



**MRIGAVYA ORGANIC**  
PROMISE OF PURITY

**Fssai RegNo. : 20721025000891**

**Testing Partner : Equinox Labs**

## MO Cultured Desi(A2) Cow Ghee

### A spoonful of yellow magic - the elixir, nectar, amrit and a Super Food

Ghee is rightly known as a healing food. For all those who are worried about weight gain with ghee, the following paragraphs would help you debunk a myth and enjoy A2 ghee and get all the health benefits of it while enjoying it guilt-free.

Studies show A2 ghee if held on an empty stomach aids cell rejuvenation. Make sure you consume in moderation, as anything in excess is harmful.

### Actual Scientific Data about MO A2 type Cultured GHEE Sample

- 252 degree C - **Smoking Point** (Higher than any standard cooking oils)
- 33.7 to 35.8 0 C - **Melting Point** (liquid form)
- Moisture (0.29)** - the presence of water in Ghee . As per FSS Regulations, the moisture content in ghee should not be more than 0.5 per cent; as per Agmark, it should not be more than 0.3 per cent.
- RM Value(28.13)** - the fraud mixing in oil or fat can be determined by this test. If the value of this test is less than 26, this indicates the adulteration in ghee.
- Butyro-refractometer reading (44)** - the index of the purity of foods like ghee, sweets, fats and oils
- Polenske Value (1.06)** -the number of aqueous alkali solution required to neutralise the water-insoluble volatile fatty acids
- Peroxide Value (2.48)**- PV of ghee that determines expiry of ghee storage period. When compared to cow ghee, buffalo ghee samples showed a faster rate of peroxide formation
- Free Fatty Acid (1.23)**- They help to maintain the structure of cell membranes and they protect cells from damage. we determine the free fatty acid content in ghee is to ensure its quality
- Milk Fat (99.71)** - Ghee rich in fat, contains high concentrations of monounsaturated Omega-3s.

# Why Desi(A2) Cow Ghee and NOT Buffalo or any other Ghee ??

*The number of health benefits offered by cow ghee is far better than buffalo ghee*

## Milk Composition:

- A2 Cow Ghee: The milk of A2 cow breeds has a different protein composition than that of buffalo milk. It contains A2 beta-casein protein, which is considered to be more digestible and potentially less allergenic compared to A1 beta-casein, found in some other breeds' milk.
- Buffalo Ghee: Buffalo milk has a different composition, with higher fat content and a different protein profile compared to A2 cow milk.

## Flavour and Aroma:

- A2 Cow Ghee: A2 cow ghee is often described as having a mild and sweet flavour with a slightly nutty aroma. It is generally preferred for its pleasant taste.
- Buffalo Ghee: Buffalo ghee tends to have a stronger and more distinct flavour. It can be richer and slightly tangy compared to A2 cow ghee.

## Nutritional Differences:

- A2 Cow Ghee: A2 cow ghee is believed to have a more balanced fatty acid profile, containing a mix of saturated, monounsaturated, and polyunsaturated fats. It is also considered a source of various vitamins and minerals.
  - Buffalo Ghee: Buffalo ghee is known for its higher fat content, which can make it a denser source of calories. It may contain more saturated fats compared to A2 cow ghee.
  - The colour of cow ghee is yellow, it tastes fantastic, and it is also light in texture, whereas buffalo ghee isn't on even keel with cow ghee when it comes to health benefits
- While buffalo ghee offers only essential vitamins like calcium, phosphorus, and magnesium, cow ghee is a mineral, vitamins, calcium, and protein storehouse.
  - Buffalo ghee has 100% fat content, whereas cow ghee has the maximum amount of saturated fat (7.9 grams per serving)
  - In addition to being high in calories, Cultured A2 Ghee has antioxidant, antifungal, and even antibacterial properties. But buffalo ghee lacks all these properties
  - Cow Ghee has beta carotene a precursor to vitamin A while buffalo ghee do not have it.
  - Buffalo ghee has more fats and calories as compared to cow ghee.

