Heating the butter to obtain ghee.
- Include ghee in your daily routine. Use ghee prepared with Bilo Process. Many Gaushalas making Vedic Ghee with Bilona Process.

A2 Cow Ghee and Cancer: The Science Behind the Claims

Preventive Ingredient

Ghee is a unique dairy product containing some protective elements that can fight cancer. One of these potent organic compounds is Conjugated Linoleic Acid (CLA). It is a healthy fatty acid found in ghee that acts as an antioxidant. CLA helps reduce the adverse inflammation in the body and makes cancer cells self-destruct through apoptosis. CLA is one of the reasons for ghee cancer-preventive power, which was acknowledged by Indian Ayurveda ages before.

A2 cow ghee is rich in antioxidants such as vitamin A, vitamin E, and carotenoids. Antioxidants are crucial in protecting cells from oxidative damage caused by free radicals. Free radicals can lead to cellular damage and contribute to the development of cancer. By neutralising these harmful molecules, antioxidants in A2 cow ghee may reduce the risk of cancer.

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Butyric Acid and Its Anti-Cancer Properties

A significant component of A2 cow ghee is butyric acid, a short-chain fatty acid known for its anti-inflammatory and anti-carcinogenic properties. Butyric acid has been shown to:

- **Promote apoptosis (programmed cell death) in cancer cells:** This is crucial because it helps eliminate potentially harmful cells.
- **Inhibit cell proliferation:** Limiting the growth of cancer cells is a key aspect of cancer treatment.
- **Enhance immune response:** A robust immune system can detect and destroy abnormal cells, preventing the development of tumors.

Immune System Support

A2 cow ghee can boost the immune system, which plays a critical role in cancer prevention. A healthy immune system can identify and eliminate abnormal cells before they multiply and form tumors. The vitamins and minerals in A2 cow ghee support immune function, making the body more resilient against diseases, including cancer.

Anti-Inflammatory Effects

Chronic inflammation is a well-known risk factor for cancer. A2 cow ghee possesses anti-inflammatory properties that can help reduce inflammation in the body. By mitigating chronic inflammation, A2 cow ghee may lower the risk of cancer development.

In a recent issue of the Indian Journal of Medical Research, scientists from the National Dairy Research Institute (NDRI) have reported that cow ghee enhances the availability of those enzymes that contribute to detoxification of cancer-causing substances. Ghee also reduces availability of those enzymes that are known to activate carcinogens. However that does not mean that you can go overboard in your consumption of ghee. You must take care that the intake of total fat (including ghee) should not exceed the prescribed limit of fat consumption.

Scientific Research and Evidence

Current Research Status

While the potential benefits of A2 cow ghee are promising, specific research linking it directly to cancer prevention or cure is limited. Most studies focus on the general benefits of ghee or the health advantages of A2 milk compared to A1 milk. Comprehensive clinical trials and studies are necessary to confirm the efficacy of A2 cow ghee in cancer treatment.

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Existing Studies and Observations

Preliminary studies and anecdotal evidence suggest that regular consumption of A2 cow ghee can lead to better health outcomes. However, these findings are not yet sufficient to establish a direct causal relationship between A2 cow ghee and cancer prevention or cure.

How to Use A2 COW Ghee?

Cooking: Use A2 cow ghee as a cooking medium for frying, sautéing, or baking. Its high smoke point makes it suitable for various cooking methods.

Topping: Add a spoonful of A2 cow ghee to rice, lentils, or vegetables for enhanced flavor and nutrition.

Therapeutic Uses: Some traditional practices recommend consuming a teaspoon of A2 cow ghee on an empty stomach in the morning.

Recommended Daily Intake

Moderation is key when incorporating A2 cow ghee into your diet. Typically, 1-2 teaspoons per day is sufficient to reap its benefits without overconsumption.

Note: As always, consult with a healthcare professional before making any significant changes to your diet, especially if you have specific health concerns or conditions.

Conclusion

A2 cow ghee offers a range of potential health benefits, including some promising signs that it could play a role in cancer prevention and treatment. Its rich antioxidant content, anti-inflammatory properties, and immune-boosting effects make it a valuable addition to a healthy diet. However, it is important to note that A2 cow ghee is not a standalone cure for cancer. Further research and clinical trials are essential to establish a definitive connection between A2 cow ghee and cancer treatment.

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GHEE FOR BURNS PATIENTS

Skin injuries encompass a wide range of light to serious conditions that can cause you pain. Among them, burns are probably of the most severe variety. Instead of using conventional treatments that leave scars and marks, would you like to use Ayurveda, that can naturally heal without any side effects? If the answer is yes, read on to find out how you can do so.

Causes of Burns:

Risks of burns are everywhere, from home to the streets, in the form of:

- **Kitchen fires:** Fires from cooking equipment like gas ovens can cause damage ranging from small burns on the cook to fires that can bring down a whole house.
- **Electric cable fires:** short circuits and breakages in electric wires lead to fires that can potentially be very destructive.
- **Street accidents:** accidents on streets, collision between vehicles, can lead to ignition of petrol tanks, leading to large fires causing burns.

Types of Burns:

Burns are categorized into types based on degree of severity, into the following types:

- **First degree burns:** these are the mildest variety, generally only causing a visible redness on the skin surface.
- **Second degree burns:** This is more severe than the previous, and causes blisters and swells on the skin surface along with visible redness. In both these cases, skin retains its normal colour or turns faintly whitish at maximum.
- **Third degree burns:** the most severe category of burns, characterised by numbness and disfigurement of skin. Skin may turn black, whitish or look completely like charcoal, burned and black, in appearance.

Ayurvedic Remedies for Burns:

Ayurveda offers a whole host of treatment procedures for healing burns, such as:

- **Application of ghee:** Using ghee made from cow milk in combination with extracts from barks of Pipal and Bargad trees create a useful remedy to treat burns. Just make a paste of these 3 ingredients and apply on the area.
- **Application of cucumber juice:** Cucumber juice is highly useful in treating burns, both in combination with water and with carrot juice and aloe vera paste.

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- **Honey and coconut oil:** When used in equal amounts, honey and coconut oil is excellent remedy for burn treatment.

Burns are painful injuries, and there is nothing better than Ayurveda to treat it – no risk of side effects at all. Try to stay safe and avoid burns altogether, but if you do have any, use these remedies to get relief.

Ghee, particularly from cow's milk, can be used for treating minor burns due to its anti-inflammatory and soothing properties. It can be applied directly to the burn area or used in combination with other ingredients like honey or turmeric.

Here's how to use ghee for burns:

- **Clean the burn:** Gently wash the affected area with cool water and mild soap.
- **Apply ghee:** If using plain ghee, warm it slightly and apply a thin layer to the burn. If using a combination, follow the specific instructions for that recipe.
- **Cover the burn:** You can loosely cover the area with a sterile bandage or gauze to protect it from infection.
- **Reapply as needed:** Ghee can be reapplied several times a day, or left on for a few hours or overnight.
- **Consult a doctor:** For severe burns, it's crucial to seek medical advice.

Benefits of using ghee for burns:

Soothing and cooling: Ghee can help reduce pain and inflammation associated with burns.

Promotes healing: It may aid in the healing process by moisturizing the skin and encouraging cell regeneration.

