



LITTLE BOOK OF GHEE

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With illustrations by **Bekkah Scharf**

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INTRODUCTION I

1.1 Some context, if you are new to ghee...

If you only know that ghee is a type of butter, and got this book to find out what all the fuss is about it,

these first few pages are for you...



1.2 Some context, if you are new to ghee...

Ghee indeed starts as butter

But butter that has been cultured, and then slow-boiled to allow the milk solids to separate out (and be removed)

It is also called clarified butter, a close relative of browned butter from French cooking



1.3 Some context, if you are new to ghee...

It was re-discovered recently by Western/ Global North people who follow a ketogenic diet

It is a fairly tasty form of fat to those of us not accustomed to pure tallow, seal blubber, large grubs and/or other fat sources found in traditional omnivore cultures



1.4 Some context, if you are new to ghee...

Ghee is revered among people following a diet from the wellness lifestyle known as ayurveda, both omnivores and lacto-ovo 'vegetarians'

Ayurveda is a very old traditional knowledge base of medicine from the East Indian sub-continent, still in use in both folk medicine and professional settings

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1.5 Some context, if you are new to ghee...

Many of ayurveda's insights are spreading among health-conscious people in societies around the world, in both professional practices & self-care regiments

Ghee is a key feature of ayurvedic wellness wisdom and this ebook explains some of the reasons why this is so.

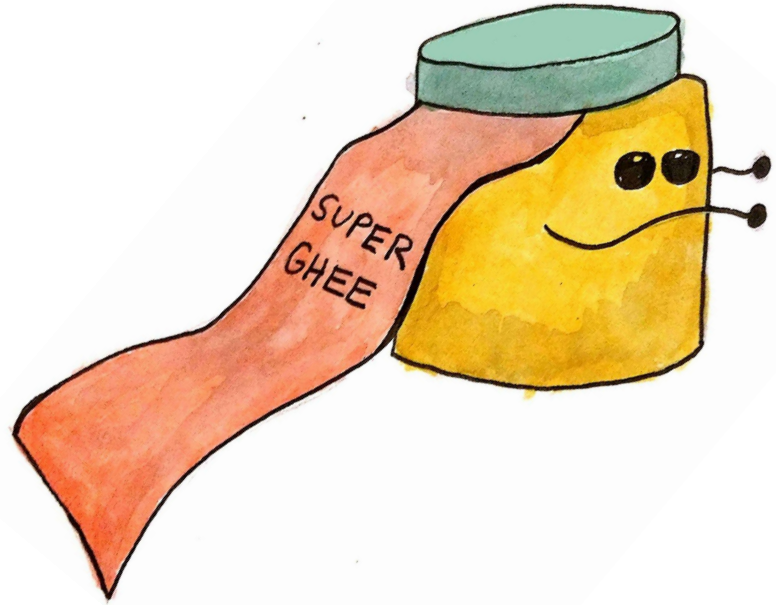


INTRODUCTION II: GHEE SUPERPOWERS

2.1 Superpowers of Ghee

Fatty, moistening & nourishing, ghee promotes

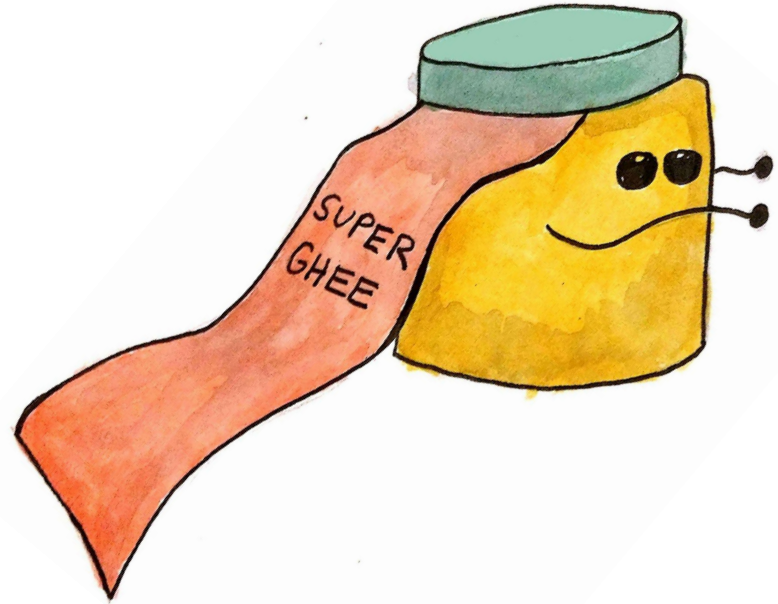
- a smooth and strong voice
- memory and brain power
- sharp eyesight
- strong digestive power



2.2 Superpowers of ghee

Our modern society moves at a very fast pace, especially in urban and metropolitan areas

This rapid movement can stress us out, mentally, physically and also spiritually



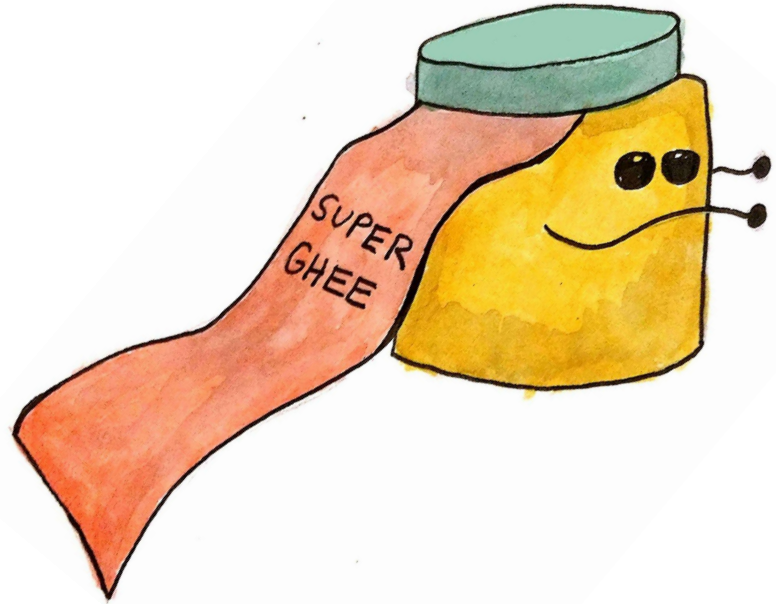
2.3 Superpowers of ghee

These stressors disturb the normal flows of the Wind, Space and Fire Elements* in us

They disrupt our naturally-present pools of stillness, our reservoirs of wellness and rejuvenation

*Earth, Water, Fire, Wind & Space are The Great 5 Cosmic Elements of Nature

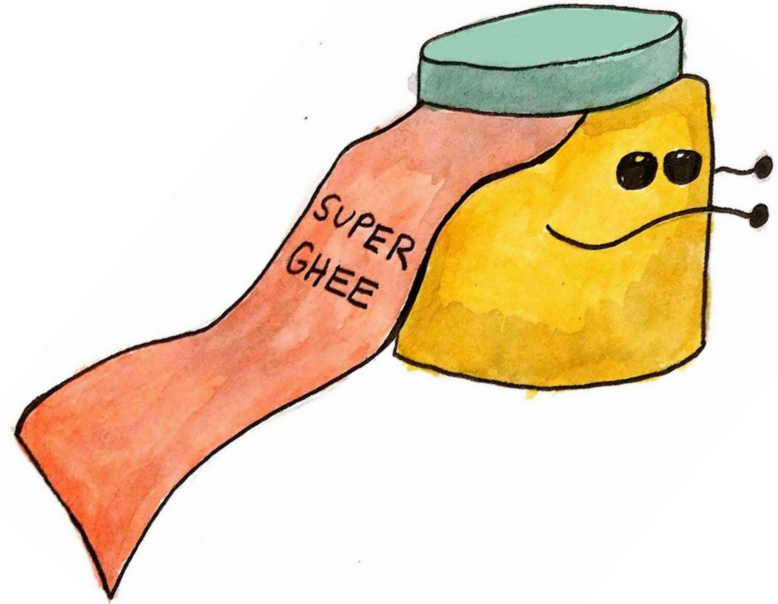
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2.4 Superpowers of ghee