**Cow ghee (1 tablespoon)** Calories: 123 //// Fat: 14 grams //// Saturated fat: 9 grams

**Buffalo ghee (1 tablespoon)** Calories: 44 //// Fat: 5 grams

## MO Cultured A2 Ghee And Its Benefits

- A2 ghee has more protein, iron, sodium, calcium, vitamin A, D+, E, K & Omega 3 & 9 fatty acids as compared to other locally available ghee.
  - Slows down the ageing process
  - Give you good skin and hair
  - Help in speedy recovery after injury
    - It prevents diseases
- A2 ghee is an essential nutrient that helps in a healthy liver, balancing hormones, and easy digestion.
- A home remedy for headaches. You can apply a thin layer of ghee on your eyes and forehead when you have a headache.
  - Good for bone and joints
  - Has anti-bacterial and anti-fungal properties
    - It helps you in treating gastric issues
      - Lowers bad cholesterol
    - Good for boosting your immunity
      - It is a gut biome booster
  - Helps you to calm your anxiety if you have PCOD, hyperthyroid, Pms
    - Prevents osteoporosis in menopause
      - Good for eye health
  - Helps you in increasing your metabolism, helping you in lose weight
    - Helps in reducing throat infection and throat pain,
- Adding a spoon of A2 ghee to turmeric milk before sleeping helps fight insomnia and builds immunity too. Rich in vitamin B2, B12 , B6
  - Lubricate body tissues
- Studies also show that people with lactose intolerance can have A2, as it has very little lactose
  - Helps to reduce inflammation.
  - It's excellent for pregnant women and growing kids.
    - Good for constipation
    - Good for digestion and gut microbe
      - It has antioxidant properties
  - Rich source of linoleic acid and has medical properties
    - It's hand-churned, making it more nutrition-dense

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## Medicinal Use of MO Cultured A2 Cow Ghee

**Snehana (Oleation Therapy):** Cow ghee is consumed as part of the preparatory phase of Panchakarma (Ayurvedic detoxification) to lubricate the digestive tract and prepare the body for detox procedures.

**Massage (Abhyanga):** Ghee is used for body massage in Abhyanga, a traditional Ayurvedic practice. It is believed to nourish the skin, improve circulation, and promote relaxation.

**Nasya Therapy:** Ghee is used in Nasya, a procedure where medicated ghee is applied to the nasal passages to clear the sinuses, improve mental clarity, and treat certain conditions related to the head and neck.

**Eye Care:** Ghee is sometimes used for netra tarpana, where a dough ring filled with ghee is placed around the eyes to soothe and nourish them.

**Memory and Cognitive Health:** Ghee is considered a brain tonic in Ayurveda and is believed to support memory and cognitive function. It is sometimes used in herbal formulations called "medhya rasayanas."

**Digestive Health:** Consuming a small amount of ghee before meals is believed to support digestion and improve the absorption of nutrients.

**Agni Balancing:** Ghee is thought to balance Agni, the digestive fire, and is used in Ayurveda to pacify excess Pitta dosha.

**Lubrication for Joints:** Ghee is sometimes used in Ayurveda to lubricate joints and relieve conditions related to Vata dosha imbalances.

**Skin Care:** Ghee is applied topically to treat dry, irritated, or inflamed skin conditions. It is also used in some Ayurvedic formulations for skincare.

**Cough and Respiratory Conditions:** Ghee can be included in remedies for soothing coughs, sore throats, and respiratory discomfort.

**Wound Healing:** In some Ayurvedic formulations, ghee is used to treat minor wounds and burns for its soothing and healing properties.

**Postpartum Care:** Ghee is often given to new mothers to support their recovery after childbirth, help with lactation, and nourish the body.

**General Health and Longevity:** Regular consumption of ghee is believed to promote overall health and longevity in Ayurveda.

***Aren't these benefits enough for you to make A2 ghee a part of your meal and isn't it the best substitute for cooking?***

## Factors Affecting Ghee Texture and Color of A2 Ghee

### **1. Diet: How does a cow's diet affect ghee texture?**

The quality of ghee will change as the cow's diet changes. Many cows do not have green fields to graze on. Those who have, cannot avail of these all year round.