Anti-inflammatory: Ghee contains compounds that can help reduce swelling and redness.

Natural and accessible: Ghee is a readily available natural remedy.

Important considerations:

- **Minor burns only:** Ghee is generally recommended for superficial or first-degree burns.
- **Avoid if infected:** If the burn shows signs of infection (pus, increased redness, swelling), consult a doctor.
- **Allergic reactions:** While rare, some individuals may be allergic to ghee. Discontinue use if any allergic reaction occurs.

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GHEE TROPICAL APPLICATIONS

Different Ways To Use Ghee For Skin, Hair & Health

Remember when your mothers and grandmothers fed you spoonful's of ghee during childhood? Read further to trace its benefits for adults.

Ghee is one of the healthiest forms of fat that you can pamper your body with. This tasty substance has been part of our lives, culture, food and memories since forever.

Incredible Benefits Of Ghee For Skin:

Moisturises your face

Pamper the thin and delicate skin of your face with ghee.

How To Use:

- Make a solution with equal parts of ghee and water and massage your face with it.
- Let it sit for 15 minutes and then wash it off with cold water for soft and smooth skin.

Hydrates dry skin

The fatty acids in ghee encourage deep hydration and make even the driest of skin soft and supple.

Warm up half a bowl of ghee and massage your entire body with it for 3-5 minutes before your bath. It is the perfect antidote for dry winters.

Brightens skin

Eating ghee is good, yes. But it also brightens your skin.

Steps:

- Make a mask using raw milk, besan (gram flour) and equal amount of ghee.
- Apply the paste to your face and wash off after 15-20 minutes for skin that looks and feels gorgeous.

Slows down skin aging

Another benefit of ghee for skin is that it helps defy time. Massage it into your skin daily and beat ageing by many years.

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Cures chapped lips

A drop of ghee when rubbed onto dry, chapped lips will lock in moisture. Leave it overnight and wake up to soft, kiss-worthy lips the next morning.

Lightens dark lips

If your lips suffer from pigmentation, just massage your pout with ghee and within a few weeks you will get your pretty pink lips again.

Brightens up eyes

Dull, tired eyes? No more. Just apply a little ghee under your eyes regularly and get bright, fresh and relaxed eyes within a few days.

Ghee also helps clear up dark circles. Smear it on your upper eyelids and under your eyes to get rid of that raccoon look.

Have you also tried Olay Regenerist Revitalising Eye Serum to fight the fine lines that appear around your eyes?

Miraculous Benefits Of Ghee For Hair Health

Fights split ends

- Massage ghee into dry and coarse hair to take care of split ends.
- Warm up a little ghee and apply it to the ends of your locks.
- Wash off with a mild shampoo like Pantene Pro-V Lively Clean shampoo after an hour.

Deeply conditions hair

- You can use ghee for hair, and turn dry and frizzy hair into soft, shiny and manageable tresses. Mix equal parts of ghee with olive oil and massage deeply into your hair for 15-20 minutes.
- Rinse it off with a good shampoo.

Stimulates hair growth

People have been using ghee for hair growth, and you can get the same benefit too. Just massage your scalp with warm ghee mixed with equal parts coconut oil. The blend nourishes your scalp and encourages hair growth.

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Ghee Benefits For Health That You Must Know:

Ghee Has Low Fat Content: Ghee is made of saturated fat and a good source of healthy fats. It is easier to digest, much healthier than butter and surely your go-to option in case you are having cholesterol problems.

Boosts Your Immunity System:

Ghee is loaded with antioxidants which helps in increasing body's ability to absorb vitamins and minerals from other foods that you consume in a day which in turn helps in keeping your immune system strong. Also, all those vitamins and minerals that are fat soluble helps in boosting our immunity and ghee helps in absorption of these nutrients

Improves Eyesight:

As per Ayurveda, eating ghee regularly helps in improving eyesight. Even if you have irritation in eye, you can put in a drop or two of ghee for instant relief.

Caution: Do not put in warm ghee in your eye as it can cause contamination and damage your eyesight.

Aids In Treatment Of Burns:

Ghee is widely used not only for treatment of burns but also to treat swelling in different parts of body. Also, it helps in reducing inflammation on skin. All you have to do is apply it in affected areas.

Cough Relief:

This is an old & effective remedy which our grandma always keep telling us. For cough relief, you can either eat a teaspoon of ghee directly or make a paste of tulsi or holy basil and warmed ghee. Swallow it for instant relief.

Incredible, isn't it, how something so simple and everyday is actually loaded with immense benefits? Start using ghee regularly to enhance the natural beauty of your skin and hair.

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GHEE FOR MUSCLE BUILDING

Combining milk with ghee, known as 'ghee milk', may offer various potential health benefits. This concoction can be calorie-dense, making it beneficial for weight gain and muscle building.

Additionally, ghee's butyric acid content may support digestive health and promote the growth of beneficial gut bacteria. The combination of milk's calcium content and ghee's nutrients can contribute to improved bone health, while the blend's carbohydrates, proteins, and fats provide sustained energy. Moreover, ghee's healthy fats and milk's vitamins can potentially enhance skin and hair health. In Ayurveda, ghee milk is considered a nourishing elixir that balances doshas and promotes overall well-being.

Drinking milk with ghee is a traditional practice in some cultures, and it is believed to offer several potential health benefits:

- **Nutrient Absorption:** Ghee is rich in healthy fats, particularly saturated fats and essential fatty acids. These fats can enhance the absorption of fat-soluble vitamins in milk, such as vitamins A, D, E, and K. This can contribute to overall better nutrient absorption and utilization in the body.
- **Weight Gain and Muscle Building:** For individuals looking to gain weight or build muscle, combining milk with ghee can provide a calorie-dense and protein-rich beverage. Ghee adds extra calories and healthy fats, making it an effective way to increase daily caloric intake.
- **Digestive Health:** Ghee has butyric acid, which is a short-chain fatty acid that may support digestive health. It can help promote the growth of beneficial gut bacteria and soothe the digestive tract. When combined with milk, it can potentially aid in digestion for some people.
- **Bone Health:** Milk is a good source of calcium, and the combination of milk and ghee may contribute to better bone health. Calcium is essential for maintaining strong bones and preventing conditions like osteoporosis.
- **Energy Boost:** The combination of milk's carbohydrates and proteins with ghee's healthy fats can provide a sustained release of energy. It can be a nutritious option to start your day or to refuel during the day.
- **Improved Skin and Hair:** The healthy fats in ghee, along with the vitamins in milk, may contribute to healthier skin and hair. Ghee is often used topically for skincare, and its consumption may support a radiant complexion.
- **Ayurvedic Benefits:** In Ayurveda, the traditional medicine system of India, ghee milk is considered a rejuvenating and nourishing elixir. It is believed to balance the doshas (Vata, Pitta, and Kapha) and promote overall well-being.

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Ghee is loaded with fat-soluble vitamins, Omega -3 fatty acids and butyric acids, which helps in weight loss, promotes gut health, boost the immunity and to your surprise maintains healthy cholesterol. Pure desi ghee is made from clarified butter of cow's milk. What many don't know is that ghee can aid in beauty care, keeping your skin supple and hair healthy.

