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## SOP FOR CLASSICAL METHOD OF PREPARATION OF GHRUTA (GHEE)

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### ABSTRACT

Ghee production is the biggest portion of milk utilization in India. The majority of the dairy plants have ghee creation plants to fulfill the need of the market just as to use the abundance fat in productive way. Since straight forward innovation engaged with ghee creation and moderately less venture for ghee creation unit as of now plant have steam evaporator with them. Strategy for creation shifts from limited scope to huge scope. Cost reduction on energy consumption for production of unit quantity of ghee is the recent trend and equipments are designed to meet the requirement. There are the various processes available in the industry to make ghee. Here attempt has been made to prepare SOP for Classical method which is following largely at rural household level.

**Keywords: Ghruta, Ghee, Cow Milk, SOP**

#### **Method of Preparation:**

#### **Step -1: Procurement and Boiling of Cow's Milk<sup>1</sup>**

Procurement is a vital issue for making ghee in the classical ghee manufacturing process. Later on it is filtered, and then the cow's

milk is thoroughly boiled. This boiling process helps in two ways. The milk collected from the firm gets completely disinfected. On the other hand, by using the boiling process, it makes the texture of the cow milk more concentrated.

**Step-2: Curdling<sup>2</sup>**

In the ghee manufacturing process, boiled milk is converted into curd. In the classical process, 100ml of Amalaki Swarasa (Indian gooseberry juice) is to be added into 1 liter of the milk, based on 9- point hedonic scale. This method of preparation is called as Yavita Dadhi. The milk stays overnight in a covered pot and gets converted to curd. Once the curd is fully prepared, it is churned thoroughly.

**Step-3: Churning<sup>3</sup>**

The curd is churned now by a Dadhi Yantra (wooden churner), which is called Mathani (bilona). Classically, card churning is done in two way direction of bilona, one is clockwise and the other is anticlockwise. 1/4<sup>th</sup> of water is added in cow's curd and churned properly to prepare Takra (buttermilk). Once the curd gets divided into butter and buttermilk, the raw ingredients of ghee, the milk butter gets prepared.

**Step – 4- Separating<sup>4</sup>**

At the end of the churning in the Ghruta (ghee) manufacturing process, Navanita (butter) and the Takra (buttermilk) gets segregated. This Navanita (butter) is then used to produce Ghruta (ghee).

It is still not free from the milky part, which means this ghee butter may contain lactose

and casein. By heating-process of cooking, clarified butter, ghee is produced.

**Step – 5- Heating<sup>5</sup>**

In the Ghruta (ghee) manufacturing process, the produced butter is now placed in a heavy-bottom earthen pot and it gets heated against a medium- slow flame. Once the ghee butter starts boiling, it is allowed to boil for some more time so that the water in ghee butter gets evaporated.

In the course of the boiling process, the boiling butter gets clarified, and a visible layer of solids is found at the bottom of the pot that indicates that the ghee is almost ready. At this phase you will get to smell the nutty aroma of pure cow ghee and the butter will turn yellow-golden.

In the final step, the golden liquid ghee is filtered via a strainer and stored in jars for later use. It is extremely vital to store the pure Ghee in a dry jar away from the exposure of light, heat, and moisture.

**DISCUSSION & CONCLUSION**

Intake of Ghruta is prescribed for those whose bodily constitution is dominated by vata and pitta, who is suffering from diseases due to vitiation of vata and pitta, those desirous of good eye sight, those suffering from phthisis and consumption, the old, children, the weak, those desirous of longevity, those desirous of strength, good complexion, voice,

nourishment, progeny, tenderness, luster, ojas, memory, intelligence, power of digestion, wisdom, proper functioning of sense organs and those afflicted with injuries due to burns, by weapons, poison and fire.<sup>6</sup>

Ghrita promotes memory, intellect and power of digestion, semen, ojas, kapha and fat. It alleviates vata, pitta, toxic conditions, insanity and fever. It is the best of all the unctuous substances. It is auspicious, cold in potency and sweet both in taste as well as vipaka. When administered according to the prescribed procedure, it increases, thousand times in potency and develops manifold utilities. Old cow ghee is useful in intoxication, epilepsy, fainting, consumption, insanity, toxic manifestation, fever and pain in the ear, head as well as female genital tract.<sup>7</sup>

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