Many dairy farmers feel that an overdose of grass in the diet lends a grassy taste to the milk. So they give hay, silage, or legumes. In the seasons when the cows don't get grass (the regions where cows don't have access to grass), there is more hay and legumes in their diet. Many dairy producers also include steroids and growth hormones. These affect the quality of milk, butter, and ghee.

The ghee of grass-fed cows is more yellow due to more beta-carotene in the butter. It is also sweeter and has more nutrients than ghee from grain-fed or hay-fed cows.

### **2. Temperature: How temperature affects ghee texture?**

#### **>>>>Grainy Ghee Texture. How does ghee become grainy?**

If the newly made ghee is cooled slowly, it has a grainy texture. So, instead of refrigerating if you place it on your kitchen countertop, cover it with a cloth, and allow it to cool slowly—the ghee will get a grainy look. The texture is due to the variety of fatty acids present in ghee.

#### **>>>>>Liquid Ghee Texture. How does ghee become Liquid?**

Hot fresh ghee is obtained in liquid form. When ghee is stored at normal room temperature, then you can find ghee in liquid form. Ghee is a consistent liquid at room temperature, if temperature is slightly changed then ghee becomes semi-liquid.

#### **>>>>>> Creamy Ghee Texture**

How does ghee become creamy?

After ghee is made, if it is cooled rapidly, it gets a solid creamy look. If you want to try it for yourself, you may refrigerate (but not freeze) the newly made ghee overnight. This cools it quickly. The next day, take it out and leave it on your kitchen countertop. Depending on the room temperature, the final texture of the ghee will be solid or creamy.

#### **>>>>>>Semi-liquid Ghee Texture. How does ghee become semi-liquid - half solid/half liquid)?**

The difference in texture results due to temperature. High on top of the container and bit low towards the bottom. When ghee jars are being filled, the jars at the edges have a more solid texture. Those in the centre are more liquid.

The taste, quality, and shelf-life are the same irrespective of the textures.

### 3. Season: How different seasons affect ghee texture?

Why Does Ghee Have Different Textures Like Granular, Liquid, Semi-Liquid, And Solid?

The inconsistent storage temperature causes the texture to be changed.

The season is a vital factor affecting ghee texture and colour. India has four seasons, and any weather change affects ghee. This is because weather influences land, grass, and even the mood of the animal. This has an impact on milk and ghee.

Generally, ghee is the yellowest after monsoons(probably because of the availability of lush green grass), and the colour begins to lighten as summers come.

The ghee remains liquid during summer and becomes creamy in winter.

### What is the ghee smoke point?

Ghee has a smoke point of around 485°F (252°C). This means it can be heated to this temperature before it begins to smoke and degrade, releasing free radicals and potentially hazardous compounds.

Ghee has a higher smoke point than most cooking oils, making it an excellent choice for high-heat. The smoke point of ghee is an obvious advantage of using ghee in your diet. Every cooking fat and oil has a unique smoking point, which means the fat begins to burn at specific temperatures. **The temperature at which oil emits smoke when heated is referred to as the smoke point or burning point.**

The smoking point varies from oil to oil. Ghee-clarified butter, for example, has a higher smoke point than coconut oil, olive oil, canola oil and most other cooking oils

### Benefits Of High Smoke Point Of Ghee

Ghee can be heated to a high temperature without smoking or burning. The benefits of having a high smoke point include:

- Ghee can be used for high-heat cooking methods such as sautéing, frying, and grilling without producing harmful smoke or toxic fumes.
- High-smoke point oils are less likely to break down and produce harmful compounds when heated, which can be beneficial for maintaining the nutritional value of the oil and the food being cooked.
- Ghee has a rich, buttery flavour that can add depth to dishes and can be used for both sweet and savoury applications.
- Ghee is also rich in healthy fats like conjugated linoleic acid (CLA) and butyrate which are beneficial for overall health.
- Ghee is also lactose and casein-free, making it an excellent option for people with dairy sensitivities.