PRODUCT

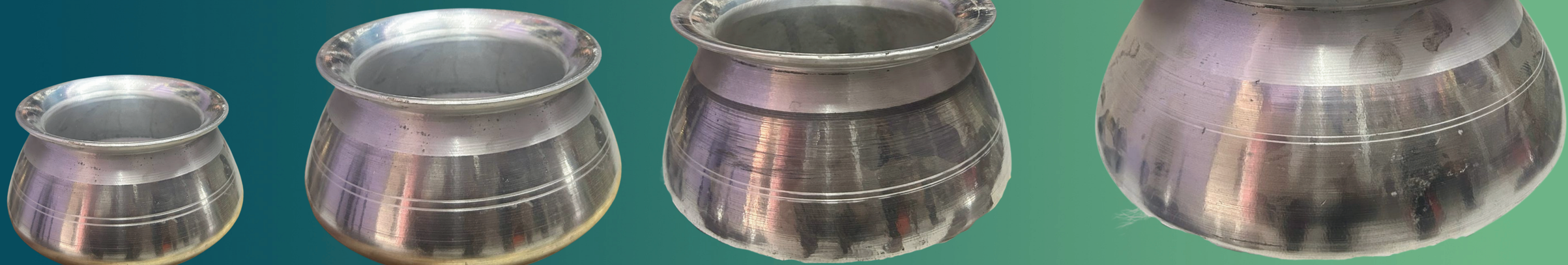
CATALOG

YEAR 2026

TRUE HIMALAYAN NEPAL

WWW.TRUEHIMALAYANFOODS.COM ADDRESS : KATHMANDU NEPAL.
PHONE 015923875 / 9843532021/

Bhadu
Bhada/Kasaudi
कशैडी



Number 2

Number 4

Number 7

Number 10

Tumba

तुम्बा



Bhakka Bhada

भक्का भाडा



Aluminum Dekchi
एल्युमिनियम डेक्चि



Number 44



Number 40



Number 36

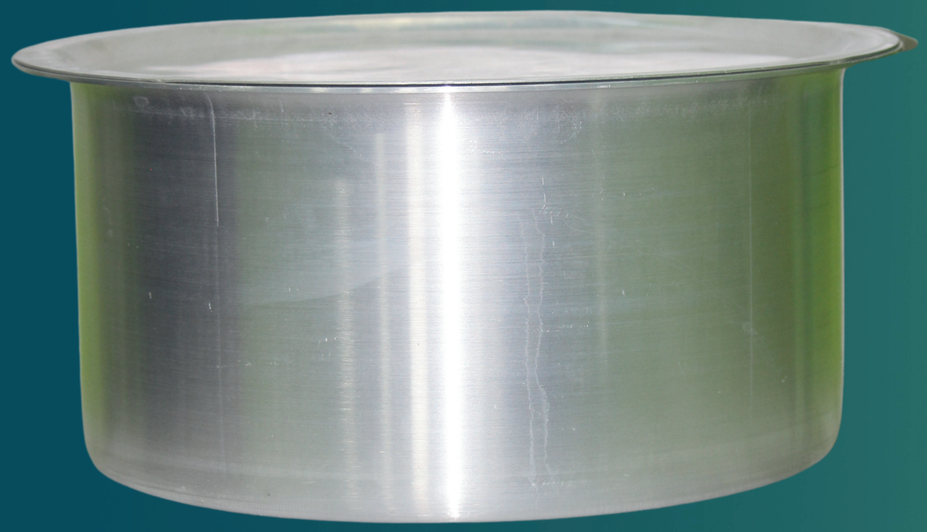


Number 28



Number 32

Aluminum Dekchi
एल्युमिनियम डेक्चि(Non-Kara)