Benefits of adding ghee to your daily diet

Weight loss

All weight-watchers see ghee as the most fattening food and not looking into its nutrient profile. Ghee is packed with essential fatty acids butyric acids and medium chain triglycerides which aids in clearing the clogged fat and getting rid of it. The omega fatty acids in ghee help to increase lean body mass and reduce fat mass. With all these amazing properties, ghee is a great value-add in your weight loss diet.

Promotes Vision

The abundance of vitamin A in ghee make it good source of food to boost eye health. Vitamin A plays a crucial role in helping the eyes to get adapted to light changes. The moistness in eyes depends upon the presence of Vitamin A in the body, so start including ghee in your regular regimen for better vision and eye health.

Good Sources Of Short Chain Fatty Acids

The nutritional profile of ghee shows that it is naturally rich in butyric acid which makes it a strong immune booster. Evidence proves the amazing benefit of butyric acid even accredited as anticancer property. Those with weak digestive tract issues may not produce enough butyric acid and hence benefits from adding ghee to the diet.

Promotes Digestion

Evidence strongly recommends that ghee nutrition content that includes gastric juices which help in promoting digestion. Gastric juices contain enzymes that assist in breaking down foods into simpler compounds. So, a teaspoon of ghee in your roti does more than just softening it.

In Ayurveda, ghee is used as a carrier for nutrients in herbs and lubricate the digestive tract and all the tissue inside the body. It is widely used in the Ayurvedic cleanse, as the preferred vehicle for clearing out the unwanted fat and helps the body to burn stored fat for fuel. The aroma and flavour will not only kindle your appetite but will also help in better absorption of the nutrient from the foods. Ghee plays a great role in Ayurveda to cure vata and pitta.

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Natural Moisturizer

Ghee is a wonderful natural moisturizer, not just applying it externally it works but also your skin membranes have phospholipids in them. By adding ghee, the essential fats in your diet, it ensures you can good supple skin from the inside out.

Ghee is an abundant source of saturated fats. The role of saturated fats, when it comes to heart health is always a topic of debate among health experts. Well, the human body cannot perform normal bodily processes without saturated fats either, but an excess amount of saturated fat is unhealthy. The key is to add in limited quantities. Saturated fat is essential for proper brain function. Though ghee contains saturated fats, adding them in limited amounts can uplift the aroma and taste of the food and also confer essential fatty acids to the body.

Most healthy individuals will not experience any health issues from having ghee. However, people who are predisposed to hereditary disorders like cardiovascular diseases should refrain from using ghee.

Augments Nervous System

Ghee is well known to positively impact the central nervous system functioning in the brain but can also promote the enteric nervous system in the gut. Packed with vital vitamins and minerals, ghee regulates and repairs the intestinal lining, thus maintaining brain health and gut functions.

Gut Health

Ghee is rich in butyric acid, which is a type of short-chain fatty acid that promotes the growth of probiotic bacteria in the gut and optimizes normal digestive function. Apart from this, adding ghee to the meal plan helps to balance the amount of hydrochloric acid in the stomach and aids the production of bile in the liver.

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GHEE SPIRITUAL USE

Ghee, or clarified butter, is deeply ingrained in Hindu spiritual practices as a symbol of purity, light, and divine energy. It's used in various rituals, most notably in lighting diyas (lamps) and during havan (fire ceremonies), to invite positive vibrations and connect with the divine.

Here's a more detailed look:

Lighting Diya's:

- Ghee is preferred over oil for lighting Diya's during pujas (worship rituals) because it's considered more sacred and purer.
- The gentle, steady flame of a ghee lamp is believed to invite auspiciousness and the presence of deities.
- It's thought to purify the environment, dispel negative energies, and create a peaceful atmosphere conducive to spiritual practices.
- The fragrance of burning ghee is also believed to be pleasing to the deities.

Havans (Fire Ceremonies):

- Ghee is a primary offering in havans, where it's poured into the sacred fire as an ahuti (offering) to the deities.
- This act symbolizes surrender, gratitude, and devotion, with the belief that the prayers carried by the ghee reach the divine realm.
- The smoke and fragrance from the burning ghee are also believed to purify the atmosphere and contribute to the spiritual ambiance.

Other Spiritual Uses:

- Ghee is used in the preparation of certain foods and sweets offered to deities.
- It's also used in Ayurvedic practices for various purposes, including as a nasal drop therapy (Nasya) to clear nasal passages and as a moisturizer.
- Some spiritual teachers suggest that ghee may have subtle purifying properties that can purify the atmosphere when offered in a havan.

Symbolic Significance:

- Ghee is considered sattvic (pure and harmonious) in nature, representing purity, light, and divinity.
- Its use in rituals is a way of expressing devotion and seeking blessings from the divine.
- Ghee is seen as a conduit for spiritual connection and enlightenment.

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In essence, ghee is more than just a substance; it's a powerful symbol in Hindu spirituality, believed to purify the environment, invite positive energy, and facilitate a deeper connection with the divine.

Significance of Ghee

Significance of GheeHinduism is a religion that gives importance to several rituals and ceremonies. Devotees regularly conduct prayers to gain the blessings of the divine entities. There are different elements used while organizing prayers. These include Kalash, Shankh, copper vessels, and lamps. Most of us use oil or ghee to light the lamps used in Puja. In this article, we will discuss the origin, meaning, and religious as well as the spiritual significance of using Ghee in Puja or Havan.

Different objects used in a Puja have a plethora of benefits and relevance in our daily life. When we light a lamp, it acts as a symbol of Tej or the Agni (fire) principle. It is a notion mentioned in the Sanatan Vaidek Hindu Dharma. A lamp would help us to ward off evil energies and move toward positivity. It also offers us peace and calmness. When we light a lamp, it provides us with the ability to move closer to the realm of Brahman or the Supreme Being.

Though most of us rely on oil for this purpose, ghee can have a superior impact, as per Agni Purana. Both oil and ghee can enhance our Sattvik Principles. However, oil can carry the Sattvik principle to a very short distance. Whereas, on the other hand, people believe that ghee can take it up to the heavens.

Many people find ghee expensive. So, they use oil for lighting the lamps. However, you can use sesame oil instead of ghee if you don't have ghee with you. You have to use ghee from a grass-fed cow because it is pure and has the deity principle within it. Lighting lamps with ghee in pujas during auspicious occasions or festivals like Diwali, Ganesh Chaturthi, and Dussehra can be highly beneficial.

People believe that when they light ghee lamps during their pujas, it can invite Kubera, the treasurer of wealth, to your house. It helps to improve prosperity, wisdom, and happiness as well.

Significance of using ghee in Pujas:

Hindu rituals and pujas do not become complete unless we light a lamp. Whenever we start an auspicious or new thing, we always begin by lighting a lamp. It is a way of spreading joy, prosperity, happiness, and brightness. It also helps in removing the negative energy or vitalities present in the region. Ghee is an essential factor while we conduct pujas. We can use it in Prasadas and most often we use it to light lamps. Here are some of the significance associated with using ghee in Hindu pujas.

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Ghee can improve our spiritual experience. It is because ghee focuses on Tej Tatva or the Absolute Fire Principle and the Vayu Tatva or the Absolute Air Principle. Whereas on the other hand, oil provides a connection with Prithvi Tatva or the Absolute Earth Principle and Aap Tatva or the Absolute Water Principle.

