



Ghee or *Ghrita*

What is Ghee?

Ghee is a pure fat made from butter, with everything that once made it milk, i.e. water and milk proteins (including lactose), removed through a cooking process.

Unsalted butter is gently boiled in a heavy based saucepan until all the water has evaporated and the milk solids (protein) have separated to float or settle on the bottom. The remaining pure fat is then strained to remove the separated milk solids, to be stored at room temperature in a glass, metal or ceramic container and used for cooking and medicinally.

When made and stored properly ghee resists spoilage and can be kept for extended periods. Refrigeration can cause condensation which can cause spoilage, so that's why it best left on the cupboard.

Ghee is sweet in taste and cooling in energy, rejuvenating, good for the eyes and vision, enkindles digestion, bestows luster and beauty, enhances memory and stamina, increases the intellect, promotes longevity, is an aphrodisiac and protects the body from various diseases

Bhavaprakasha (16th Century Ayurvedic text)

How is it used?

In Ayurveda Ghee is known as liquid gold. Due to its unique composition it is light and easy to digest, and widely used both as a food and therapeutically.

- It retains its nutritive value at higher temperatures than other oils.
- It is rich in antioxidants and aids in the absorption of vitamins and minerals.
- It is also more easily metabolised & acts as a digestive aide stimulating & balancing the secretion of stomach acids to help with digestion & maintaining/repairing the mucous lining of the stomach.
- Properties in ghee help to lubricate connective tissues, which increases your flexibility range and makes ghee the perfect butter alternative for yoga enthusiasts everywhere.
- It has a high concentration of the short chain fatty acid, Butyric Acid, which helps to control metabolism, inflammation and stress response. Butyric acid also has anti-viral properties and has been shown to improve insulin sensitivity.
- Contains healthy fat-soluble vitamins, like A, D, E, and K which are responsible for promoting strong bone and brain health, as well as for boosting immunity.
- It is frequently used as a vehicle for herbal formulas enhancing their action by carrying the herbs to the interior of cells where they give the most benefit.
- Promotes all three aspects of mental functioning – learning, memory and recall and can be applied to the temples before bed to promote a peaceful sleep.
- It is used to help with ulcers, constipation, and the promotion of healthy eyes and skin. Applied externally it helps repair skin conditions particularly those relating to inflammation and prevents scarring and blisters in burns. When combined with turmeric it has a powerful antibiotic and tissue repairing action.
- Good for all constitutions, however with weight or cholesterol issues only take 1-2 tspns per day.



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Composition of Ghee

Ghee contains approximately 8% saturated fatty acids which make it easily digestible. The digestibility co-efficient or the rate of adsorption is 96% which is better than any other animal or vegetable fat. It contains triglycerides, diglycerides, monoglycerides, phospholipids and beta carotene 600 IU and Vitamin E which are known anti-oxidants.

This means that it is an easily digestible and assailable food which provides essential nutrients and critical antioxidants or free radical scavengers to the human body for its protection and growth. Studies also reveal that the protein casein, which is present in butter and elevates cholesterol, is removed along with water content in the cooking process.

Use it in all your cooking - sautéing, roasting, baking and enhancing steamed vegetables and rice. It is also a delicious butter substitute for toast and crackers if you are so inclined and if you get any on your finger it makes a great lip balm

Ghee Recipe

Making ghee can be a meditative experience, allow time to stand and watch the bubbles and take in the beautiful aroma as it cooks.

250 - 500 gm unsalted butter – organic if possible
Heavy based, steel medium size saucepan
Cloth (cotton hanky or muslin) or fine sieve for straining
Glass, ceramic or steel container

- Melt butter over medium heat till it bubbles then reduce to gently simmer for 20-25 minutes.
- Throughout the cooking process milk solids will foam to the surface and then start to sink to the bottom. A thin film will be left on the top
- When ready the bubbling will gradually quieten as the water cooks out and there will be a brown crust on the bottom and thin film of milk solids on the top.
- Remove it from the heat now for a lovely golden colour. If you leave it too long it will burn. The aim is a golden colour rather than brown and a beautiful caramel smell.
- Strain through a light cloth
- Cool with the lid off and store at room temperature