Number 48



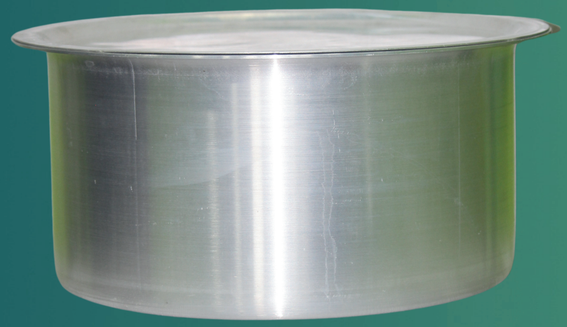
Number 44



Number 40



Number 36



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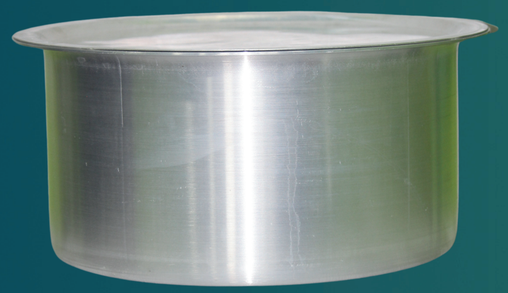


Number 28

Aluminum Momo Set
एल्युमिनियम म:म: सेट



14 Number

12 Number

10 Number



7 Inch



10 Inch



13 Inch



18 Inch

Copper Buttya Gagree
तामाको बुट्टे गाग्री



3 Inch

4 Inch

5 Inch

Copper Aastu Lota
तामाको अस्तुलोटा



18 Inch



14 Inch



12 Inch

THF-N-CU-08/11



7 Inch

Trikuti Jaldhara
त्रिकुटी जलधारा



Small



Medium



Large

Diyo

दियो



2 Inch



3 Inch



5 Inch





3 Inch



4 Inch



5 Inch



8 Inch

Brass Lota

पित्तलको लोटा



3 Inch

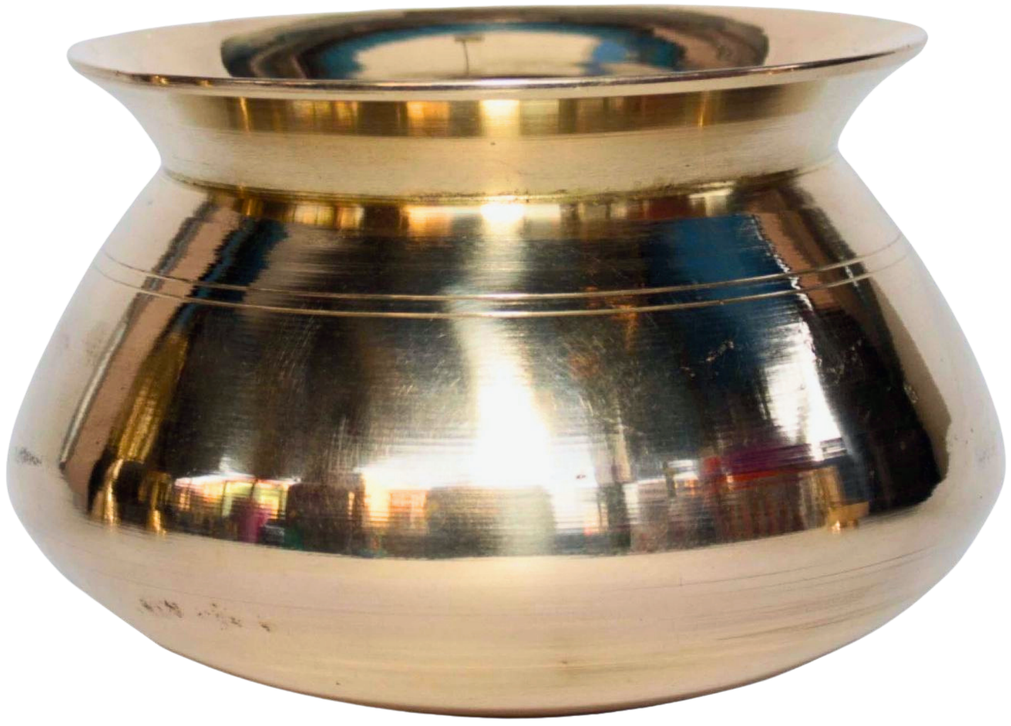


4 Inch

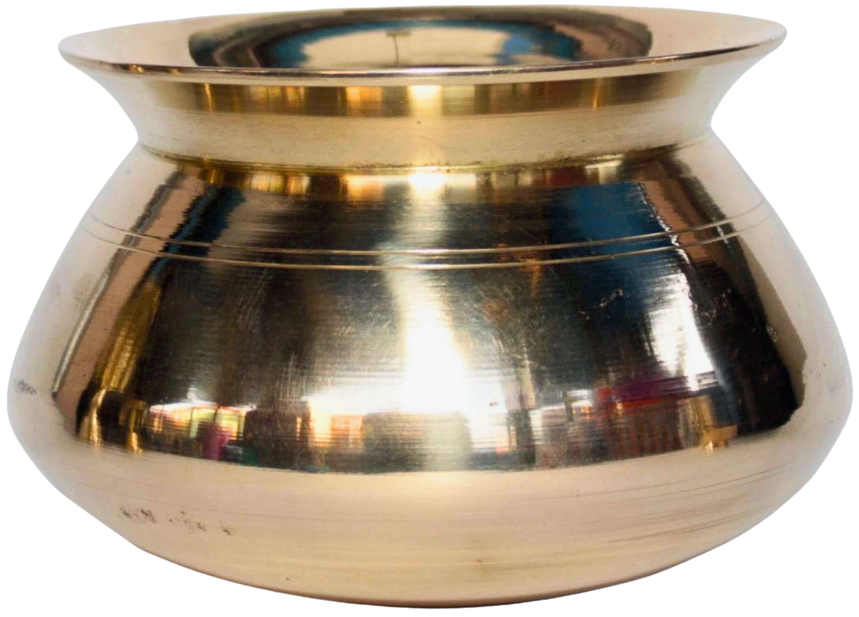
Brass Kum Kum Lota

पित्तलको कुम कुम लोटा

Brass Bhadu / Kasaudi
पित्तलको कशैडी



4 Number



5 Number

Sada Karuwa

सादा करुवा



5 Inch



8 Inch



18 Inch



14 Inch



12 Inch



7 Inch

Saptapala Thali