There are three main principles. They are Sattva (positive), Tamas (lethargic), and Rajas or impulsive. When we light a lamp, we are looking for the enhancement of our spiritual dimension. So, when we add ghee to it, it would improve our Sattva principle. When we are using oil, it can only increase our Raja principle. It is primarily due to the reason that religious scholars recommend the usage of ghee. So, when we are trying to move forward and bring spiritual awakening into our lives, you can always use ghee as a better source.

When we light an oil lamp during a puja, two colors are visible. They are red and yellow. Whereas when we light a ghee lamp, we can also see blue color along with it. It helps in improving our spiritual well being and assists in attracting positive energy. Ghee, along with fire, can invite more powerful vitalities into our lives.

Our body has seven main Chakras. Their balanced existence is essential for improving our wellbeing. You can enhance their balance by including ghee in your pujas. If you use ghee, it can help with balancing Manipura and Anahata Chakras. When we use oil, it helps in improving the health of the first two chakras only. With oil lamps, you can activate only Surya Nadi. Whereas when we use ghee lamps, it can help in the awakening of the Nadi based on the activities you are taking part.

Ghee can improve the spread of positive energy and also enhance our wealth. It is essential to use an earthen lamp for this purpose. If it is not available, you can always use silver or brass lamps instead. You have to keep the lamp lit with ghee facing the East or North. It will help in imbibing more energy.

These are some of the significance of using ghee while conducting pujas. It is a way of improving positivity and spreading goodness in life. Always try to use ghee from a desi Indian cow for the Puja. You can invoke the blessings of Lord Kubera as well while you use ghee in performing pujas and rituals.

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GHEE FOR HEART HEALTH & ARTERIES

Is Ghee Heart-Friendly?

One of the main concerns people have about ghee is its saturated fat content. It's true that ghee contains saturated fat, but not all saturated fats are the same. Some studies suggest that ghee, when consumed in moderation, may actually support heart health in certain ways:

Rich in Omega-3s and CLA

Ghee contains small amounts of conjugated linoleic acid (CLA) and omega-3 fatty acids, which are known to support heart health. CLA is linked to reduced arterial plaque and improved blood lipid profiles.

Anti-inflammatory Properties

Ghee is known to have anti-inflammatory compounds that may help reduce inflammation—a known contributor to heart disease.

Supports Good Cholesterol

While ghee can raise LDL (bad) cholesterol if consumed in excess, it may also raise HDL (good) cholesterol. Some research shows that ghee made from cow's milk increases HDL levels, which helps balance your overall lipid profile.

How to Use Ghee for Heart Health:

- Use ghee in small quantities for cooking or drizzling over dishes.
- Balance your overall fat intake with other heart-healthy fats like olive oil and nuts.
- Combine with high-fiber foods to improve lipid metabolism.

Is ghee good for heart health?

Ghee in relation to heart disease is an old controversy about ghee in diet. Traditionally, we associate ghee with a trigger food for heart disease and obesity because ghee is high in saturated fat. So, people always ask, Is ghee good for heart health? Ayurveda says "Yes," ghee is good for the heart. It can treat, prevent and control many cardiovascular diseases.

Ghee is used in Ayurveda for numerous medicinal applications, including the treatment of allergies, and skin and respiratory diseases. Many Ayurvedic preparations are made by boiling herbs in ghee. Ghee carries the therapeutic properties of herbs to all tissues in the body.

It is an excellent Anupana (vehicle) for transporting herbs into the body's deeper tissues. Proper digestion, absorption, and delivery to a target organ system are

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critical to getting the maximum benefit from any therapeutic formulation; The lipophilic effect of ghee facilitates its transport to a target organ and its final delivery inside the cell since the cell membrane also contains lipids.

Due to the many health benefits of ghee, In Ayurveda, it has traditionally been considered one of the healthiest sources of dietary fat.

7 Effective Benefits of Eating Ghee for Heart

Rich in heart-friendly vitamin

Ghee is rich in many fat-soluble vitamins such as vitamins A, E, D, and K. These nutrients promote heart health and help prevent many cardiovascular diseases.

Contains Conjugated Linoleic Acid (CLA)

Ghee is high in conjugated linoleic acid (CLA), a natural trans-fatty acid that promotes heart health, cholesterol control, weight loss, and the prevention of heart diseases such as Atherosclerosis.

Rich in Omega-3 Fatty Acids

Ghee contains omega-3 fatty acids, which aid in the reduction of inflammation and the prevention of heart disease. It is also known to lower blood pressure and triglyceride levels, lowering the risk of developing artery plaque or having a stroke.

Contains Butyric Acid

Your gut health is also linked to your heart health. Poor gut health can lead to a variety of cardiac conditions, including atherosclerosis, heart attacks, stroke, and others. Ghee, which is high in butyric acid, helps to maintain the health of intestinal cells, remove toxins, regulate bowel movements, and promote good colon health.

Full of Antioxidants

One of the leading causes of cardiovascular disease, particularly coronary artery disease, is oxidative stress. Ghee contains a high concentration of antioxidants, which aid in the fight against free radical damage and the reduction of oxidative stress in the body.

Contains Short Chain Fatty Acid

Long fatty acid chains are linked to various heart problems, including blood clotting and Thrombosis. The same cannot be said for short fatty acid chains, which are abundant in ghee. Short fatty acid chains protect the digestive tract from pathogenic microorganisms and improve digestion, lowering the risk of many cardiovascular diseases. They also help to stimulate hormone production and strengthen cell membranes, which improves heart health even more.

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Lowers the Levels of LDL

High levels of low-density lipoprotein, or LDL can increase your risk of heart disease and stroke. Ghee is high in oleic acid, which helps lower LDL and improves heart health. It also allows LDL to resist oxidation, which slows the progression of Atherosclerosis.

Can heart patients consume ghee?

Yes, people with heart disease can consume ghee. As previously stated, ghee aids in the management of heart diseases and is thus beneficial to heart patients. However, if you have a heart condition, it is advised that you.

use pure and high-quality ghee

- ghee should be consumed in moderation because excessive consumption can negate the benefits.
- limit your carbohydrate intake
- and only use ghee after consulting with your doctor.

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GHEE ANTI AGING PROPERTIES

Unveiling the Benefits of Ghee for Anti aging properties.

Deep moisturization: Ghee contains omega-3 fatty acids and butyrate, which help the skin retain moisture and increase its natural barrier function. This makes it a great moisturizer for dry skin. Despite being fat, ghee is quickly absorbed into the skin and leaves no greasy behind, making it excellent for all skin types, especially oily skin, when applied sparingly. Applying ghee to dry spots like elbows, knees, and feet restores softness and elasticity, moisturizing and making them feel supple.

Anti-aging and skin rejuvenation: Ghee includes vitamins A and E, both of which are potent antioxidants that shield the skin from free radical damage. These antioxidants can help reduce the aging process by avoiding, sagging, fine lines and wrinkles. Vitamin A in ghee promotes collagen synthesis, which is necessary for skin suppleness. This makes the skin appear tighter and more young. Regular application of ghee to the skin helps enhance skin tone and provide an even, luminous complexion.

