

aurgicalicum

An Easy Way to **Healthy Lifestyle**

www.aurgicalicum.com

100%
WOOD PRESSED OILS



A top-down photograph showing a pair of hands cupped together, holding a small, vibrant green seedling with several leaves and a mound of dark, rich soil. The hands are positioned centrally, and the soil is piled high around the plant. The background is a vast, textured expanse of dark soil, creating a sense of depth and focus on the central subject. The lighting is soft, highlighting the texture of the soil and the freshness of the plant.

Gourmet Delights:
Prepared With Care,
Not Chemicals

With the heavenly blessings of **Sh. Jatinder Kapoor Ji**

We founded **Aurganicum** to ensure a healthier life for our kids and future generations. We want to bring the same purity, highly nutritious food back into our kitchens.

SOS isn't just a distress signal but also a call to change our essential kitchen habits. As **S**alts, **O**ils, and **S**weeteners are the base of our Indian cooking, it's time to shift our focus to healthier options. By making simple changes like switching from processed salts to Pink Rock salt (Sendha Namak) and traditionally extracted wood-pressed oils; avoiding processed sulfur treated sweeteners as well as opting for jaggery powder and cubes, we can kick start our health to bring a big difference in our and our loved one's health and well-being.

Join the **"SOS"** movement, and let's create a healthier future with **"Aurganicum"**.



Ishan and Prachi Makkar

WE PREFER GHANI

**Because for a
thriving lifestyle,
you don't have to
eat less; you just
have to eat right!**



**We believe
in pure and
organic
quality**



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Aurganicum

Cooking Oils



Cooking Oils

WOOD PRESSED COCONUT OIL

Wood-pressed coconut oil is one of the most popular cooking oils; renowned for its healing, antibacterial and antibiotic properties.

Benefits

- Great for Oil Pulling & Nasya treatment
- Protects and Moisturises Skin
- Conditions and Repairs Hair
- Treats Alzheimer's Disease

Usage

- Healthiest oil for cooking
- Hair massage
- Body massage
- Face oil
- Baby massage

Nutritional Facts

Amount Per Serving	125
Calories	% Daily Value*
Total Fat 13.9g	
Saturated Fat 0.9g	18%
Trans Fat 0g	63%
MUFA 10.3g	
PUFA 2.7g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mg	0%
Vitamin E 1.932mg	15%



AVAILABLE IN:

Price: 500 ml, Rs: 320/-
1000 ml, Rs: 570/-
5000 ml, Rs: 2350/-



Cooking Oils

WOOD PRESSED GROUNDNUT OIL

Wood-pressed groundnut/peanut oil is produced from the seeds of the peanut plant and has a generally pleasant, neutral flavour that works well in most recipes.

Benefits

- Prevents Heart Attack
- Enhances Skin Health
- Balances Good Sugar Levels
- Improves Digestion

Usage

- Seasoning
- Saute
- Stir-frying
- Ideal for deep frying

Nutritional Facts

Amount Per Serving	125
Calories	% Daily Value*
Total Fat 14g	
Saturated Fat 2.4g	18%
Trans Fat 0g	12.5%
MUFA 6.7g	
PUFA 4g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mg	0%
Vitamin E 1.624mg	10%



AVAILABLE IN:

Price: 500 ml, Rs: 285/-
1000 ml, Rs: 525/-
5000 ml, Rs: 2100/-



Cooking Oils

WOOD PRESSED MUSTARD OIL (YELLOW)

One of the most often used ingredients in Indian cooking is mustard oil, renowned for its potent flavour, mild aroma, and high smoke point. It is rich in Omega-3 fatty acid, which makes it a healthier choice overall.

Benefits

- Improves blood circulation
- Great for healthy skin and hair
- Invigorates immunity

Usage

- Seasoning
- Saute
- Stir Frying
- Deep Frying
- Pickles
- Hair & Body massage

Nutritional Facts

Amount Per Serving	125
Calories	% Daily Value*
Total Fat 13.9g	
Saturated Fat 0.9g	18%
Trans Fat 0g	5%
MUFA 10.3g	
PUFA 2.7g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mg	0%
Vitamin E 4.45mg	30%



AVAILABLE IN:

Price: 500 ml, Rs: 285/-
1000 ml, Rs: 486/-
5000 ml, Rs: 2145/-



Cooking Oils

WOOD PRESSED SESAME OIL (BLACK)

Nature has given us everything we need to survive in the form of a nutritious kitchen ingredient known as black sesame oil.