सप्तपाला थाली







काशा थाल

Kasa Thal













Madal



THEKI

ठेकी

THF-N-TH-01

Aachano

अचानो



THF-N-AC-01

Okhal (ओखल)



THF-N-OK-01

Thunse थुन्से



THF-N-TH-01

Muda

मुडा



Lemon Concentrate
(कागतीको अमिलो)





400 gram

THF-F-LE-01

Mustard Whole
तोरीको दाना





400 gram

THF-F-MU-01

32 Masala

३२ मसला



400 gram

THF-F-MA-01

ALL DRUK ITEMS

THF-F-DR-01



ALL EVEREST MASALA ITEMS



THF-F-EV-01

Phlogacanthus Thyrsiformis
(चुवाको फूल)



THF-F-PH-01

MADHU
(मधु)



THF-F-MA-01

SUPARI
(सुपारी)



THF-F-SU-01

Yellow Finger Pipe



THF-F-FP-01

ताइचिन चिउरा

Flaked Rice
(Tai-Chin Chura Red)





THF-F-TC-01

Pashanbed (Bergenia Ciliata)



THF-F-PA-01

माझी फल



THF-F-MA-01

Jimbu

जिम्बु





THF-F-JI-01

Black Salt

बिरे नुन



400 gram

THF-F-BS-01

Rock Salt

सिदे नुन



400 gram

THF-F-RS-01

Black Millet
नेपाली कोदो

40 Pound

THF-F-BM-01



Soya Chunk
नेपाली सोया न्युट्रेला



Sizes:

200gram(S)

200gram(L)

400gram(S)