Soothing and healing properties: Ghee's cooling qualities soothe irritated or inflamed skin. It's especially good on sunburn, rashes, and eczema, delivering immediate relief while reducing redness and swelling. Ghee's natural healing characteristics make it ideal for application to minor wounds or abrasions, speeding up the healing process and preventing scarring. Despite its fat content, ghee is non-comedogenic (meaning it does not clog pores) and can help relieve acne-prone skin. Its anti-inflammatory qualities alleviate the redness and swelling associated with acne and other skin disorders.

Skin repair and regeneration: The necessary fatty acids and vitamin E in ghee stimulate the formation of new skin cells, making it an ideal choice for skin regeneration, particularly when dealing with hyperpigmentation, scars, or dark patches. It brightens the complexion and, when combined with other Ayurvedic substances such as turmeric or sandalwood, can reduce dark spots and uneven skin tone caused by sun exposure or acne scars.

Anti-bacterial and anti-fungal benefits: Ghee has antibacterial and antifungal properties that help protect the skin from infections, making it a natural antiseptic. It can be used to treat minor skin infections and wounds, reducing bacterial growth and improving healing. It can help manage skin conditions like psoriasis, eczema, and acne by lowering the risk of infection in cut or irritated skin.

Enhances skin glow: Ghee nourishes the skin and improves blood circulation, aiding in the natural development of beautiful skin. Regular application to the face can give your skin a natural, healthy glow. Ghee's nourishing characteristics

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benefit the skin's general health, revitalizing dull skin and revealing a bright complexion.

Gentle exfoliation: Ghee can be combined with gram flour (besan), turmeric, or honey to create exfoliating face masks. This combination helps to gently exfoliate the skin, remove dead skin cells, and brighten the complexion. Adding ghee to other exfoliants (such as sugar or salt) results in a gentle scrub that removes impurities and cleanses the skin without depleting its natural oils.

Improves skin texture: Ghee's high-fat content improves the overall texture of the skin, making it feel soft and supple. Regular use can help to smooth out rough patches, reduce the appearance of dry, flaky skin, and improve skin elasticity. Ghee's moisturizing properties help to reduce the appearance of stretch marks by improving skin elasticity and hydration.

Deep Moisturization and Hydration for Dry Skin

Dry skin can be tight, itchy, and irritating. The key to treating dry skin is to supply it with deep hydration and powerful moisturization that lasts all day. A good skincare routine, paired with the appropriate products and ingredients, can help restore your skin's natural moisture barrier, leaving it soft, smooth, and nourished. To effectively hydrate and moisturize dry skin, begin with a hydrating cleanser, exfoliate gently, apply a hydrating toner or essence, use a rich moisturizer, add a face oil or serum for extra hydration, remember to hydrate from within, use a humidifier in dry environments, protect your skin from the sun, consider overnight treatments, and be healthy for dry skin.

Strengthening the Skin Barrier for Protection

The comprehensive guide on how to restore and maintain a healthy skin barrier:

Role of the skin barrier: The skin barrier is mostly composed of lipids (fats) that are densely packed to form a protective shield. This shield protects against hazardous substances and prevents moisture loss. External irritants, excessive exfoliation or the use of harsh skincare products, dehydration or lack of hydration, and skin diseases like eczema or psoriasis can have an impact on the skin barrier.

Avoid over-cleaning and harmful ingredients: Cleaning your skin is necessary, but overdoing it or using products that deplete your skin's natural oils can weaken the barrier. Avoid using harsh soaps or cleaners with strong detergents. Choose hydrating, sulfate-free cleansers designed to cleanse the skin without stripping it of its natural oils. Most people find that cleansing their faces twice a day, in the morning and at night, is sufficient. Overcleaning can disrupt the skin barrier and cause dryness.

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Restore moisture with hydrating ingredients: Hydration is essential for maintaining the skin barrier, as dry skin is more susceptible to harm. Hyaluronic acid, glycerin, ceramides, and aloe vera are all substances that help attract and lock moisture into the skin.

Use moisturizers with barrier-repairing ingredients: The appropriate moisturizer can supply necessary fatty acids and other critical components that protect and repair the skin barrier. -Ceramide helps to build the skin barrier. They serve to hold skin cells together and form a protective barrier to keep moisture in. Shea butter, jojoba oil, and squalane all contain essential fatty acids, which serve to repair the skin's natural lipids and boost its defenses against environmental stressors. Some moisturizers contain cholesterol, which is an essential component of the skin barrier and helps restore the skin's natural lipid balance.

Avoid harsh exfoliation and physical scrubs: Exfoliation can help remove dead skin cells, but over-exfoliation or using abrasive scrubs might harm the skin barrier. Use lactic acid or enzyme exfoliants to exfoliate dead skin cells without causing micro tears or discomfort. Physical exfoliants, such as sugar or salt scrubs, can be excessively abrasive on delicate skin, destroying its surface layers and increasing its susceptibility to irritation and dryness.

Include antioxidants to protect the skin barrier: Antioxidants help protect the skin from free radical damage, which can weaken the skin barrier over time. Vitamin C, a powerful antioxidant, helps neutralize free radicals and promotes collagen production, resulting in a firmer skin barrier. Vitamin E is known for its healing properties; it aids in moisture balance and protects against oxidative stress. Niacinamide (vitamin B3) improves the skin barrier by increasing the production of ceramides and other lipids. It also reduces inflammation and strengthens the skin's resilience.

Shield the skin from environmental stressors: Environmental factors like sun exposure, pollution, and cold weather can all damage the skin barrier. Protecting your skin from these stressors is essential for barrier health. Always use broad-spectrum sunscreen with an SPF of 30 or higher to protect your skin from UV radiation, which can weaken the skin barrier over time. In cold weather, a scarf or hat will protect your skin from drying winds. In polluted areas, consider using a pollution-fighting skincare routine to protect yourself from airborne toxins.

Add an overnight mask: Overnight masks are great for strengthening the skin barrier since they give prolonged hydration and repair while you sleep. Ceramide, hyaluronic acid, and glycerin masks are excellent for deeply moisturizing and healing your skin overnight. Masks made with aloe vera, shea butter, or calendula can help to soothe the skin's barrier.

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Avoid hot showers or baths: Hot water can deplete the skin's natural oils, making it more susceptible to dryness and irritation. To protect the natural oils of the skin, use lukewarm water rather than hot water. Prolonged exposure to water can dry the skin, so take short showers (approximately 5-10 minutes).

Incorporate probiotics and omega-3 fatty acids: A healthy stomach can lead to healthy skin. Probiotics and omega-3 fatty acids contribute significantly to skin integrity. Yogurt, kimchi, and kombucha promote good gut bacteria, which can improve skin health. Salmon, chia seeds, and flaxseeds all help to maintain a healthy skin barrier by lowering inflammation and increasing moisture levels.

Anti-Aging Properties: How Ghee Boosts Collagen, Ghee is not only a healthy superfood, but it is also an effective anti-aging agent. Its high concentration of vital fatty acids, vitamin A, antioxidants, and anti-inflammatory substances make it an effective tool for increasing collagen production while also maintaining skin suppleness, firmness, and moisture. By including ghee in your diet and skincare routine, you may naturally boost your skin's collagen production, decrease wrinkles, and keep your complexion looking young and vibrant. Enjoy the benefits of this ancient elixir and watch your skin glow with vitality!

