

GHEE

Ghee (Ghrita), according to Ayurveda, is full of essential nutrients, fatty acids, anti-bacterial, anti-fungal, anti-oxidant and anti-viral properties.

Energetics: Ghee has sweet taste, cold potency and sweet Vipaka (or post digestive taste). It decreases Vata and Pitta and increases Kapa slightly (VP+ K-). Hence, one should broadly know his or her body constitution (Prakruti and Vikruti) by consulting an Ayurvedic practitioner to determine how much quantity and type of ghee he or she can consume.

Ghee is highly auspicious. It increases Ojas and Tejas. Ghee is the best form of fat for the body.

Ghee is excellent for cooking purposes. It acts as a nutrient, emollient, rejuvenator and antacid. It is the best oil for Pitta. It balances all Agnis (digestive fires). It is good for Vayu and Pitta disorders, fevers, Tuberculosis, herpes etc.

Ghee is good for memory and digestion. It is used in conditions of insanity. It improves intelligence, vision and voice and is good for liver, kidneys, lungs, brain and healthy heart. It is beneficial for people with thyroid dysfunctions.

Ghee is also found to be beneficial to cancer patients to control growth of cancerous cells.

Ghee is used as anti-septic for healing wounds, chapped lips and mouth ulcers. It is good for people with bleeding nose, brain stroke, sinus headache and migraine problems.

Ghee promotes longevity and can be taken at all ages by adjusting the quantity according to the age, body condition, season etc.

Ghee taken with herbs, transports the nutrients, medicinal properties and energies of these herbs to all the seven tissue layers of the body. For instance, some special herbs are made with medicated ghee as a medicine to remove unwanted Cholesterol from the body. Many herbs are made with medicated ghee to increase their healing effects.

Ghee detoxifies body. It is best to have the ghee prepared from the milk of a grazing cow. It should be pure. Exercise or physical activity is needed for people who take ghee on daily basis. In summer season, the quantity should be reduced according to the individual's requirements and power to digest. Excess consumption of ghee might result in weight gain.

As mentioned earlier, it is better to take the opinion of an Ayurvedic practitioner to determine the type and quantity of ghee required for an individual, based on his or her body constitution, season, health conditions etc..