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*Ayurveda is all about mindfulness and so is team-TBOF! A formulation achieves its highest efficacy when its prepared with the intention of healing, love & care – at the Two Brothers Organic Farms, all of these things are taken care of well*

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## Herbal Ghrita or Herbal Ghee

A traditional Ayurvedic formulation - Gir Cow Cultured Ghee (4 parts), Herbal extract concoction or kashaya (16 parts)/ kaadha and Herbal paste or Kalka (1 part) is mixed under the guidance of an expert Vaidya in a two stage, long laborious process over two days.

Handmade over firewood.  
Prepared to order!



## Process

Indigenous Gir Cow Cultured Ghee is fortified with Sustainably grown and harvested Herb root, stem and extract to make Herbal Ghee.

The Herbal decoction and the fresh herb paste are mixed together and Gir Cow Ghee is added to this and stirred slowly but steadily on a low firewood flame making sure the paste does not stick to the vessel and burn. Stirring is done continuously by hand for many hours on stretch until all the liquid evaporates and clear Ghee is left in the vessel.



## *Ghee as Yograahi*

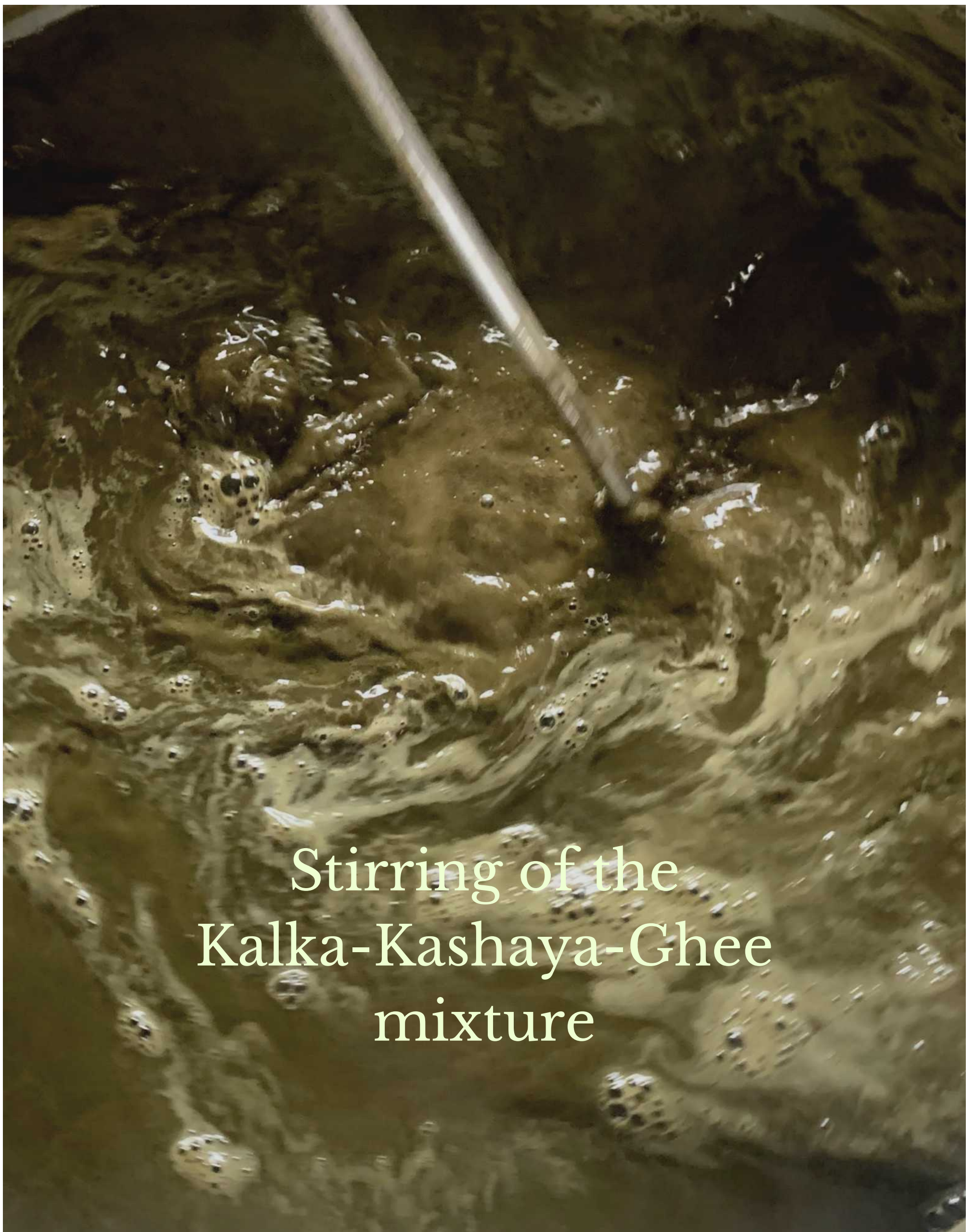
Ghee facilitates carrying the healing properties of traditional Indian herbs into deep tissues of the body





Ghee enhances the bioavailability of the herbs and the preparation of this ayurvedic herbal Ghee results in the intensification and concentration of the properties of herbs used in the Ghee. As per Ayurveda, the Ghee used to prepare Herbal Ghee should be made from Indigenous Cow's Milk.





## Stirring of the Kalka-Kashaya-Ghee mixture

### Suggested usage

1-2 teaspoons with warm water, first thing in the morning. Can be had with foods like dal-rice & khichdi as well.

Most recommended as a supplement, taken at a time away from meals.





Not just a dietary supplement!

Can be used for specific Ayurvedic therapies like Abhyanga, Nasya etc. Maybe used for skin and eye health.