When eaten in balanced proportion to our dietary intake, our natural temperament and our current state of health,

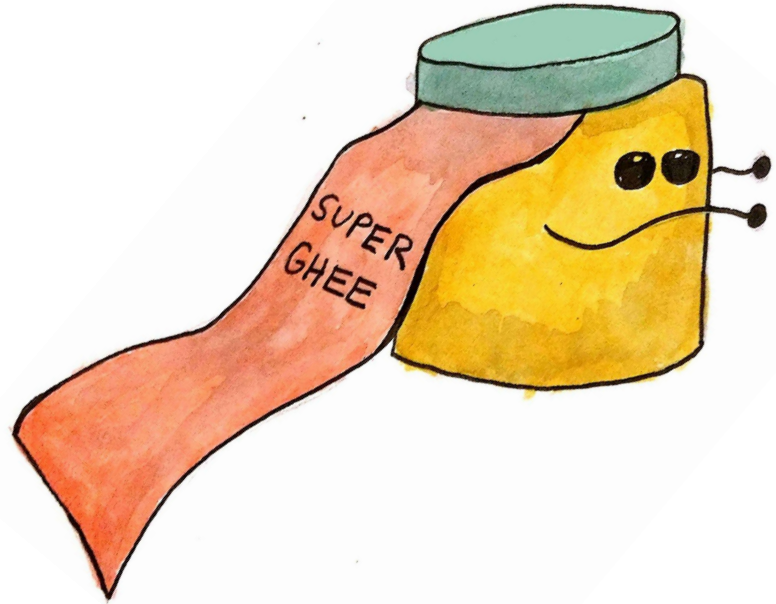
ghee calms down and soothes these disturbances in our fields



2.5 Superpowers of ghee

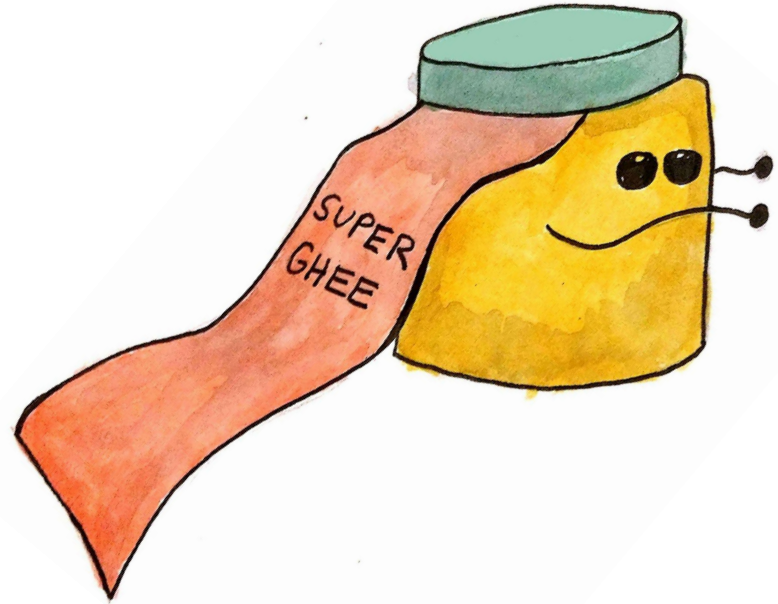
Ghee also helps the body tissues stay strong in the face of environmental toxins and poisoning, which can include substances like

- bug & snakebites
- synthetic medications
- excesses of drugs & alcohol



2.6 Superpowers of ghee

Ghee helps build what ayurveda calls *ojas*, our natural immunity metaphorical 'shield' that exists in us all and stays strong and resilient as a result of our healthy eating and living



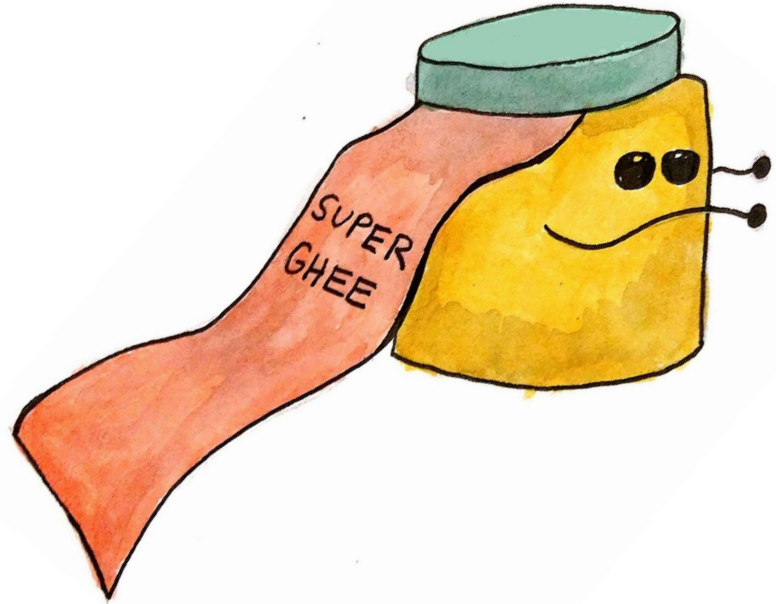
2.7 Superpowers of ghee

The ayurvedic classical texts say that taking ghee also promotes

- sexy feelings
- fertility

And that it slows the aging process in body tissues, helping us to create the possibilities of a longer lifespan.

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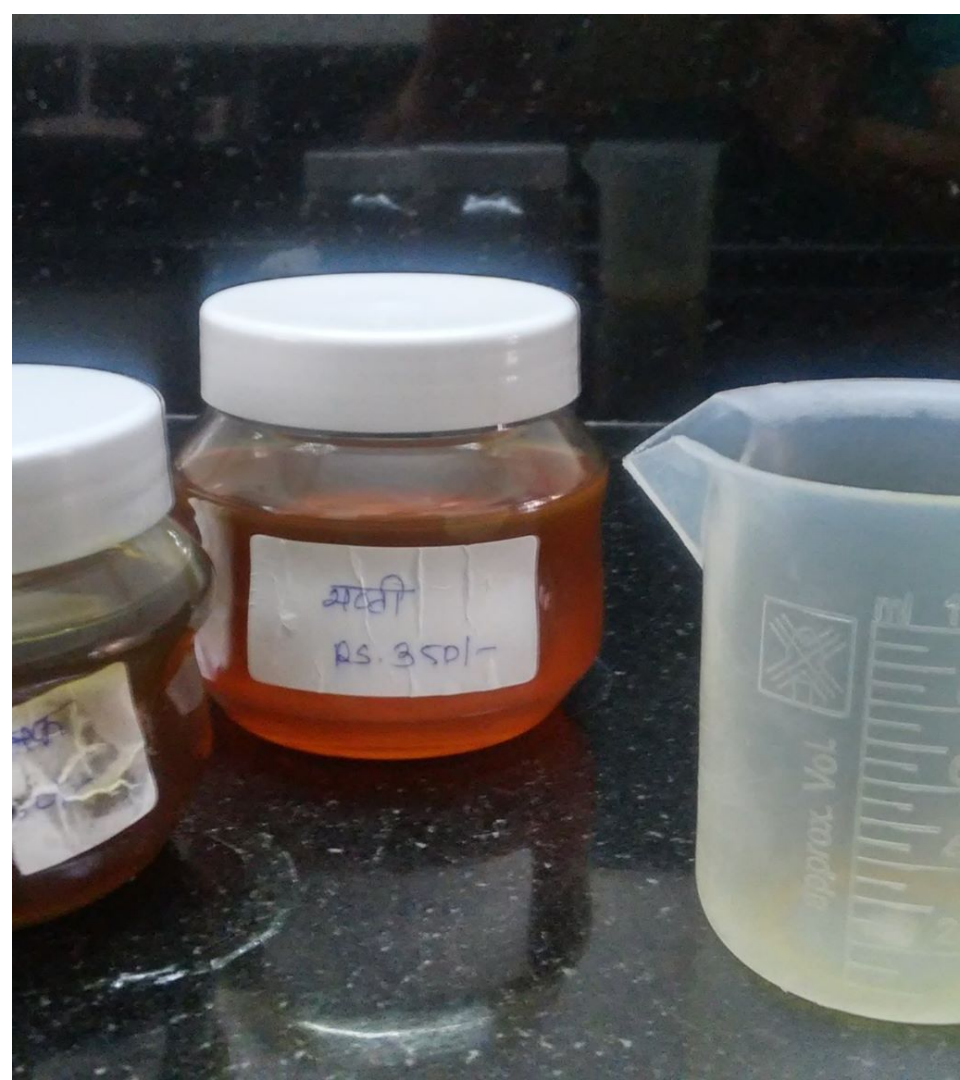
MEDICINAL USES OF GHEE