Benefits

- Cures anaemia & weakness
- Great for healthy hair growth
- Anti-ageing properties to enhance skin health
- Lowers bad cholesterol

Usage

- Seasoning
- Saute
- Stir Frying
- Deep Frying
- Body Massage

Nutritional Facts

Amount Per Serving	899.37
Calories	% Daily Value*
Total Fat 14g	
Saturated Fat 1.9g	18%
Trans Fat 0g	9%
MUFA 5.43g	
PUFA 5.73g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin E 0.168mg	2%
Vitamin K 1.99mg	2%



AVAILABLE IN:

Price: 500 ml, Rs: 320/-
1000 ml, Rs: 570/-
5000 ml, Rs: 2350/-



Cooking Oils

WOOD PRESSED SESAME OIL (WHITE)

The oil extracted using this method is considered to be of higher quality and is known for its delicate and mild flavour, light colour, and high smoke point.

Benefits

- Improves heart health
- High smoke point
- Anti-inflammatory
- Enhanced nutty flavour

Usage

- Seasoning
- Saute
- Stir Frying
- Deep Frying
- Body Massage

Nutritional Facts

Amount Per Serving	899.37
Calories	% Daily Value*
Total Fat 14g	
Saturated Fat 1.9g	18%
Trans Fat 0g	9%
MUFA 5.43g	
PUFA 5.73g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin E 0.168mg	2%
Vitamin K 1.99mg	2%



AVAILABLE IN:

Price: 500 ml, Rs: 400/-
1000 ml, Rs: 750/-
5000 ml, Rs: 3495/-



Edible

Essential Oils



Essential Oils

WOOD PRESSED ALMOND OIL

Since ancient times, people have used almond oil in traditional Chinese and Ayurvedic medicine practices to treat skin conditions like eczema and psoriasis.

Benefits

- Contains natural SPF-5
- Rich in vitamin B-7 or biotin
- High levels of antioxidants
- Rich in Omega-3 fatty acids

Usage

- Hair Massage
- Body Massage
- Skin Massage
- Add to your milk/salad
- Consume directly

Nutritional Facts

Amount Per Serving	Calories	120	% Daily Value*
Total Fat 13.9g			
Saturated Fat 0.9g			18%
Trans Fat 0g			6%
MUFA 10.3g			
PUFA 2.7g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 0mg			0%
Dietary Fiber 0g			0%
Total Sugars 0g			
Protein 0g			0%
Vitamin A			0%
Vitamin E 5.33mcg			18%
Vitamin K 1 mcg			1mg
Choline			0.1%
Phytosterol			36.18%
Omega-6 LA			783%



AVAILABLE IN:

Price: 100 ml, Rs: 585/-
250 ml, Rs: 1360/-
500 ml, Rs: 2495/-



WOOD PRESSED APRICOT OIL

Widely known as *Gutti Ka Tel* in India, apricot oil is made from premium *Prunus armeniaca* kernels or seeds using the traditional wood-press method. This safeguards against alterations to the chemical components of the oil.

Benefits

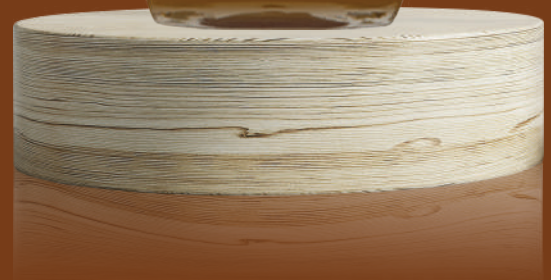
- Improves skin health
- Works as a natural conditioner for hair
- Used in massage therapies for relieving joint pains
- Prevents inflammation