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GHEE FOR EYES

In the words of Shakespeare, "Eyes are the window to your soul." But weak and poor eyesight is a growing peril for most individuals. Are you wondering how Ayurveda can be a magic treatment for your eyes? Well, you had the magic Ayurvedic ingredient all along in your kitchen—the most under-appreciated Desi Ghee. Remember when your mother told you about the vital benefits of Desi Ghee? It turns out that besides its dietary use, this magical ingredient has far stretching benefits for your skin, hair, and eyes. It enhances your immune system, helps manage weight, easing joint aches, and much more.

Netra Tarpana: An Ayurvedic Remedy for Eyes

Are you wondering how you can use desi ghee for your eyes? According to Ayurveda, our eyes are a pitta (hot) organ which gets aggravated due to numerous external factors or excessive heat. Ghee for eyes acts as a cooling oil to address the imbalances of pitta organs. It also aids in nourishing dry or fatigued eyes.

Desi Ghee is a rich source of omega 3 fatty acids that help maintain optimal eye health by treating eyesight problems. According to the Ayurvedic eye treatment, Netra-Tarpana meaning ghee eye bath can naturally enhance your eye health using cow ghee for eyesight. Traditionally a dam was created with urad flour dough around the eyes. The dough is firm and prevents leakage of the desi ghee. However, nowadays, you can readily find eye cups or eyeglasses at any pharmacy to ease the hassle of making the dough. The first step is—Sterilize the eyecups every time before using them.

What Is Netra Tarpana?

Netra Tarpana is an Ayurvedic therapy that uses ghee for eyes and involves applying medicated ghee around the eyes in a dam-like structure. The ghee is left on the eyes for a specific period of time and then removed. This therapy is believed to help lubricate and nourish the eyes, improve vision, and prevent eye diseases.

How Netra Tarpana Acts as An Ayurvedic Remedy for Eyes?

The ghee used in Netra Tarpana is made by mixing various herbs and other ingredients with ghee, which is then heated and strained to remove any impurities. This medicated ghee is then applied around the eyes in a dam-like structure and left on for a specific period of time.

The therapy is believed to improve vision, prevent eye diseases, and reduce dryness and irritation of the eyes. Netra Tarpana is often recommended for those who spend long hours in front of a computer or suffer from dry eyes. It is a safe

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and effective way to maintain eye health, and is often used in conjunction with other Ayurvedic therapies. In a nutshell, Netra Tarpana is a natural and holistic approach to eye health by which using ghee for eyes can provide numerous benefits for those seeking to improve and maintain their vision.

What Is the Netra-Tarpana Procedure?

The procedure begins with the application of a dough ring around the eyes to create a reservoir. Medicated ghee is then poured into this reservoir, which is left on the eyes for a specific period of time.

After the ghee is removed, the eyes are gently massaged. The medicated ghee used in Netra Tarpana is made by mixing various herbs and other ingredients with ghee, which is then heated and strained to remove any impurities.

Disclaimer: This procedure must be done under the supervision and guidance of an Ayurvedic practitioner only. Do not practice this at home by yourself.

What are Netra Tarpana Benefits:

Netra Tarpana, a traditional Ayurvedic eye care practice, involves nourishing the eyes with medicated ghee. Some Netra Tarpana Benefits include:

- **Soothing Dry Eyes:** This Ayurvedic practice helps ease dry eyes, providing relief from discomfort.
- **Improving Vision:** Regular use is believed to contribute to better vision and clarity.
- **Reducing Eye Strain:** Netra Tarpana may aid in lessening eye strain caused by factors like extended screen time.
- **Preventive Eye Care:** Some see it as a preventive measure for maintaining overall eye health and potentially warding off eye disorders

3 Ways to Use Ghee for Eyes in Your Home

In addition to its culinary uses, ghee can be used to promote healthy eyes and alleviate various eye-related issues - here are 3 simple ways to therapeutically use ghee for eyes in the comfort of your own home

Apply Ghee with Aloe Vera Gel:

Ghee and aloe vera gel are both known for their moisturizing and soothing properties, making them a great combination for the eyes.

Here's how to use them together: Take a small amount of ghee and warm it up slightly. Mix the ghee with an equal amount of aloe vera gel. Gently apply the mixture to the area around your eyes, making sure to avoid getting it into your eyes themselves. Massage the mixture into your skin using gentle circular motions. Leave the mixture on your skin for 10-15 minutes. Rinse the mixture off with cool water and pat your skin dry with a soft towel.

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This simple but effective mixture can help to reduce dryness and puffiness around the eyes, and leave the skin looking and feeling smoother and more moisturized.

Disclaimer: It's important to use pure and high-quality ghee and aloe vera gel, and to patch test the mixture on a small area of skin first to ensure that you don't have any allergic reactions or sensitivity to either ingredient.

Apply Ghee for Under Eye Fine Lines:

Ghee is a natural remedy that can help reduce the appearance of fine lines and wrinkles under the eyes. Here's how to use ghee for eyes that targets fine lines: Take a small amount of ghee and warm it up slightly. Apply a small amount of ghee to the area under your eyes using your fingertips. Gently massage the ghee into your skin, using circular motions. Leave the ghee on your skin for 15-20 minutes.

Rinse off the ghee with cool water and pat your skin dry with a soft towel. This simple but effective remedy can help to hydrate and moisturize the skin under your eyes, reducing the appearance of fine lines and wrinkles over time.

Apply Ghee On Eyelids And Massage:

- Take a small amount of pure cow's ghee in a clean bowl.
- Warm the ghee in a pan or in the microwave until it becomes lukewarm.
- Wash your face with warm water and dry with a towel.
- Close your eyes and apply the lukewarm ghee to your eyelids using your fingertips.
- Gently massage the ghee into your eyelids using circular motions.
- Massage your eyelids for 5-10 minutes, being careful not to apply too much pressure.
- After the massage, let the ghee sit on your eyelids for 10-15 minutes.
- After 15 minutes, rinse your eyes with cool water.

Repeat this process daily for best results.

Applying ghee on eyelids and massaging can help improve blood circulation, reduce dark circles and puffiness around the eyes, and nourish the delicate skin around the eyes. This practice using ghee for eyes can also help relax the eye muscles and provide relief from eye strain and fatigue. Make sure to use pure cow's ghee and be gentle while massaging to avoid any discomfort or irritation.

Benefits Of Applying Ghee On Eyes

Implementing a routine that uses ghee for eyes can offer a range of benefits, from reducing dryness and irritation to promoting healthy and glowing skin around the eyes - here are some of the key benefits of using ghee for eyes

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Treats Black Circle:

If your under-eye bags are so big they could carry groceries, fear not! Ghee might just be the answer you're looking for. This versatile ingredient is not only great for cooking, but it can also help nourish and rejuvenate the delicate skin around your eyes.

Its antioxidants and fatty acids work together to reduce the appearance of those pesky dark circles, while improving blood circulation to the area.

Simply warm up some pure cow's ghee, apply it to your dark circles, and massage it in for a few minutes. Leave it on for a little while, rinse it off, and voila! Your eyes will be bright and refreshed instantly. So why not give it a try? Your grocery-carrying under-eye bags will thank you.