3.1 Medicinal ghee uses

Ghee holds the properties of any herbs that are infused into it, delivering their medicine deep into body tissues

Ayurveda has an entire branch of 'pharmacy' devoted to preserving ancient recipes, including standardized ghees, that have complex herbal formulas cooked into them in a special way

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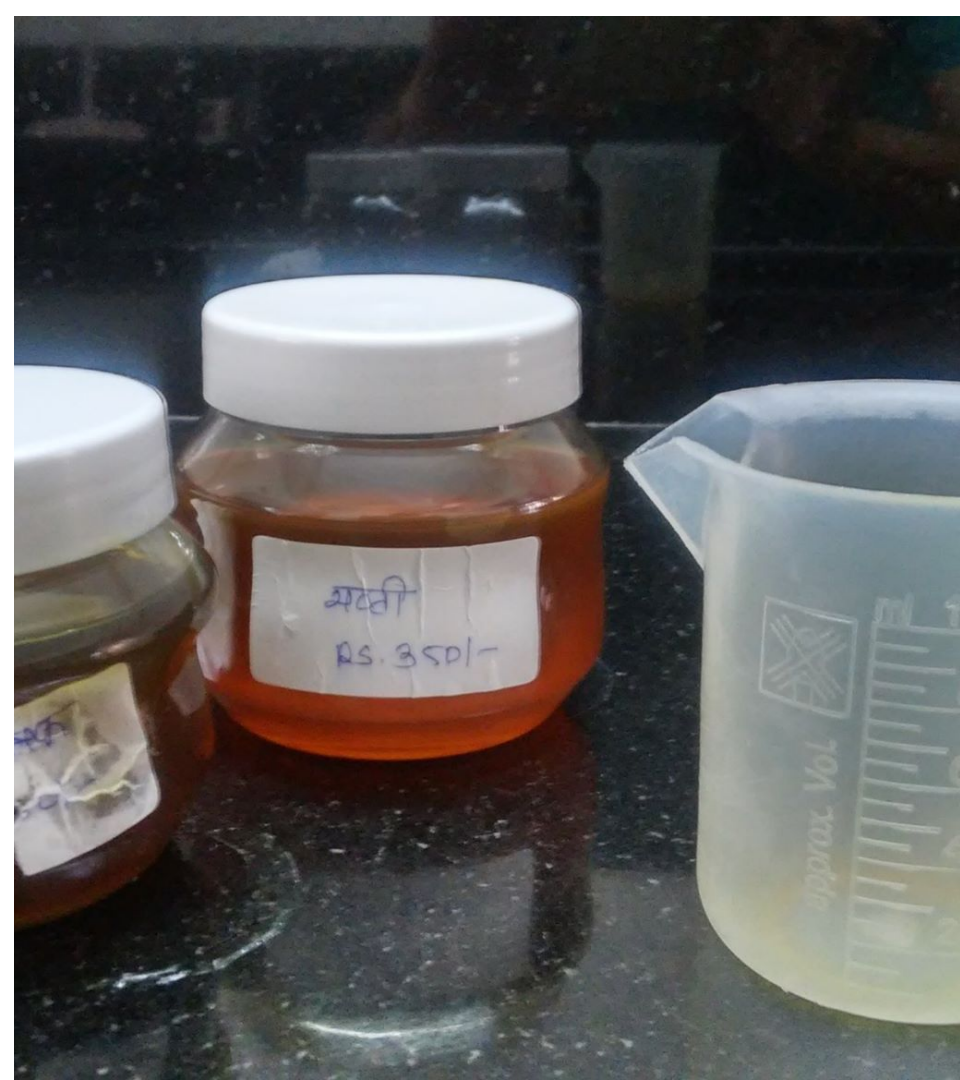


3.2 Medicinal ghee uses

Knowing how to use these herbalized ghee formulas is a hallmark of ayurveda as a science, particularly in the deep cleansing regimens known as the Five Actions, or Pancha Karmas

Making simpler herbalized ghees at home takes some skill, but is do-able once you learn how

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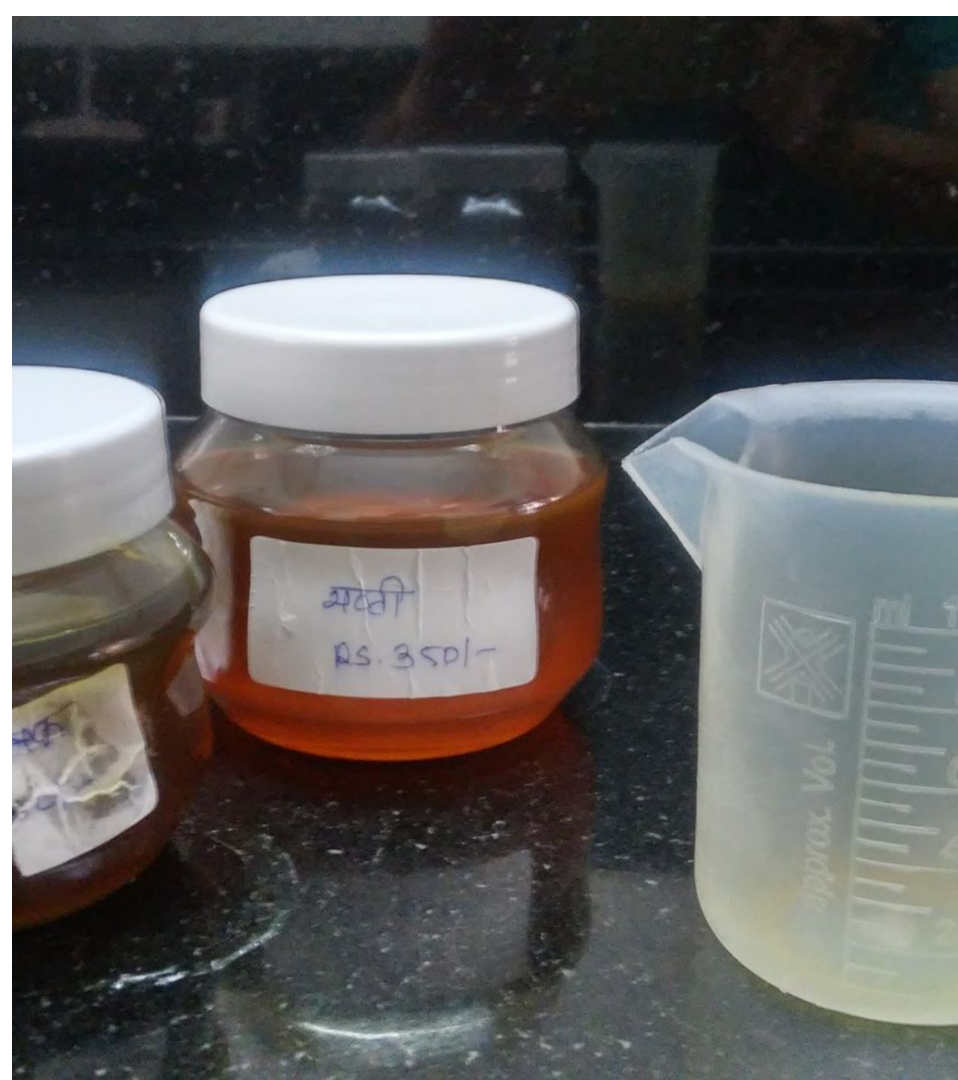