Usage

- Used as a Moisturizer
- Works as a natural conditioner for hair
- Lowering high Blood Pressure
- Prevents inflammation

Nutritional Facts

Amount Per Serving	884
Calories	% Daily Value*
Total Fat 13.9g	
Saturated Fat 0.9g	128%
Trans Fat 0g	46%
MUFA 10.3g	
PUFA 2.7g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 0g	0%
Vitamin A	0%
Vitamin C	0%
Calcium	0%



AVAILABLE IN:

Price: 100 ml, Rs: 410/-
 250 ml, Rs: 950/-
 500 ml, Rs: 1745/-



Essential Oils

WOOD PRESSED FLAXSEED OIL

Kachi Ghani produces organic flaxseed oil, sometimes referred to as alsu oil, from the flax plant (*Linum usitatissimum*). It has been in use for a thousand years and is incredibly nutritious.

Benefits

- Weight Loss
- Relieves Inflammation
- Help in Diabetic Foot Ulcers
- Reduce Cancer Cell Growth

Usage

- Hair Massage
- Body Massage
- Can be consumed directly
- Add to your dips
- Salad dressings

Nutritional Facts

Amount Per Serving	119
Calories	% Daily Value*
Total Fat 13.9g	21%
Saturated Fat 0.9g	6%
Trans Fat 0g	
MUFA 10.3g	
PUFA 2.7g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Protein 0g	
Monounsaturated fat 7.1 g	
Polyunsaturated Fat 10.1 g	
Omega 7.3 (56.70%)	
Omega 2.9 (16.40%)	



AVAILABLE IN:

Price: 100 ml, Rs: 220/-
250 ml, Rs: 450/-
500 ml, Rs: 750/-



Essential Oils

WOOD PRESSED WALNUT OIL

Unrefined wood-pressed walnut oil is a wonderful choice and adds flavour to sweet and savoury dishes. The combination of vinegar and seasonings in salad dressings along with walnut oil is a fantastic choice!

Benefits

- Boosts Brain Health
- Rich in Antioxidants
- May Decrease Inflammation
- Rich in Omega-3 Fatty Acid

Usage

- Seasoning
- Hair Massage
- Body Massage
- Ideal for Eating
- Can be consumed directly
- Great for salad dressings

Nutritional Facts

Amount Per Serving	120
Calories	% Daily Value*
Total Fat 13.9g	18%
Saturated Fat 0.9g	5%
Trans Fat 0g	
MUFA 10.3g	
PUFA 2.7g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	0%



AVAILABLE IN:

Price: 100 ml, Rs: 585/-
250 ml, Rs: 1360/-
500 ml, Rs: 2495/-



Essential Oils

WOOD PRESSED VIRGIN COCONUT OIL

Virgin Coconut Oil (VCO), also known as extra virgin coconut oil, is unrefined, pure, and made through the wood-pressing technique. This non-deodorised coconut oil is absolutely free from hydrogenation, bleaching.



Benefits

- Weight Loss
- Conditions and repairs hair
- Best baby massage oil
- Excellent for Oil Pulling & Nasya treatment

Usage

- Hair Massage
- Body Massage
- Face Oil
- Baby Massage
- Oral care

Nutritional Facts

Amount Per Serving	120
Calories	% Daily Value*
Total Fat 13.9g	18%
Saturated Fat 0.9g	5%
Trans Fat 0g	
MUFA 10.3g	
PUFA 2.7g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	0%



AVAILABLE IN:

Price: 100 ml, Rs: 220/-
250 ml, Rs: 550/-



Essential Oils

COLD PRESSED KALONJI OIL

Kalonji oil, also known as black seed oil, is a natural oil that is extracted from the seeds of the Nigella Sativa Plant. The plant is native to Southwest Asia and the Mediterranean region and has been used for thousands of years for its medicinal properties.

