

## Ghee

- The milk of cows is considered to possess the essence or sap of all plants and Ghee is the essence of milk.
- Ghee builds up the most refined element of our digestion- Ojas. Ojas is the basis of our immunity in both body and energy form. Ojas our spark that is us at inception. Ojas in some is strong others weak. Ghee is known to be the most ojas producing food on earth.
- Ghee is known to increase intelligence - Dhi, refine the intellect – Buddhi and improve memory- Smrti.
- Ghee kindles our digestive fire without aggravating Pitta. Ghee cools the body.
- Ghee softens our organs and when used with medicinal herbs, transports these healing qualities to our entire body.
- Ghee causes secretions and liquefaction in the dhatus-bodily tissues that dissolve all of the internal and external wastes, this allows the functional intelligences of the body – dosha to carry away toxins – ama.
- Ghee is known as a fountain of youth; this is because it has opposite qualities heavy, slow, oily, liquid, dense, soft from the aging qualities of dry, light, rough and ungrounded the Vata dosha.
- Ghee is smooth, lubricating, steady and nurturing.
- Ghee increases the qualities of the Kapha dosha and decreases Pitta and Vata, which are both light.
- Good for lactose intolerant people.
- Could be considered vegan.

### Healing Qualities of Ghee

- Ghee is known for its qualities of healing- Ropana.
- Ghee contain butyric acid a fatty acid that is showing positive results in colon cancer, gastritis, peptic ulcers and other intestinal tract issues.
- Ghee works great on bedsore because of its healing properties.
- Ghee used on burns will reduce healing time, pain and also scarring.
- Ghee taken first thing in the morning will soften the “ama” toxins that accumulate over night, allowing them to be safely carried out of the body.
- One or two teaspoons with a cup of hot water will get your bowels moving in a gentle way. Helping to clear out the toxins in the gut.
- Ghee is an amazing carrier of other medicinals, both internally and externally.
- Ghee in the bath 2 tbl with your favorite essential oil
- Ghee in the nostrils for nose bleeds.

### Cooking with Ghee

- Ghee has one of the highest flash points and is very difficult to burn.

#### **Enlightenment Ghee**

2 tsp Brahmin Powder

3 tsp Meluthi Licorice Powder

4 tsp of Ashwanghanda

Add the powder to the pot of butter and cook until done.

When making medicinal ghee, make sure the herbs or spices you use are dry without moisture.

Experiment with your own favorite dosha balancing herbs and spices.

#### **Brahmin or Gota Kola per WebMD**

#### **BRAHMI OVERVIEW INFORMATION**

Brahmi is a plant that has been used in traditional Indian medicine (Ayurveda). Be careful not to confuse brahmi (Bacopa monnieri) with gotu kola and other natural medicines that are also sometimes called brahmi.

Brahmi is used for [Alzheimer's](#) disease, improving memory, [anxiety](#), attention deficit-hyperactivity disorder (ADHD), allergic conditions, [irritable bowel syndrome](#), and as a general tonic to fight stress.

People also take brahmi to treat backache, hoarseness, [mental illness](#), [epilepsy](#), [joint pain](#), and sexual performance problems in both men and women. It is also sometimes used as a “water pill.”

### **How does it work?**

Brahmi might increase certain [brain](#) chemicals that are involved in thinking, learning, and memory. Some research suggests that it might also protect brain cells from chemicals involved in [Alzheimer's](#) disease.

### **Meluthi – Licorice per WebMD**

Licorice is used for various [digestive system](#) complaints including [stomach](#) ulcers, [heartburn](#), [colic](#), and ongoing inflammation of the lining of the stomach (chronic [gastritis](#)).

Some people use licorice for [sore throat](#), [bronchitis](#), cough, and infections caused by bacteria or viruses.

Licorice is also used for [osteoarthritis](#), systemic [lupus](#) erythematosus (SLE), [liver](#) disorders, [malaria](#), [tuberculosis](#), [food poisoning](#), and [chronic fatigue](#) syndrome (CFS).

Licorice is sometimes used along with the herbs Panax ginseng and Bupleurum falcatum to improve the function of the adrenal glands, especially in people who have taken steroid [drugs](#) long-term. Steroids tend to suppress the activity of the adrenal glands. The adrenal glands produce important hormones that regulate the body's response to stress.

Licorice is also used in an herbal form called Shakuyaku-kanzo-to to increase [fertility](#) in women with a hormonal disorder called [polycystic ovary syndrome](#). In combination with other herbs, licorice is also used to treat [prostate cancer](#) and the [skin](#) disorder known as [eczema](#).

Licorice interacts with many prescription medicines. Talk to your healthcare provider if you plan to start using licorice.

### **How does it work?**

The chemicals contained in licorice are thought to decrease swelling, thin mucus secretions, decrease cough, and increase the chemicals in our body that heal ulcer.

### **Ashwagandha – per WebMD**

The root and berry of the ashwagandha plant are a traditional Ayurvedic medicine in India. Ashwagandha is used as a tonic (it is sometimes referred to as the “Indian ginseng”) to improve physical and mental health and to treat a number of specific conditions.