3.3 Medicinal ghee uses

Although they might not meet the same standards as professionally-crafted herbalized ghee from formulas honed over centuries in secret recipes & processing methods,

homemade ghees can be a helpful addition to your herbal medicine cabinet if you are inclined to make your own medicine

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3.4 Medicinal ghee uses

Some nose-lubricating oil blends traditional to ayurveda include ghee in them

Ghee not cooked well is hard to absorb & can create congestion

Professionally-crafted *nasya* oils to place inside nostril tips should come from a reputable ayurveda 'pharmacy' if they have ghee in them

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3.5 Medicinal home uses

Taken on an empty stomach, in a tiny quantity (1/8th tsp) chased with a little hot water as you begin your day, **plain** ghee lubricates your body from the inside

If your digestion and overall health are good, this dose will help you get rid of excess metabolic waste floating around, adding strength & tone to body tissues

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3.6 Medicinal home uses

That small dose of ghee taken on an empty stomach works by feeding the fire of your digestion a bit at a time, like when you add small twig kindling to build a campfire stronger before placing the big logs on it

Strong digestive power helps you break down and absorb your food well, and a *careful* dose of ghee contributes to this digestion

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3.7 Medicinal home uses

The subtle lubrication of your body tissues from regular ghee consumption also makes you a better 'sponge' to hold onto the moisture of the food and beverages you consume,

keeping you juicier and your many body tissues more soft, supple and resilient

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3.8 Medicinal home uses

This is a better way to stay internally moisturized and hydrated than trying to drink lots of liquids each day (especially if you are forcing yourself to drink more than you naturally desire between meals)

In the ayurvedic understanding, less liquid is needed to hydrate tissues already kept moist by adequate fat intake

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3.9 Medicinal home uses

People with a lot of Fire Element will want ghee in their medicine, both internally & topically:

- Ghee helps eyes & vision, which too much Fire Element can harm
- Ghee moistens the body tissues from within, but without creating burning sensations, as taking oil internally for moistening can do
- Ghee nourishes people recovering from a fever, once they are able to eat again, even though ghee is a substantial food (Our appetites need gradual, careful rebuilding after illness).

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GHEE IN YOUR DIET

4.1 Ghee in your diet

1 to 2 teaspoons on top of your food at your regular meals will moisten & strengthen your internal tissues from within

More than that adds bulk to your frame in the form of sturdier fat & larger muscle layers, as long as you get exercise & your digestion is strong enough to handle the dose

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4.2 Ghee in your diet

Ghee whets your appetite when $\frac{1}{2}$ tsp is taken just before a meal

Again, it's because of that 'fire-kindling' action on your digestive system

So, be ready to eat when you take more than $\frac{1}{8}$ - $\frac{1}{4}$ tsp!

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4.3 Ghee in your diet

You can use ghee in baking

It has a particular flavor that's distinct from butter

But ghee behaves a little differently than butter; best results will come with practice or following a ghee-specific baking recipe quite strictly



4.4 Ghee in your diet

You can use ghee as a cooking fat for stovetop recipes

The particular flavor of ghee does appear in this usage,* but it is neutral enough to be used well in sauteed vegetable recipes, on par with coconut oil.

*very tasty when scrambling eggs!

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GHEE NO-NOS

5.1 Ghee “no-nos”

As mentioned, a large quantity of ghee taken at once is ‘heavy’ to digest, meaning difficult for stomach enzymes and other aspects of gut digestion to do the work of turning it into your body tissues very easily

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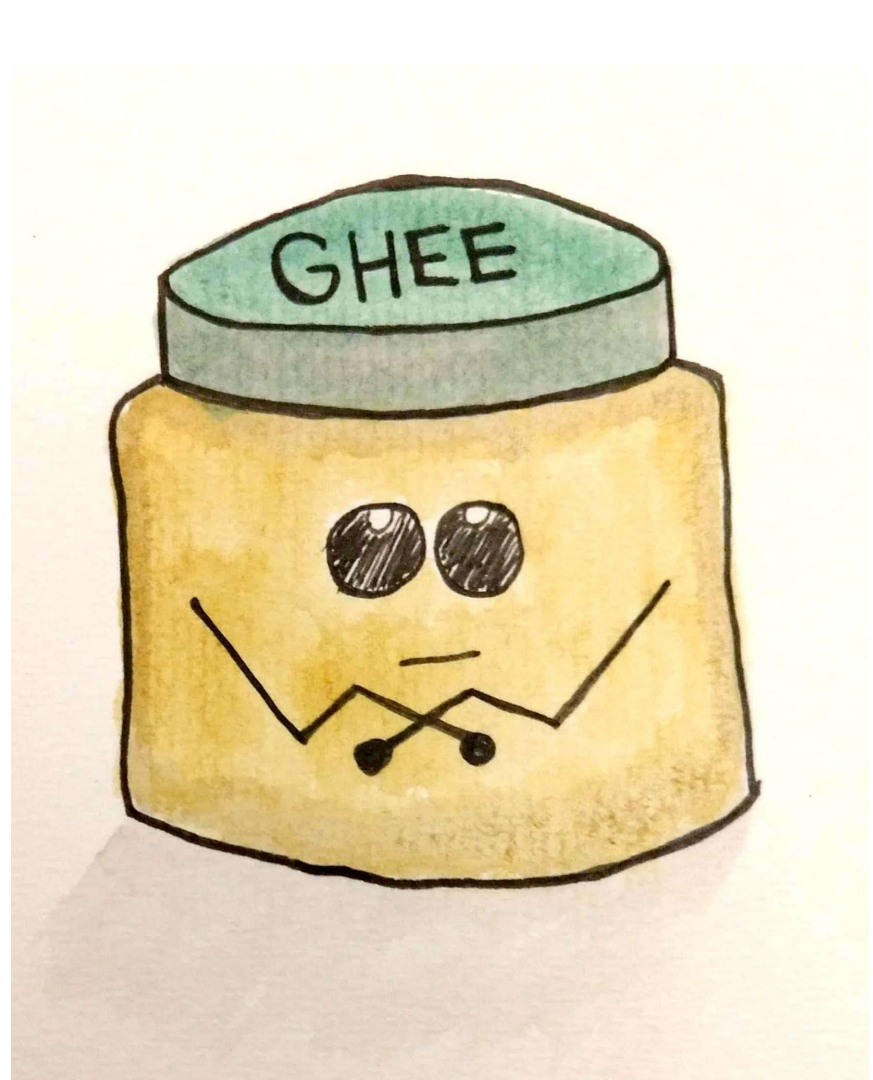


5.2 Ghee “no-nos”

So watchout!

Items made with large amounts of ghee aren't 'healthy treats' if you can't digest them and come down with a fever trying to!

