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How to identify pure ghee

According to ayurveda, ghee itself is a medicine and medicated ghee are widely used as medicine

Ghee is a essential good fat and helpful in

- Laser sharp cognition
- Good Bone health
- Proper Digestion



There is lots of adulteration happening with ghee due to increased demand for unpasteurised milk and reduced cow population

Cows were part of every Indian household now it's hardly a family member

Most of dairy based ghee are buffalo ghee / imported oil fats or vegetable fats

*dairy

So how check it's purity

- Teaspoon test

Take a teaspoon of ghee heat the teaspoon on lowest flame like diya or birthday candle or burning cowdung dhoop top

Pure one will melt in two seconds and turns dark brown

Adulterated one will take more than a minute to melt and it will turn yellow instead of dark brown as butter and ghee contains artificial food colour for yellowish texture

- Palm test

Boil water to steaming state show your palms over the steam for ten seconds

Put a half teaspoon of ghee over your palm, ghee will melt as you pour over

If it doesn't melt and stays solidified highly likely you are holding a vegetable oil fat or animal transfat

- Aroma Test

Manufacturers are clever enough to add enough synthetic essence to make up the ghee aroma

Pure ghee aroma and taste are distinct and tough to compete

Take two or three fully boiled and hot rice. Pour a drop of ghee over it and rinse the rice on hot water

After rinsing the rice retains aroma without any colour then you are using good one

If the rice is remaining coloured and without lessened aroma then it's a adulterated one

Common adulteration in ghee are

- Vegetable oils like mohwa, coconut and other vegetable oil fat

-Animal based transfat

- Vegetable starch for texture appearance mostly potato starch or tapioca or cassava

- Glass jar boiling technique

Pour your ghee on glass bottle, place the glass bottle on water filled vessel

Boil the ghee by boiling hot water, allow it to cool down and refrigerate the glass jar

Once f refrigerated you can see the ghee and oil solidified as separate layer

There are laboratory methods too available like iodine discolouration test and acid treatment test

Simple test if you can't do anything of above is

Store test

Store a few spoonful of ghee in a non plastic containers for six months or so

Pure ghee won't turn rancid still after ageing it will have aroma and texture

Adulterated ghee would have turn sour or fungus formation would have been formed

ghee is self preservative and it can be stored for solid three to five years or more if properly stored

Hindu culture symbolifies ghee as a sacred ingredient

Embodiment good heart and soul with clarity in thinking

That's why deepa out of pure ghee is a proven astro remedy