Benefits

- Reduces acne
- Lowers cholesterol level
- Supports hair health
- Improves blood sugar

Usage

- Hair Massage
- Body Massage
- Flavouring agent
- Used in aromatherapy
- Daily skin moisturiser

Nutritional Facts

Amount Per Serving	44
Calories	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	0%
Omega-3 (ALA)	0.5%
Omega-6 (GLA) 8mg	58.2%
Omega-9 (OA) 235mg	24%



AVAILABLE IN:

Price: 100 ml, Rs: 220/-
250 ml, Rs: 550/-



Sweeteners



Sweeteners

WHITE ACACIA HONEY

With its excellent nutritional value and ability to crystallise slowly (due to high fructose levels), Acacia honey is preferred intensely. It is named among some of the best honey types in the world.

Benefits

- Protects neurological functions
- Provides mental wellness
- Boosts skin health
- Helps in wound healing

Ingredients

- Pure Himalayan White Honey

Nutritional Facts

Approximate value per (100g)

Energy	334.06KCAL
Protein	1.25gm
Carbohydrate	81.89Fat
Fat	0.3g

Available In:

250 grams, Rs: 395/-

500 grams, Rs: 790/-



WHITE ACACIA HONEY (SAFFRON INFUSED)

Saffron Honey is an organic remedy from Kashmir that promotes mental and emotional well-being. It is beneficial for diabetic patients and promotes fat loss by lowering sugar consumption.

Benefits

- Supports cardiovascular health
- Great to boost the immune system
- Used as a natural mood enhancer
- Improves blood circulation

Ingredients

- Pure Himalayan White Honey
- Kashmiri Mongra
- Royal Jelly

Nutritional Facts

Approximate value per (100g)

Energy	334.06KCAL
Protein	1.25gm
Carbohydrate	81.89Fat
Fat	0.3g

Available In:

250 grams, Rs: 495/-

500 grams, Rs: 990/-



Sweeteners

GULKAND (KASHMIRI ROSES)

Gulkand, often called gulqand or gulkhand, is a sweet preserve prepared from rose petals that originated in India. Gulkand is a great supplement for fending off the summer heat as it has cooling properties

Benefits

- Great for curbing sweet cravings
- Relieves constipation
- Strengthens digestive system
- Acts as a blood purifier
- Relieves stress

Ingredients

- Kashmiri Rose
- Raw Sugar
- Turmeric
- Mint

Nutritional Facts

Approximate value per (100g)

Energy	278KCAL
Protein	0.5gm
Carbohydrate	69Fat
Fat	0.1g

Available In:

200 grams, Rs: 350/-



Sweeteners

BROWN SUGAR

The healthiest and tastiest alternative to refined sugar, the nutritious brown sugar has a rich flavour, intense aroma, and fine texture. As a result, it is added to granola, oatmeal, and breakfast cereals.

Benefits

- Rich in molasses, vitamins and minerals
- Natural sweetener
- Diabetic friendly
- Helps in slow and controlled digestion
- Minimally processed in comparison to regular sugar

Nutritional Facts

Amount Per Serving	119
Calories	% Daily Value*
Total Fat 0g	0gm
Iron	0.018gm
Total Carbohydrate	98.93gm
Calcium	0.48gm

Available In:

1 kg, Rs: 150/-



Sweeteners

JAGGERY CUBES

Jaggery cubes are rich in iron, magnesium, calcium, phosphorous and other minerals. Since it is derived from unrefined and unbleached sugarcane juices, all the original minerals are preserved in it.

Benefits

- Purifies Blood
- Enhances digestive process
- Improves nervous system
- Improves Metabolism

Available In:

900 grams, Rs: 250/-



Sweeteners

JAGGERY POWDER

Jaggery powder is a healthier alternative to refined sugar, as it contains vitamins and minerals, and has a lower glycemic index. Our jaggery powder is unrefined and minimally processed, preserving the natural molasses and minerals found in the sugarcane.

Benefits

- Purifies Blood
- Enhances digestive process
- Improves nervous system
- Improves Metabolism

Available In:

1 kg, Rs: 250/-



Sharbat



Sharbat

PAAN SHARBAT

The perfect beverage for any occasion! This sharbat is made using natural and high-quality ingredients by carefully grinding betel leaves, nimbu sat, raw sugar & sodium benzoate, ensuring that each sip is bursting with flavour and goodness.