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5.3 Ghee “no-nos”

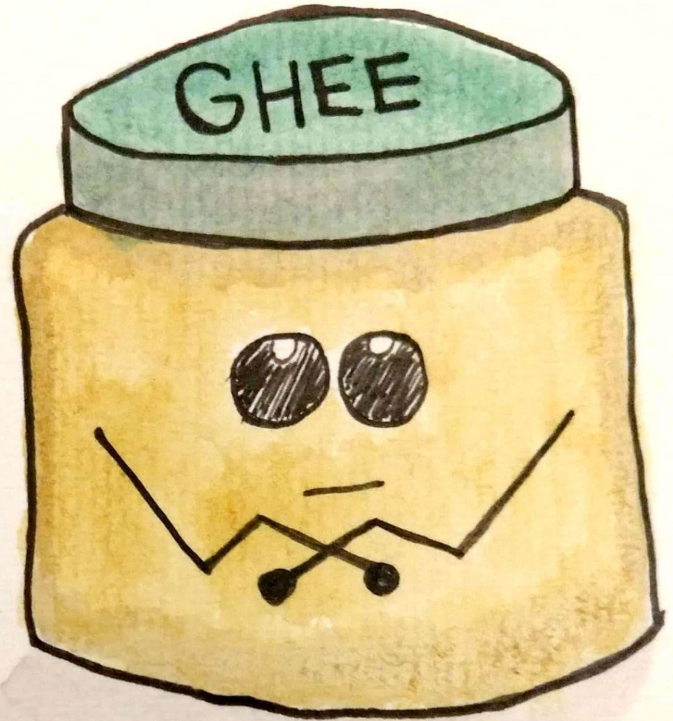
You might wonder, “But aren’t large amounts of ghee taken during the Pancha Karmas*?”

Yes, this is true

*The 5 Actions of super deep cleaning the body’s tissues, a hallmark protocol unique to ayurvedic professionals, they are called Vaman, Virechan, Vasti, Nasya & Rakta Mokshan, and must be supervised by an ayurvedic doctor to be done 100% safely

To prepare for each one of the Karmas, patients first undergo Abhyanga massage, Sweda steaming, Pachan herbal formula intake & Langhan mono-diet ‘fasting’

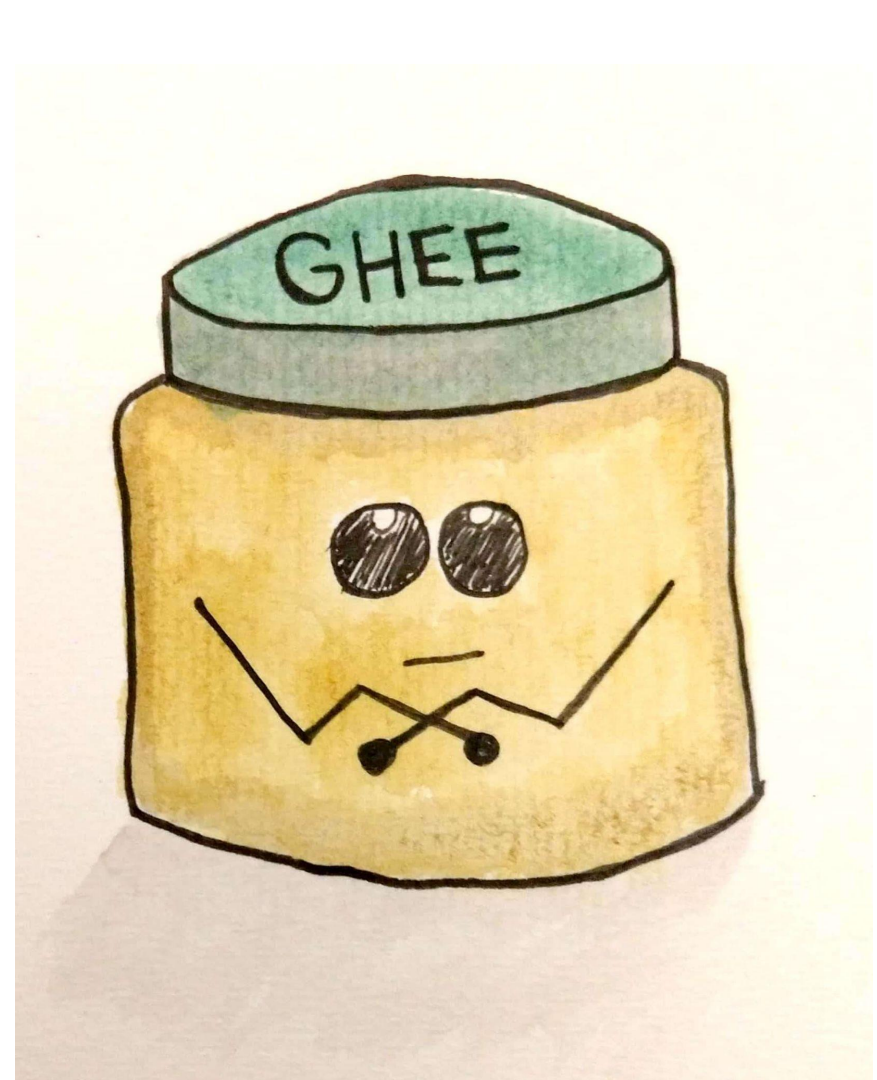
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5.4 Ghee “no-nos”

BUT, the right type of appetite and digestive strength is built up before each Pancha Karma is undertaken to be able to handle the large quantities of ghee the patient consumes

AND, the ghee has particular herbs cooked into it as a traditional Pancha Karma procedural formula, just right for the patient’s case
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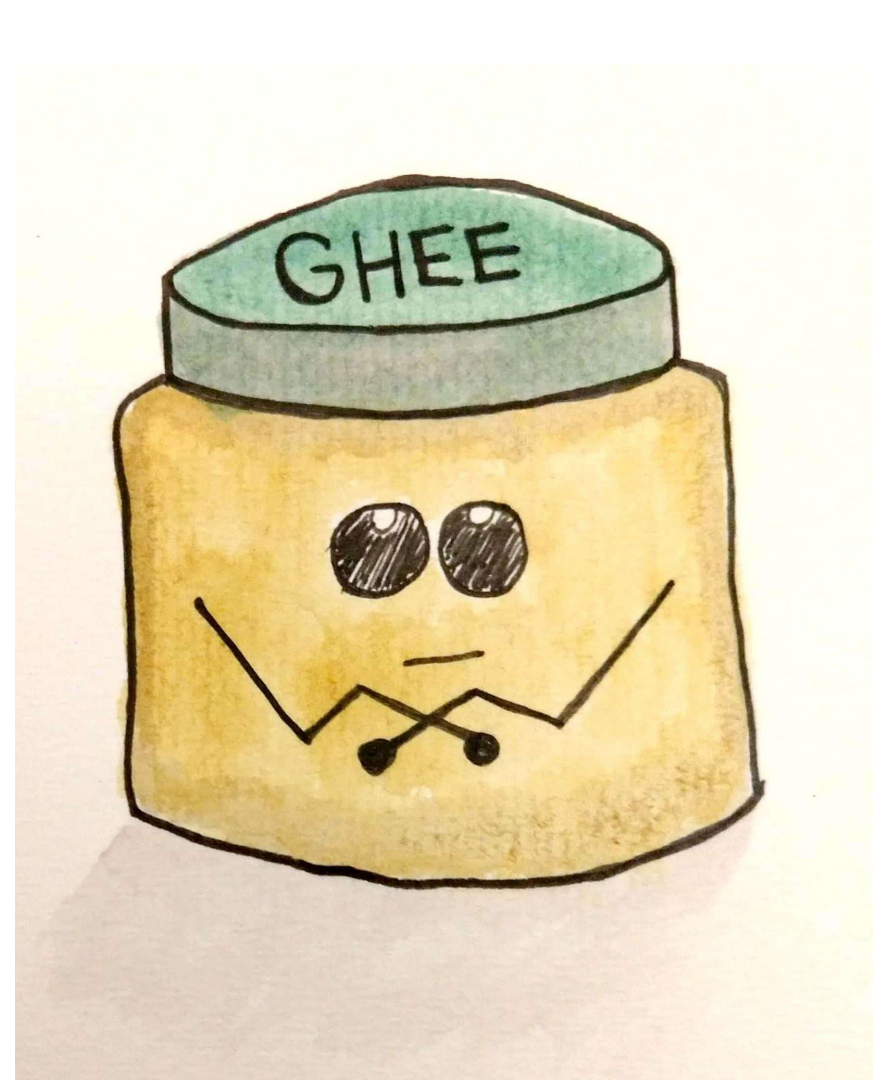
5.5 Ghee “no-nos”

When ghee & raw honey are in medicine (or dessert) together, one or the other should be in a larger amount, not equal

By the way, the classical texts warn that honey is never to be heated, not in medicine-making nor in food & beverage

Sorry!