Clears Dryness Around the Eyes:

Do your eyes feel dryer than a desert in summer? Ghee to the rescue! It can also help moisturize and nourish the delicate skin around your eyes. Ghee is packed with healthy fats that can help hydrate your skin and reduce dryness, leaving your eyes feeling soft and supple. To get started, warm up some pure cow's ghee and apply it around your eyes, making sure to gently massage it into your skin. Leave it on for a few minutes to let the ghee work its magic, then rinse it off with cool water. Repeat this process daily for best results and say goodbye to dry, parched eyes! With this technique of using ghee for eyes, your eyes will be as fresh and dewy as a spring morning.

Reduce the Effect Of Fatigue:

Feeling like you've been hit by a ton of bricks and your eyes look like you've just pulled an all-nighter? Fear not, because ghee has it all! This golden elixir is packed with healthy nutrients that can help reduce the effect of fatigue on your eyes. Ghee contains antioxidants and vitamins that can help reduce inflammation and improve circulation, leaving your eyes feeling refreshed and rejuvenated.

To get started, mix some ghee with a pinch of turmeric and apply it to your eyelids. Let the mixture sit for a few minutes, then gently wipe it off with a damp cloth. Repeat this process daily for best results and say goodbye to tired, droopy eyes! With ghee by your side, you'll be ready to take on the day with bright, sparkling eyes.

What is the Ayurvedic treatment for dry eyes?

Ayurvedic treatment for dry eyes often involves incorporating ghee (clarified butter) into the diet to nourish the eyes internally. Additionally, using Triphala eye drops, which is a herbal formulation, is recommended for external application to soothe and moisturize the eyes.

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GHEE FOR SKIN CARE

Ghee is rich in Vitamin K and Vitamin A, essential for skin health. Vitamin K ensures the hassle-free production of collagen - a protein that keeps the skin intact by avoiding sagging. In short, including ghee in your nutrition plan helps you maintain youthful looks and is the key to anti-aging skin.

Vitamin A is a natural moisturizer. Regular consumption of ghee in adequate amounts quenches the thirst of your skin. It helps avoid dry skin, a common skin concern during winters.

Generally, the health benefits of ghee are numerous. For instance, Milkfat Globule Membrane abbreviated MFGM is present in mother's milk and is an inevitable component for developing the immune system. The only other source for MFGM is cow ghee. It boosts immunity and is vital for overall health.

The common notion is that ghee contains unhealthy fats and results in obesity. It's merely a misconception. Conjugated Linolic Acid (CLA) is abundant in meat and dairy products, especially cow's ghee. It facilitates fat loss and develops lean muscles. Also, it stimulates hair growth.

How ghee works wonders for:

- **Dry skin** - Ghee contains vitamin A which is a natural moisturizer and helps avoid dryness
- **Dull skin** - Warm ghee with almond oil and apply the same. Leave it overnight. It adds glow to your skin.
- **Treating wrinkles** - consume ghee (everyday 1tbsp of pure cow ghee) regularly because it is rich in vitamin K that maintains collagen production.
- **Acne and pimples**- ghee can prevent acne and pimples formation by applying 2-3 drops every day on the skin. Avoid using ghee if you already have pimples or acne.
- **Pigmentation and skin lightening**- ghee, to an extent, helps in brightening the skin. But direct involvement of ghee in reducing pigmentation is doubtful.
- **Dark circles** - apply ghee under the eyes and do a circular massage every night before sleeping.
- **For lips** - ghee moisturizes dry and chapped lips. Apply ghee overnight before sleep.

Benefits of ghee for hair and scalp

Ghee works as an excellent conditioner for your skin. Just lukewarm the ghee. Mix it with coconut oil or castor oil and massage your scalp for 15 minutes. Then, wash it with a mild shampoo. It improves the shine and strength of hair.

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As a salve (ointment): Ghee has anti-inflammatory properties. Mix pure cow ghee with Haldi (turmeric powder) and apply to wounds for faster healing. It's also an antiseptic.

Integrating Ghee into Your Skincare Routine:

Using ghee in your skincare routine is a simple but powerful technique to naturally nourish, moisturize, and restore your skin. Whether you use it as a moisturizer, face mask, or hair treatment, ghee provides numerous advantages that will undoubtedly improve your beauty routine. It is effective for dry skin, anti-aging, calming irritations, and even improving skin tone. Add this ancient elixir to your skincare routine for naturally glowing, healthy, and vibrant skin!

The above information is general. We do recommend consulting a dermatologist to address your skin and hair concerns.

Ghee - An Ancient Superfood

GHEE FOR GUT

Its Nutritional Value And The Magic It Creates, Ghee is the ultimate powerhouse when it comes to nutrients. Let us have a look at how this delicious golden elixir provides our body with the necessary nutrients it requires.

Calories

If you consume one tablespoon of ghee it adds up to around 120 calories, making it an extremely calorie-dense food. These calories are nothing but healthy fats that your body requires to keep you energized throughout the day.

Note: It is important to keep in mind that ghee is a calorie-dense food and therefore should be consumed in moderation. Your daily ghee intake should not be more than 2 to 3 tablespoons as this quantity is more than enough to give your body all the nutrients that it needs.

Healthy Fats

The Monounsaturated and Polyunsaturated fats contained in ghee are what sets it apart from other superfoods. These fats facilitate bodily functions and keep the energy going.

Vitamins

One dollop of ghee is enough to provide you with vitamins such as vitamins A, D, E and K. These vitamins play an extremely crucial role in maintaining gut health, immunity and healthy skin.

Butyric Acid

This acid is a short-chain fatty acid, particularly found in ghee. Butyric acid helps to reduce inflammation of the inner lining of the stomach and also helps to cure certain other diseases. So, if you are looking to add some nutritional value to your diet, consider opting for organic cow ghee. This ghee is made using fresh Gir cow milk. It is packed with all the essential nutrients that our bodies require. This product is additive-free, with no artificial preservatives, synthetic fillers, or binders. It's entirely natural, crafted on the farm in small, daily batches. It proves to be the perfect ghee for gut health.

7 Reasons To Start Embracing Ghee For Gut Health

Ghee has held a significant place in our diet for centuries. Queries about the health benefits of ghee or its role in facilitating digestion have only recently gained attention. Let's look at some of the key advantages of ghee in improving gut health.

Ghee - An Ancient Superfood

Reduces Inflammation

Did you know that we might get affected by inflammation more than we realize? It's not just something that happens when we get injured or sick; it can also be triggered by our diet, lifestyle choices, and environmental factors. Chronic inflammation has been linked to a wide range of health issues, including heart disease, diabetes, and even arthritis. Luckily, some foods, like ghee, can help reduce inflammation.

But, what is it about ghee that makes it so effective in reducing inflammation?

Ghee's anti-inflammatory compounds curb gut inflammation, enhancing digestive health.

Butyric acid in ghee suppresses inflammatory molecules and promotes anti-inflammatory ones. Essential vitamins in ghee support the body's defense, aiding in inflammation reduction.

Ghee for gut health

Pro tip: Add a tablespoon of ghee to your morning coffee or tea for a creamy and energizing beverage that may help reduce inflammation.

Enhances The Absorption of Nutrients

We discussed how ghee is extremely rich in saturated fats. These healthy fats aid in the absorption of fat-soluble vitamins. The fats also absorb other nutrients further ensuring that our bodies get the most of their benefits.

Pro tip: You can use ghee as a substitute for other cooking oils or even consume just a tablespoon of ghee every morning when you wake up.