Depression, anxiety and possible cancer support  
Reduces swelling and fluid retention which can help arthritis

One study found that a compound containing ashwagandha helped relieve osteoarthritis symptoms. Ashwagandha might help lower blood sugar in people with type 2 diabetes and lower high cholesterol. Since ashwagandha has sedative effects, it could help ease anxiety and stress -- in fact, human studies have indicated as much. There is some preliminary research that it may help with epilepsy and memory loss, but these results are too early to say for sure if it could benefit humans.

Some lab tests of cancer cells have found that ashwagandha might slow down their growth. Animal studies have found that ashwagandha could boost the effects of radiation therapy. However, these are early results. It isn't known if ashwagandha will help people with cancer.

People use ashwagandha for other health conditions, including anemia. It is high in iron and has been shown to help increase hemoglobin levels. For many of the other purported uses, there isn't evidence to support ashwagandha's benefits.

### **How much ashwagandha should you take?**

There is no standard dose of ashwagandha. Some people use between 1 to 6 grams of the whole herb daily. Others mix 3 grams of ashwagandha powder in warm milk. There are also standardized extracts available. Ask your doctor for advice about forms of ashwagandha and doses.

### **Can you get ashwagandha naturally from foods?**

In some parts of the world, people eat ashwagandha shoots, seeds, and fruit.

## Dosha's

### Vata Dosh

Vata dosha (space and air) is thought to be the most powerful of all three doshas. It controls very basic body functions, such as how cells divide. It also controls your:

- Mind
- Breathing
- Blood flow
- Heart function
- Ability to get rid of body waste through the intestines

Things that can disrupt this dosha are:

- Eating dry fruit
- Eating too soon after a previous meal
- Fear
- Grief
- Staying up too late

If vata dosha is your main life force, you are more likely to develop:

- Anxiety
- Asthma
- Heart disease
- Nervous system disorders
- Rheumatoid arthritis
- Skin problems

### Pitta Dosh

The pitta dosha (fire and water) controls:

- Digestion
- Ability to break down foods (metabolism)
- Certain hormones linked to appetite

Things that can disrupt this dosha are:

- Eating sour foods
- Eating spicy foods
- Fatigue
- Spending too much time in the sun

If pitta dosha is your main life force, you are more likely to develop:

- Anger and negative emotions
- Crohn's disease
- Heart disease
- Heartburn a few hours after eating
- High blood pressure
- Infections

### Kapha Dosh

The kapha dosha (water and earth) controls:

- Muscle growth
- Body strength and stability
- Weight
- Immune system

Things that can disrupt this dosha are:

- Daytime sleeping
- Eating after your [stomach](#) is full
- Eating or drinking items that have too much salt or water
- Eating too many sweet foods
- Greed

If kapha dosha is your main life force, you are more likely to develop:

- [Asthma](#) and other breathing disorders
- Cancer
- Diabetes
- Nausea after eating or obesity

## Yellow Split Mung Dhal Soup

Mung Dahl soup is easy to digest with high protein content. It's a good dish for detoxing.

Ingredients:

1 ½ cup mung dahl (split hulled yellow mung beans) no need to presoak.  
6 cups water  
1 cinnamon stick  
4 bay leaves  
2 teaspoons ghee  
2 tablespoons mustard seeds  
1 tablespoon grated fresh ginger  
1-tablespoon curry powder  
¼ teaspoon asafetida  
2 tablespoons chopped fresh cilantro  
1 tablespoon lemon juice  
1-teaspoon maple syrup  
2 tablespoons cilantro chopped

1. Wash mung dahl in colander
2. Place dahl in saucepan with cinnamon and bay leaves. Bring to a boil over high heat, then reduce heat to a simmer, until tender. 45 – 60 minutes adding more water if too thick.
3. In a small saucepan, heat ghee over low heat. Add the mustard seeds and when the seeds pop after a few minutes, stir in the ginger and curry. Sauté, stirring, for 2 minutes. Then, stir in the asafetida, cook 1 minute more, then remove from heat.
4. Stir the mustard seed mixture into the dhal.
5. Add maple syrup and lemon juice.
6. Using a blender stick, blend smooth.
7. Can top with plain yogurt

Vata – add salt

Pitta - substitute crushed fennel seeds or mustard seeds, use curry leaves instead of bay leaves.

Kapha – omit yogurt

## Making Ghee

Creating a Sattvic kitchen is very important when making ghee, as you are making medicine. If at all possible make it when the moon is waxing (moving toward the full moon) or at the full moon is even better. Only use the best butter you can find from an organic farm with happy grass feed cows. This is your medicine! Before beginning say a prayer of thanks for the cow, the farm and everyone who was a part of bringing this medicine to you. Never make ghee when you are angry. Using a stainless steel, or copper pot, place the butter in the pot on a medium heat. You will begin to hear the sputter of the water coming out. The milk solids will begin to rise to the top, that's just fine. Allow them to be there. Continue to watch the pot but do not stir. After about 20 minutes you will begin to see the bottom browning. Depending upon your taste you can allow the ghee to turn quite brown, but don't let it burn. Once the "sputtering" is gone or close to it. Pour this golden elixir thru unbleached cheesecloth and into a ceramic or glass tub. Your ghee will keep for a long time as long as you always use a clean spoon to take some out. If you get water or other contaminates in your tub the ghee will go "bad". Some ghee in India have been handed down for a 100 years. These ghees are very medicinal and valuable. So, create your own legacy.



Lisa Fecarotta [www.vedayogatherapy.com](http://www.vedayogatherapy.com)