Key Features

- Refreshing and unique taste
- No artificial colours or flavours
- Made with natural and high-quality ingredients
- Perfect for any occasion

Available In:

500 ml, Rs: 300/-



Sharbat

KESAR ELAICHI

Savor the rich flavor and unique aroma of our Kesar Elaichi Sharbat, crafted from the finest saffron and cardamom extracts sourced from the valleys of India. The saffron is carefully handpicked and processed to ensure the highest quality, while the queen of spices, cardamom, offers numerous health benefits in every refreshing sip. Enjoy a healthy and delicious drink with no artificial colors or flavors.

Key Features

- Made with premium quality saffron and cardamom
- Infused with natural antioxidants and vitamins
- Healthy and Nutritious
- Rich and Aromatic Flavour

Available In:

500 ml, Rs: 320/-



Aurorganicum

Millets



Millets

BARNYARD (POSITIVE MILLET)

The wild grain *Echinochloa frumentacea*, popularly known as barnyard millet, is primarily grown in mountainous areas of Uttarakhand, India. It is one of the nature's gift to the modern diet to prevent many health disorders.

Benefits

- Helps treat cardiovascular diseases
- Prevents diabetes
- Improves carbohydrate tolerance
- Improves digestive system

Nutritional Facts

Amount Per Serving	330
Calories	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 55mg	20%
Dietary Fiber 14g	50%
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 18.6mg	100%
Potassium 0mg	6%



AVAILABLE IN

Flour : 1 kg, Rs: 245/-
Raw Unpolished : 1 kg, Rs: 225/-



Millets

BROWN TOP (POSITIVE MILLET)

Brown top millet, often called dixie signal grass, is a plant that originated in South East Asia. Brown top is grown for various purposes, such as producing feed, preventing erosion, attracting wildlife (dove fields), and producing straw.

Benefits

- Improves sleeping patterns
- Used as an energy booster
- Detoxifies body
- Improves digestion

Nutritional Facts

Amount Per Serving	330	% Daily Value*
Calories		
Total Fat 11g		14%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 67mg		24%
Dietary Fiber 4g		14%
Includes 0g Added Sugars		0%
Protein 11g		22%
Vitamin D 0mcg		0%
Calcium 24mg		2%
Iron 18.6mg		15%
Potassium 0mg		0%



AVAILABLE IN

Flour : 1 kg, Rs: 330/-
Raw Unpolished : 1 kg, Rs: 310/-



Millets

KODO (POSITIVE MILLET)

Widely grown in India, the drought-tolerant annual plant Kodo is scientifically known as *Paspalum scrobiculate*. Because of their highly nutritious attributes, Kodo millets are among the best superfoods in the current era.

Benefits

- Controls diabetes
- Helps in weight loss
- Keeps heart healthy
- Prevents cancer

Nutritional Facts

Amount Per Serving	330
Calories	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 75mg	24%
Dietary Fiber 9g	18%
Includes 0g Added Sugars	0%
Protein 12g	20%
Vitamin D 0mcg	0%
Calcium 16.06mg	2%
Iron 1.26mg	10%
Potassium 0mg	0%

AVAILABLE IN

Flour : 1 kg, Rs: 210/-
Raw Unpolished : 1 kg, Rs: 190/-



Millets

LITTLE (POSITIVE MILLET)

India is home to the ancient crop known as "little millet". Adding little grains to the diet has considerable health benefits for people who practise yoga, exercise, do cardio, etc. This crop has a wide number of applications such as, food, biofuel, and bird meals.

Benefits

- Treats diabetes
- Lowers cholesterol
- Improves Respiratory system
- Protects against cardiovascular diseases

Nutritional Facts

Amount Per Serving	370
Calories	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 75mg	27%
Dietary Fiber 9g	32%
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 16.06mg	2%
Iron 1.26mg	8%
Potassium 0mg	0%



AVAILABLE IN

Flour : 1 kg, Rs: 225/-
Raw Unpolished : 1 kg, Rs: 205/-



Millets

FOXTAIL (POSITIVE MILLET)

The annual *Setaria italica* is a tiny seed about 2 mm in size covered in a thin, crispy shell. It is grown in dry and semi-arid regions. It is often available in rusty black or light colour. Being short-lived and drought-resistant, foxtail millet is a popular crop.