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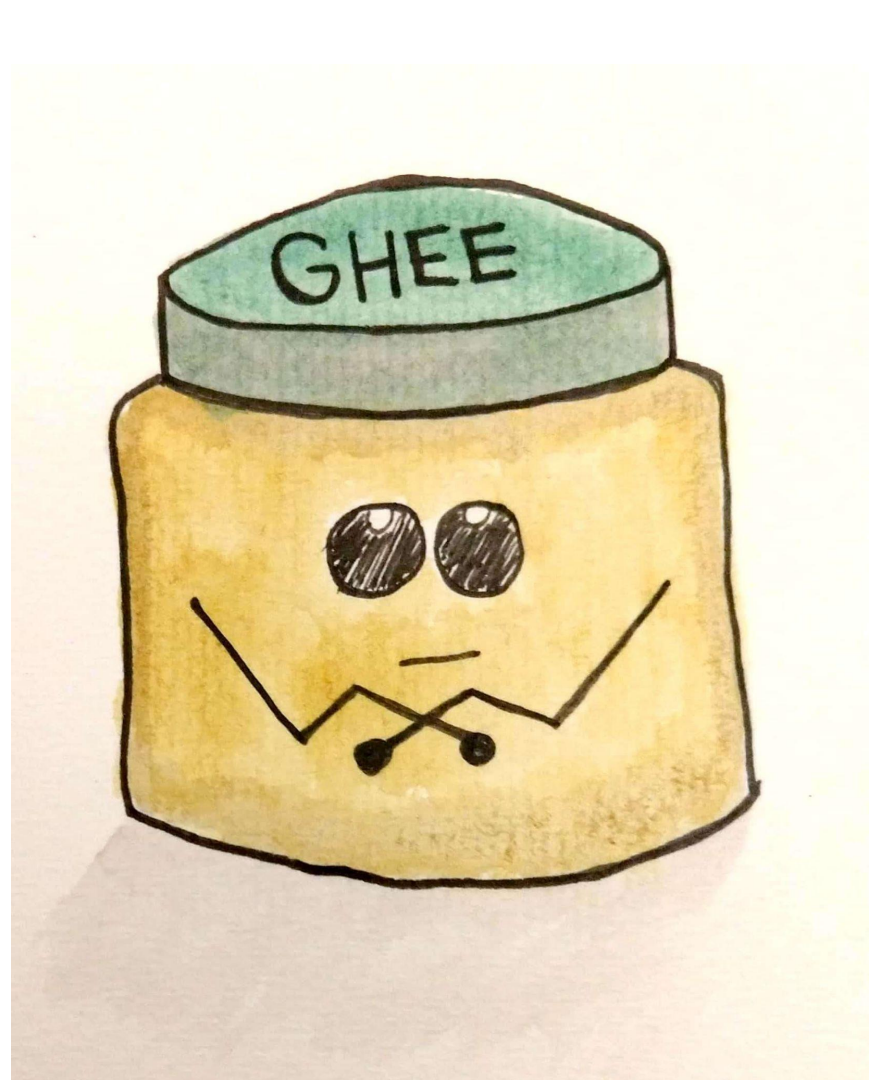


5.6 Ghee “no-nos”

A jar of ghee contaminated by a single drop of liquid can go moldy real fast!

This is especially true for herbalized ghee, which spoils quickly if special care isn't taken in the preparation

Plain ghee at room temperature stores just fine if kept free from such contamination



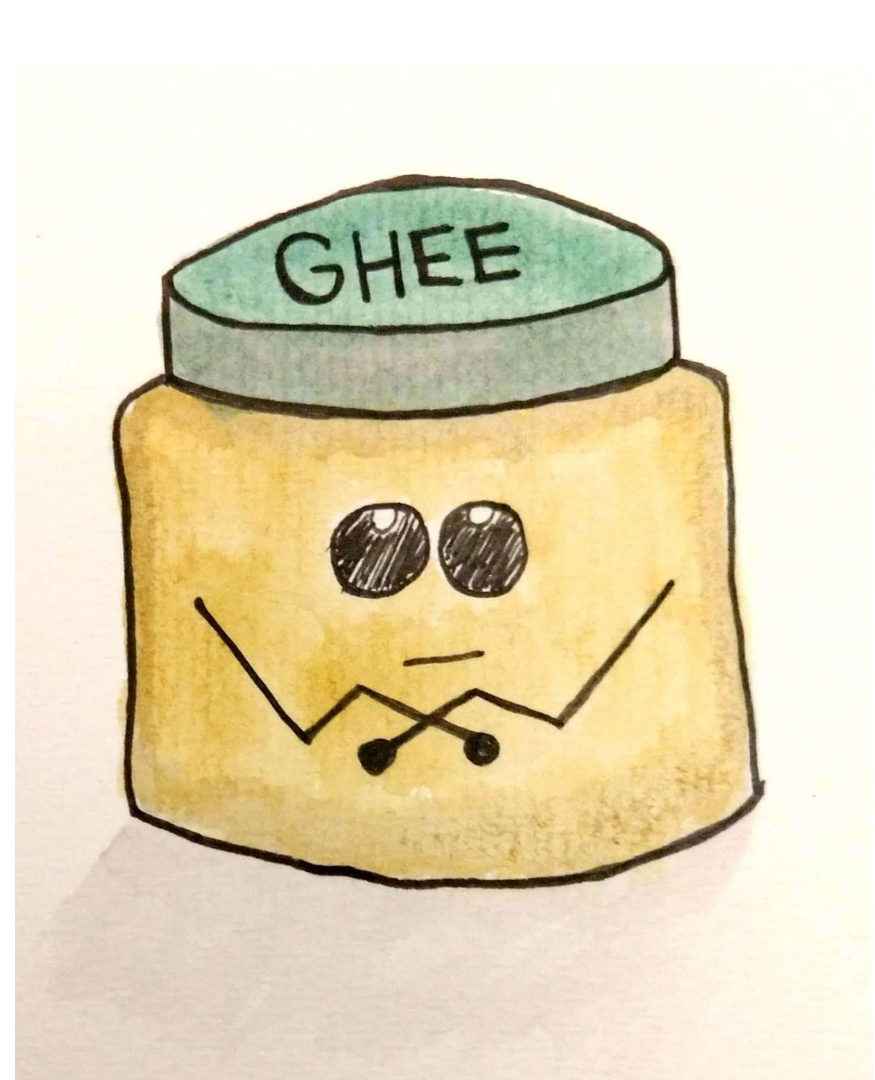
5.7 Ghee “no-nos”

...Plain ghee at room temperature stores just fine

Although some people, nervous about this, store ghee in the fridge, I DON'T recommend this. The coldness gets added to the ghee and changes its effect in you, making it heavy to digest, even promoting congestion.

Once that butter is cooked, leave it at room temperature.