Free From Lactose

Have you ever thought about how lactose-intolerant individuals enjoy dairy products without facing digestive discomfort? Ghee is almost devoid of lactose, making it perfectly suitable for individuals dealing with lactose intolerance. They can now enjoy these flavours without facing any inconvenience.

Did you know?

Most people suffering from lactose intolerance, unfortunately, swap butter and other dairy products with undesirable and chemical-laden food products such as margarine. Such products do nothing for the improvement of your well-being. So, if you are looking for healthy alternatives, then ghee might just be the right choice!

Ghee - An Ancient Superfood

Pro tip: Spread ghee on toast or crackers instead of butter or margarine for a delicious and nutritious alternative.

Promotes Gut Microbiome

Our gut houses many types of bacteria, ghee facilitates the growth of good bacteria, which is beneficial for maintaining gut health. This further contributes to a healthy and balanced gut microbiome. This makes your gut healthier.

Eating ghee encourages the growth of helpful microbes. Ghee helps keep your gut diverse and balanced.

A balanced gut helps you digest food better, absorb nutrients, and stay healthy overall.

Pro tip: You can drizzle melted ghee over cooked vegetables, popcorn, or steamed rice for added flavor and health benefits.

Facilitates Digestion

Have you ever wondered how ghee is made?

Ghee is churned from Makkhan made with cultured curd which is heated over a long period of time. This leads to the milk solids being separated to produce a golden and clear fat- ghee.

But how does ghee particularly help in digestion you may ask?

With no milk solids, it becomes way easier to digest ghee as compared to other whole dairy products or regular butter.

Individuals suffering from sensitive digestive tracts highly benefit from this as it reduces the likelihood of gastrointestinal discomfort or irritation.

Pro tip: you can simply use ghee as a substitute for other cooking oils or butter when sautéing vegetables, frying eggs, or grilling meats. Its high smoke point makes it suitable for high-temperature cooking and food becomes much easier to digest.

Provides Lubrication Naturally

Constipation and irregular bowel movements become quite prevalent with the dietary trends that are gaining traction in today's time. Using a fat-first approach (starting your day by consuming healthy fats) can provide natural lubrication to the digestive tract, reducing the risk of discomfort and irritation.

Pro tip: Try blending ghee into your morning smoothie for a boost of healthy fats and a creamy texture.

Ghee - An Ancient Superfood

An Ayurvedic Tradition

According to Ayurveda, ghee is considered to be the elixir of life. It is a golden liquid that lowers the acidic pH of our gastrointestinal tract and improves absorption in our small intestine. It cleans the digestive system and relieves constipation.

The Golden Essence of Health and Healing

Shatadhauta Ghruta.

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Ghee for Tuberculosis

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[XgTruVwk9DhM0x_AsXZQrPrMy1jKINB5QCg8cvUNlo0rZvgpBiK6xG3pIL6qztYCWIsMxZVH6Yy22cxQtIlex2wHTZiKfyD2dCa_pAWORKWwB-LHuC-3ozvVA&aep=1&ntc=1&sa=X&ved=2ahUKEwiAxJ3BwNyOAxUSSWwGHZouGvAQ2J8OegQIERAC&biw=1366&bih=607&dpr=1&mstk=AUTExfBa5PS72jzctoa8KFdMyoww2uWhmLA6pd0DwHzjoKyyjlg0eA-gf9C_xpsV-AThHyW4xUNFeuOzLcj3UghdjlTuxZo1ydp8NtW5FUfTbFZecIRbjOtBy8r8tw2uVf2Fb1ITfk-RV1yVgykafJtjfxsSp95rMvTdo&csuir=1](https://www.google.com/search?q=how+does+Ghee+used+for+cure+Tuberculosis&sca_esv=923321ced5d2d4ec&udm=50&fbs=AlljpHxU7SXXniUZfeShr2fp4giZ1Y6MJ25_tmWITc7uy4Klemkj18Cn72Gp24fGkjjh6wQFVCbKXb4P6swJy4x5wjmjSNJGQvRsKm6-XgTruVwk9DhM0x_AsXZQrPrMy1jKINB5QCg8cvUNlo0rZvgpBiK6xG3pIL6qztYCWIsMxZVH6Yy22cxQtIlex2wHTZiKfyD2dCa_pAWORKWwB-LHuC-3ozvVA&aep=1&ntc=1&sa=X&ved=2ahUKEwiAxJ3BwNyOAxUSSWwGHZouGvAQ2J8OegQIERAC&biw=1366&bih=607&dpr=1&mstk=AUTExfBa5PS72jzctoa8KFdMyoww2uWhmLA6pd0DwHzjoKyyjlg0eA-gf9C_xpsV-AThHyW4xUNFeuOzLcj3UghdjlTuxZo1ydp8NtW5FUfTbFZecIRbjOtBy8r8tw2uVf2Fb1ITfk-RV1yVgykafJtjfxsSp95rMvTdo&csuir=1)

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Ghee for BURNS.

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[EPv6mYsA8&ved=0ahUKEwirkufldwyOAxUG4jgGHb8UBvYQ4dUDCBA&uact=5&oq=HOW+Ghee+USED++for+BURNS&gs_lp=Egxnd3Mtd2l6LXNlcniAgiEhPVyBHaGVlIFVTRUQglGZvciBCVVJOUzIIIEAAYgAQYogQyCBAAGIAEGKIEGgQABiABBiiBDIIIEAAYgAQYogRI9IFQgtlY6ENwAXgAkAEAmAGeAaABtAuqAQQwLjEyuAEDyAEA-AEBmAlMoAKpC8ICChAAGLADGNYEGEfCAGcQABiABBgNwglEAAYgAQYhgMYigXCAgoQIRigARjDBBgKwgIIIECEYoAEYwwSYAwCIBgQGBgiSBwQxLjExoAfsK7IHBDauMTG4B6ALwgCHMC4xLjcuNMgHSA&scIent=gws-wiz-serp](https://www.google.com/search?q=HOW+Ghee+USED++for+BURNS&sca_esv=923321ced5d2d4ec&ei=9dSFaOvDCYbE4-EPv6mYsA8&ved=0ahUKEwirkufldwyOAxUG4jgGHb8UBvYQ4dUDCBA&uact=5&oq=HOW+Ghee+USED++for+BURNS&gs_lp=Egxnd3Mtd2l6LXNlcniAgiEhPVyBHaGVlIFVTRUQglGZvciBCVVJOUzIIIEAAYgAQYogQyCBAAGIAEGKIEGgQABiABBiiBDIIIEAAYgAQYogRI9IFQgtlY6ENwAXgAkAEAmAGeAaABtAuqAQQwLjEyuAEDyAEA-AEBmAlMoAKpC8ICChAAGLADGNYEGEfCAGcQABiABBgNwglEAAYgAQYhgMYigXCAgoQIRigARjDBBgKwgIIIECEYoAEYwwSYAwCIBgQGBgiSBwQxLjExoAfsK7IHBDauMTG4B6ALwgCHMC4xLjcuNMgHSA&scIent=gws-wiz-serp)

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GHEE FOR FITNESS?

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GHEE SPIRITUAL USE.

Ghee spiritual Use

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GHEE USE?

Ghee for heart health & arteries

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ISBN – 978-81-989894-7-5

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