Benefits

- Strengthens nervous system
- Improves cardiac health
- Lowers bad cholesterol
- Great for skin and hair health

Nutritional Facts

Amount Per Serving	370
Calories	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	36%
Total Carbohydrate 60mg	22%
Includes 0g Added Sugars	0%
Protein 12g	0%
Vitamin D 0mcg	0%
Calcium 31mg	0%
Iron 2.8mg	15%
Potassium 2500mg	6%



AVAILABLE IN

Flour : 1 kg, Rs: 190/-
Raw Unpolished : 1 kg, Rs: 170/-



Aurganicum

Salt & Spices



Salt & Spices

CINNAMON

Cinnamon is derived from the bark of trees belonging to the Cinnamomum family. It has a sweet and warm flavour, commonly used in sweet and savoury dishes. It has also been used for medical purposes for centuries.

Key Features

- Improve brain function
- Maintains blood sugar levels
- Anti-viral properties
- Relieves pain

Available In:

100 grams, Rs: 210/-



Salt & Spices

HIMALAYAN PINK SALT

Himalayan pink salt is a naturally occurring pink salt found in the Himalayan Mountains in South Asia. The salt's rose hue results from the essential minerals - magnesium, potassium, and calcium.

Key Features

- Helps with respiratory problems
- Works as a stress buster
- Helps treat insomnia and other sleep disorders
- Can be used for skin detoxification

Available In:

1 kg, Rs: 120/-



Salt & Spices

HING

Sourced directly from the heart of Afghanistan, our Hing is of the highest quality, fresh, and pungent in flavour. Not only does it add a unique and savoury taste to your cooking, but it also offers numerous health benefits, making it an essential spice in your pantry.

Key Features

- Organically sourced
- Authentic flavour
- Long shelf life
- Includes medicinal properties

Available In:

10 grams, Rs: 335/-



Salt & Spices

LAKADONG TURMERIC POWDER

The world's finest turmeric sourced from the steep terrains of Meghalaya. It lowers inflammation, boosts immunity, combats obesity and wards off infections and disorders. 100% natural and chemical-free.

Key Features

- Anti-oxidant properties
- Organic farming methods
- High quality curcumin turmeric
- Anti-inflammatory properties

Available In:

150 grams, Rs: 250/-



Salt & Spices

CORIANDER POWDER

Our coriander powder is made from the finest quality coriander seeds. Its mild, slightly sweet taste pairs well with various dishes and has numerous health benefits. Add richness and character to your cooking with coriander powder.

Key Features

- 100% pure coriander powder
- Rich aroma and flavour
- Rich in calcium & potassium
- Aids in weight loss & promotes

Available In:

1 kg, Rs: 220/-



Salt & Spices

RED CHILLI POWDER

Our red chilli powder is made from hand-selected chillies from the Himalayan foothills. It is known for its vibrant colour and intense heat in the seeds. Use them to create mouth-watering recipes that will tantalise your taste buds.

Key Features

- Contains anti-oxidant poeperties
- Preservative-free
- Contains potassium, copper and manganese
- Rich in vitamin C

Available In:

250 grams, Rs: 195/-



Salt & Spices

GREEN CARDAMOM

Sourced directly from the heart of Afghanistan, our Hing is of the highest quality, fresh, and pungent in flavour. Not only does it add a unique and savoury taste to your cooking, but it also offers numerous health benefits, making it an essential spice in your pantry.

Key Features

- Cancer-fighting properties
- Treat bad breath
- Boost heart health
- Detoxifying properties

Available In:

80 grams, Rs: 395/-



Salt & Spices

BLACK CARDAMOM

Amomum Subulatum Roxburgh, commonly known as large cardamom (Badi Elaichi) or black cardamom, is one of the well-known spices. It is a popular spice widely used to add flavour and aroma to many dishes

Key Features

- Lowers blood pressure
- Respiratory relief
- Antibacterial Properties
- Aid in weight loss

Available In:

100 grams, Rs: 195/-



Salt & Spices

SIAH JEERA

Siah Jeera (kala jeera) is a spice used in cooking for centuries. It has an intense flavour. It is often used in Indian, Middle Eastern, and North African cuisine. It is commonly used as a seasoning for vegetables, bread, and meat dishes.