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MORE USES OF GHEE: BODY CARE PRODUCTS

6.1 Body care products

Ghee is used for body care:

- Infused with rose & saffron, ghee makes a nice bedtime under-eye cream;
- Ghee *anjana*, applied like eyeliner, cools off overworked, dry eyes;
 - Best bought from an ayurveda pharmacy for purity of product; Don't make it;
 - Apply the least amount possible to not exhaust your tear ducts (it helps eyes shed excess mucous by making them water if they harbor any extra, lingering Element by-products;

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6.2 Body care products

- An amazingly refined facial massage medium can be made from “100-times -washed ghee;”
 - It is sold commercially;
 - It has a strong smell; if you make it, find the right essential oils to enjoy on your face

It is also good for minor burns, it is so cooling!

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6.3 Body care products

Saturating one's eye with ghee, for the right person, in an ayurvedic clinical protocol, relieves dryness, falling lashes & 'lazy eye'

This is doable at home if you are properly trained in all aspects of

- assessment
- ghee-production and
- therapeutic application

Otherwise, see a pro for this

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6.4 Body care products

Ghee makes an effective vaginal suppository to restore lubrication when tissues have lost some of their natural moisture, post-menopause

A skilled layperson could do-it-yourself (DIY)
But, again, purity of product matters greatly
If in doubt, get more specific instruction from a practitioner

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6.5 Body care products

Ghee rubbed on the feet soles at bedtime helps the body drift off to sleep:

- Air & Space Elements are anchored & calmed
- Excess Fire Element exits the body from the feet, and ghee placed there overnight moderates the Fire's effect on the body (and makes heels softer, too... cover with socks to protect your sheets!).

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GHEE FUN FACTS

7.1 Ghee fun facts

Melted ghee looks like honey

The jar on your right is honey; Ghee is on your left



Melted ghee



Naturally-cooled ghee
(nearer the equator, ghee remains liquid...)

7.2 Ghee fun facts: Aged ghee

What happens to ghee that doesn't get eaten and doesn't get spoiled in its jar from someone dripping water or food into it?

Well, it ages

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7.3 Ghee fun facts: Aged ghee

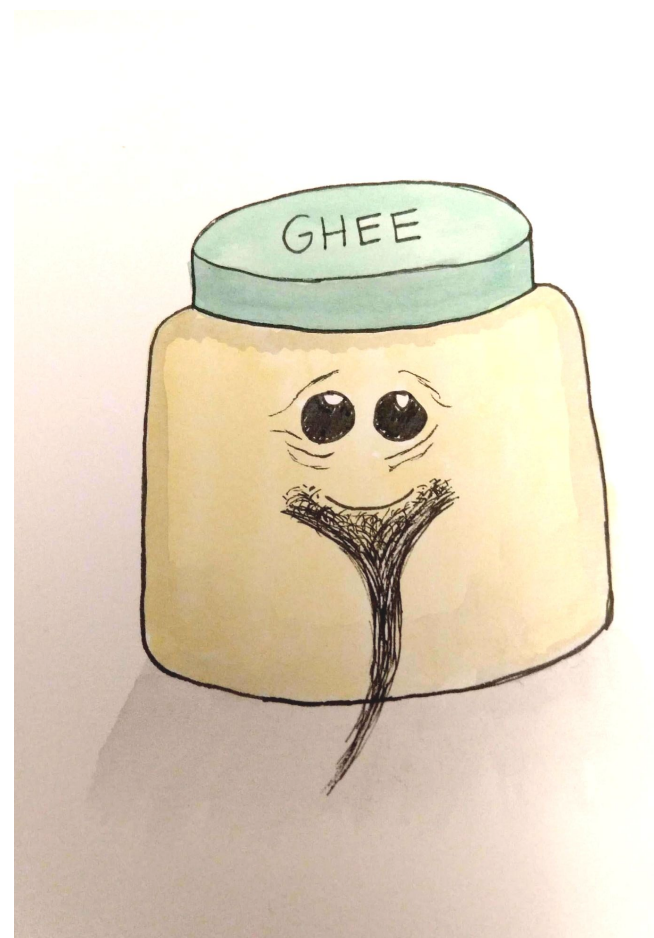
Aged ghee over 10 years old can become an ointment to heal and seal up wounds

It has to be stored airtight, in steel, for this purpose

The older the ghee, the more potent it becomes

100-year-old ghee is used in neurological cases

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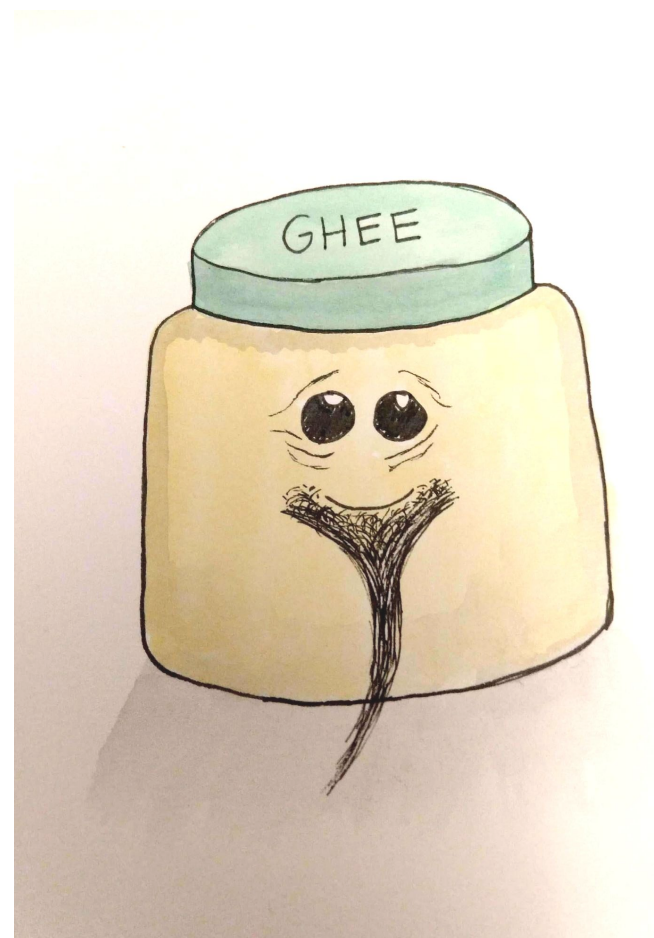
7.4 Ghee fun facts: Aged ghee

Aged ghee, like any ghee, can be used to lubricate the nose & soothe the eyes by soaking them in it

It spreads through the body faster than new ghee

Having been stored, it could have acquired mold, so do be sure it doesn't have any mold balls in it before you use it

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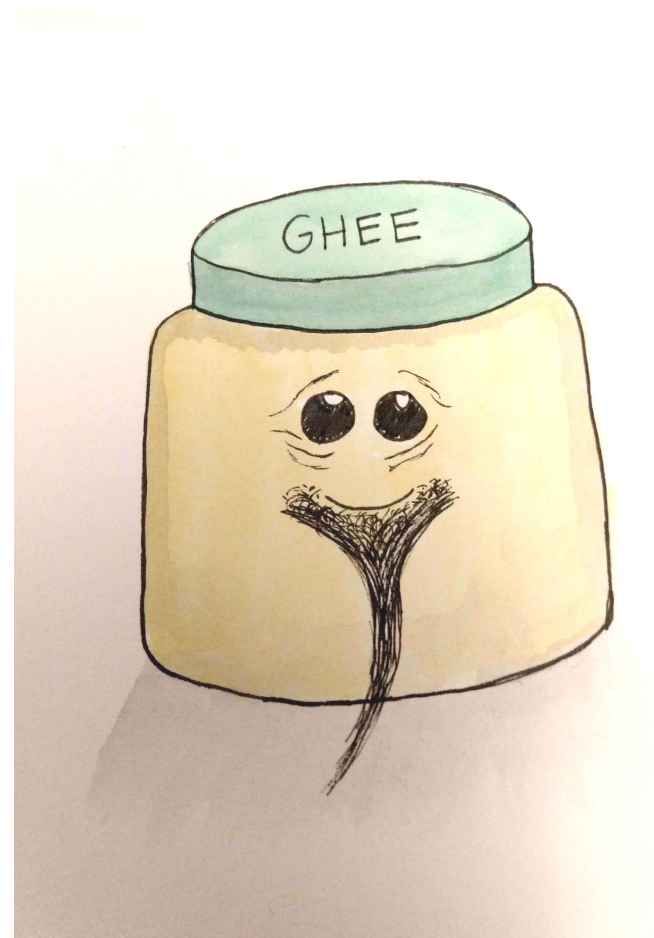
7.5 Ghee fun facts: Aged ghee

Having healthy ratios of the 5 Great Cosmic Elements is important for everyone, but imbalanced Elements happen in just about everyone, too

Aged ghee can re-balance all of them at once - handy!