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Uses & Remedies:

Arthritis	<p>¼ cup ginger powder 1 tspn fenugreek powder 1 tbsn ajwain powder 1 tbspn crushed garlic 1 cup jaggery ¼ cup ghee</p>	Mix well and make a ball approx 3 cm in diameter. Take one each day.
Balance Pitta	<p>1 tspn ghee</p>	Take am with warm water before food
Chronic Fatigue	<p>½ glass water 2 figs 3 mejool dates - deseeded 3 almonds 2 cardamon pods 1 tspn ghee 1 ripe banana</p>	<p>Soak overnight (not ghee & banana). Peel almonds & cardamom. Blend all ingredients. Drink on empty stomach.</p>
Constipation	<p>1 tspn ghee 1 tspn triphala</p>	Take with warm water 1 hr after dinner
	<p>1 cup milk Pinch cinnamon, cardamom & nutmeg powders 1 tspn ghee</p>	Heat milk & spices, add ghee. Drink before bed.
Diarrhea	<p>2 green apples Pinch nutmeg & cardamom powder 1 tspn ghee</p>	<p>Peel, chop & cook until soft. Eat slowly</p>
Dry Skin	<p>1 tspn ghee</p>	<p>Take in cup hot/warm water am & pm Apply directly to skin – dry lips etc</p>
Emotional balance	<p>Apply ghee to temples</p>	Am & pm – good for anger & anxiety
Eyes – dry/red	<p>Apply ghee around eye</p>	Anytime and particularly before bed
Immune Strengthenener	<p>1 tbspn dry ginger powder 1 tbspn ghee 1 cup milk 2 tbspn jaggery ¼ tspn each of coriander, cinnamon, fennel, black pepper & bay leaf powders</p>	<p>Boil milk & ghee until it starts to thicken & concentrate. Add jaggery & continue to cook until it is sticky between fingers. Add spices. Allow to cool and roll into small balls. Take one morning & night to strengthen tissues.</p>
	<p>50ml organic, unhomoginised milk 1 tspn each ghee, natural yogurt, honey and raw sugar.</p>	Mix well and take early in morning between 6&10 am for strengthening.



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Muscle cramps/spasms	<p>½ glass water 3 dates 3 almonds 1 tspn sesame seeds 2 cardamom pods ¼ tspn ginger powder 1 tspn ghee</p>	<p>Repeated spasms indicate undernourishment & mineral deficiency – Soak ingredients overnight except ginger & ghee. Peel almonds & cardamom. Blend in and drink in am on empty stomach or just drink & chew.</p>
Reflux/Acidity	<p>1 tspn ghee with hot milk in am on empty stomach</p>	<p>Weak digestion leads to fermentation of partially digested food, producing sensations associated with excess acidity within 2 hrs of meal. No appetite & feels sluggish/bloated/restless//irritable/confused.</p>
Skin conditions	<p>1/3 cup ghee (be generous) 2 tspn turmeric powder 1 tspn licorice powder 30 ml sesame oil</p>	<p>Psoriasis. Mix and warm. Massage into affected areas 2-3 times per day.</p>
	<p>1 tspn ghee ¼ tspn each bl pep & ajwain powder 1 tspn jaggery</p>	<p>Urticaria – itching skin & allergy. Mix and take on empty stomach in am. If needed take twice a day</p>
	<p>1 tspn turmeric powder 1 tspn triphala powder 1 tspn ghee</p>	<p>Mix and take with warm water at night</p>
	<p>1 tspn each neem oil, ghee and black seed sesame oil</p>	<p>Use for Dry Eczema. Mix and apply 3-4 times per day</p>
	<p>1 Tbspn ghee 1 tspn turmeric powder</p>	<p>Heat ghee and dissolve powder, cook gently without burning ghee. Strain into container. Antibiotic & anti-inflammatory, excellent for healing most skin conditions including sun spots.</p>
Sleep	<p>Massage temples before bed</p>	<p>Calms minds & promotes peaceful sleep</p>