Key Features

- Reduces inflammation
- Immunity booster
- Relieves menstrual cramps
- Prevents anaemia

Available In:

250 grams, Rs: 265/-



Salt & Spices

CLOVE

Clove (Laung), scientifically known as Syzygium aromaticum, is a spice used in traditional medicine and cuisine for centuries. These have a distinct aroma and slightly bitter flavour. They are commonly used in sweet and savoury dishes.

Key Features

- Regulates blood sugar level
- Antibacterial properties
- Used in aromatherapy
- Improve liver health

Available In:

50 grams, Rs: 110/-



Seeds

Chia Seeds



Seeds

CHIA SEEDS

Despite their diminutive size, chia seeds are very nutrient-dense. These seeds have long been hailed for their health advantages and were a mainstay of the ancient diets of the Aztecs and Maya.

Benefits

- Lowers high blood pressure
- Prevents cardiac issues
- Promotes bone health
- Offers healthier weight management

Nutritional Facts

		% Daily Value*
Energy	280.kcal	1870kcal
Total Fat	0.5g	31.4g
Saturated Fat	0.5%	3.4g
Trans Fat	0.0%	0.1g
Polyunsaturated	4.0g	26.4g
Omega 3ALA	2.9g	19.3g
Omega 6LA	1.1g	7.1g
Monounsaturated	0.3g	1.9g
Total Carbohydrates	0.7g	4.5g
Sugar	<1.0g	<1.0g
Dietary Fiber	5.6g	37.5g
Sodium	<1mg	<1.0g
Calcium	75g	500mg
Iron	1.0g	6.5mg
Magnesium	43.5g	360g
Posphorus	90mg	760g
Patassium	75mg	610g
Gluten	0.0g	0.0g
Antioxidents ORAC	1.54mmol	10.3mmol



AVAILABLE IN
250 grams, Rs: 295/-



Beauty & Wellness

Rose Water



Beauty & Wellness

CHAITRI ROSE WATER

Haldighati is home to the cultivation of Chaitri Roses, one of the finest rose varieties. These pink roses bloom profusely from March to April. Chaitri flowers contain anti-inflammatory and therapeutic qualities that soothe irritated skin.

Benefits

- Great for hair health
- Protects against skin issues
- Heals cuts and wounds
- Acts as a mood enhancer

Available In:

120 ml, Rs: 350/-



Beauty & Wellness

KASHMIRI ROSE WATER

Kashmiri Rose water has been used as a cosmetic aid since ancient times. The antibacterial properties can help lessen acne. The anti-inflammatory properties can reduce the redness and puffiness of the skin.

Benefits

- Soothes headaches
- Protects against skin issues
- Heals cuts and wounds
- Acts as a mood enhancer

Available In:

120 ml, Rs: 350/-



Tea

Kashmiri Kahwa



Tea

KASHMIRI RAW KAHWA

Fine green tea, along with other opulent ingredients like cardamom, black pepper, cinnamon, cloves, and rose petals, are the main components of Aurganicum's signature Kashmiri Kahwa blend.

Benefits

- Heals digestive system
- Helps in weight loss
- Relieves stress
- Enhances skin health

Available In:

85 grams, Rs: 345/-



Tea

KASHMIRI KAHWA PREMIX

Kahwa has long been considered to boost energy instantly. Aurganicum's Kashmiri Kahwa Premix offers this even faster with its ready-to-drink mixture. Just add boiling water to the Kahwa Premix to enjoy your cup of energy and warmth.

Benefits

- Good for eyesight
- Helps in weight loss
- Keeps the immune system intact
- Relieves stress and boosts concentration

Available In:

125 grams, Rs: 400/-



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What we provide is nourishment
infused with ancestral wisdom.
What we do is make future
generations happily healthy with
a **wholesome and pure** diet!



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