It is also great for skin irritations, including vaginal irritations, being extra cooling

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7.6 Ghee fun facts: Aged ghee

It helps the body deal with the effects of actual poisons as well as excess alcohol, drugs & other substances the body can experience as a poison

Aged ghee can also alleviate headaches, coughs and colds, in the right amounts, under careful ayurvedic case management

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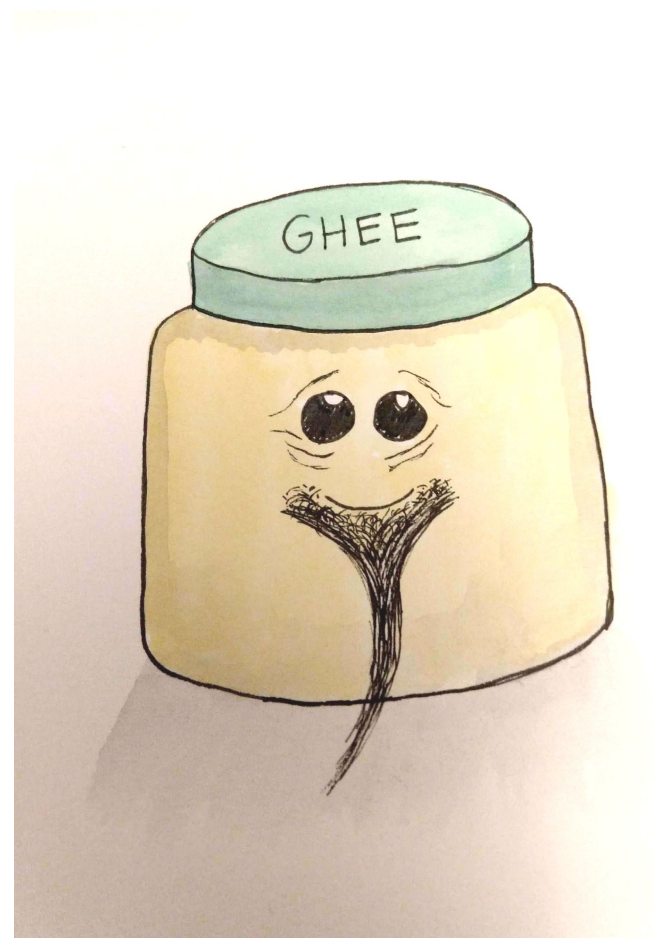


7.7 Ghee fun facts: Aged ghee

The dose ranges from

- one drop to
- 1 tsp

As with all ghee consumption, how much a person can digest will vary on their ayurvedic temperament (which has to do with their Elements) and their current state of health.



MAKING GHEE AT HOME

8.1 Making ghee at home

Making ghee is messy to clean up, but not difficult to do

Allow 3 hours the first time you try it

Remember to let no food or liquid into the ghee while cooking

Some brands take longer than others for the water and solids out boil out of the clear butterfat

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8.2 Making ghee at home: Audio playlist ideas

If you play music while cooking, you could bring particular intention to it:

(that track that always makes you happy)

(a song bringing 4 favorite people to mind)

(a tune you play for mellow mental focus)

I welcome hearing your selections! Please share at [linkedin.com/in/victoriaalaraalcoset](https://www.linkedin.com/in/victoriaalaraalcoset) or

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8.3 Making ghee at home: Recipe

Materials Needed

4 sticks cultured, unsalted butter
Large saucepan
Cheesecloth & funnel to strain
Large jar sterilized in 200F oven

RECIPE

Bring butter *almost* to a boil;
lower to a simmer ~1 hour

TIP: Turn your music off towards
the end of cooking time & listen
well



8.4 Making ghee at home: Recipe

Once all sounds have *just* stopped, at the last crackle, take off the heat & allow to cool

The ghee will be quite hot
Let it cool ~30-45 minutes

Once cooled, strain your ghee through a cheesecloth-draped funnel into the jar(s)

Keep at room temp

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8.5 Making ghee at home: Tips

Burnt ghee = yuk

Trust me

It's not just a different taste, but a completely ruined substance that doesn't cook well anymore

So do pay attention: when the crackling & popping sounds end, move the pot from heat no more than 20 seconds after



8.6 Making ghee at home: Tips

Clean Up

Putting down some paper towels or rags below the clean jars before straining the warm ghee makes clean up much easier

As does scraping out the the milk solids from the bottom of the drained pot with a spoon/ spatula before washing

The milk solids & cheesecloth can be composted



8.7 Making ghee at home

Ghee not cooked all the way can give you indigestion; cooking it until it goes silent

Once you try it a time or two, you may not buy ghee ever again because it's so much cheaper to buy unsalted, cultured butter and make it yourself

And you will know it's cooked to completion (store-bought ghee might not be).

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THE BACK OF THE EBOOK

9.1 Author bio



Having stumbled upon ayurveda in the late 1990s, & finding it remarkably validating & health-supporting, Victoria set out on a long journey to make the wisdom of ayurveda available to regular folx

Particularly the orthodox version of ayurveda channeled into a fun & playful format or frame of mind

This eBook is one such effort

More titles are in production...

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9.2 Author bio



A massage & bodywork practice happened along the way towards

Victoria becoming one of the first 100 United States-trained Doctors of Ayurveda

Now, Victoria intuitively & skillfully guides people in how to incorporate ayurveda into their day-to-day through consultation, meditation & body therapies

She can be reached at

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9.3 More Information about Ayurveda from Victoria



The manifesto **Satmya: Why Some Foods Work for Some People, Some of the Time** is available now at <https://ayurveda-healthcare.com/to-learn-more-information-products/>

And more free items are offered when you join the eNews email list:

***3-Day Cleanse** eBook

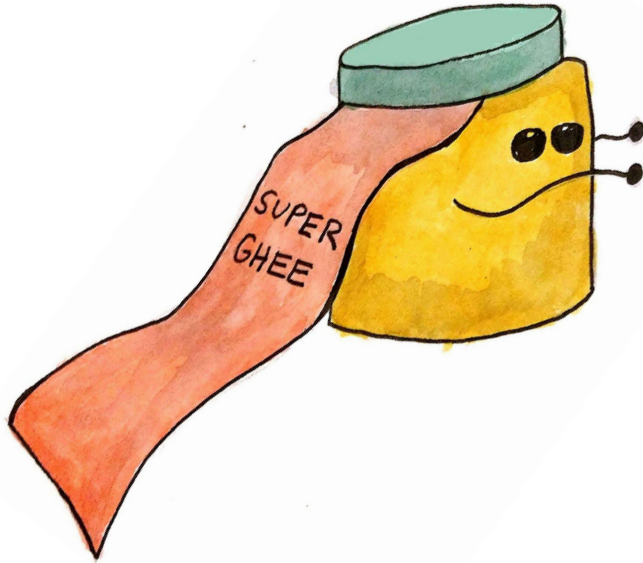
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THE END

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