400gram(L)

800gram(S)

800gram(L)

THF-F-SC-01

Millet Flour
नेपाली कोदोको पिठो



THF-F-MF-01

Buckwheat Flour
(Fapar Pitho Sweet)
मिठे फापरको पिठो



THF-F-BF-01

Buckwheat Flour
(Fapar Pitho Bitter)
तिते फापरको पिठो



THF-F-BFB-01

Black Leaf Tea
नेपाली कालो चिया



400gram



200gram

THF-F-BT-01

Premium Black Leaf Tea

नेपाली कालो चिया



400gram



200gram

THF-F-PBT-01

Premium Green Leaf Tea

नेपाली ग्रीन टी



400gram



200gram

THF-F-GT-01

CTC Black Tea

नेपाली चिया



400 gram

THF-F-CTC-01

Termeric Powder

नेपाली बेसार



400gram

THF-F-TP-01

Makai ko Chamal

मकैको चामल



4Lbs

THF-F-MC-01

Tai-Chin Chaml

ताईचिन चामल



4Lbs

THF-F-TC-01

Dry Justicia Adhatoda

असुरोको फुल



200gram

THF-F-JA-01






TRUE HIMALAYAN



TRUE HIMALAYAN



Chimphing



चिम्फिङ

50 grams

Bojo



बोजो

50 grams

Budi Okhati



बुढी औखती

100 grams

Whole Hemp Seeds



भांगको बीउ

Whole Black Gram



काली माष

Dried Amala Whole



सुकेको अमला

200 grams

Mustard Blossom Honey



तोरीको फूलको मह

Chiuri Blossom Honey



चिउरी फूलको मह

Wooden Ghee Container



हर्पे

Ceremonial Tray



किश्ती

Groom Umbrella



बेहुला छाता

Hand Rest Cushion

(Cylindrical Cushion)



हात राख्ने कुशन

Small umbrella



Yellow



Red

Sofa Cushion



सोफा कुशन

Marriage Shawl



बिहेको शल

Religious Dalo Basket



धार्मिक डाला

Bratabandha Nanglo



व्रतबन्ध नाङ्लो

Annaprashan Nanglo



पास्नी नाङ्लो

Dahi Chiura Nanglo



दही चिउरा नाङ्लो

Gunyo Cholo Nanglo



गुन्यू चोलो नाङ्लो

Haldi Nanglo



हल्दी नाङ्लो

Mehendi Nanglo



मेहेन्दी नाङ्लो

Ban Silam



वन सिलाम

Aalas



आलस

Lwyang Whole
ल्वाङ



100 grams



200 grams

Neem Powder



निमको धुलो

200 grams

Timur Powder



टिमुरको धुलो

200 Grams

Thukpa Masala



थुक्पा मसला

200 Grams

Whole Marich



मरिच दाना

200 grams

Tal Mishri



ताल मिश्री

400 Grams

Tulshi Dhulo



तुलसी धुलो

200 Grams

Panipuri Masala



पानिपुरी मसला

200 Grams

Keshari



केशरी रंग

50 grams and 100 grams

Abir



अबीर

50 grams and 100 grams

Buduna Khukuri



बुडुना खुकुरी

Sirupate Khukuri



सिरुपाते खुकुरी

Panawal Khukuri



पनवाल खुकुरी

Singing Bowl



Available Sizes / Weights:

- **Small: 4–5 inches (~200–300 grams)**
- **Medium: 6–7 inches (~400–600 grams)**
- **Large: 8–10 inches (~700–1200 grams)**

Hasia



हसिया

Dau



दाउ

Jato



जाँतो

Rangoli Color Set



रंगोली सेट

Phalame Sel Tai



फलामे सेल ताइ

Phalame Sel Tai with Central Diyo



फलामे सेल ताइ (मध्यमा दियो सहित)

Phalame Karai



फलामे कराई

Dog Chews(churpi)



कुकुरको च्यू (छुर्पी)

SQ Khande Thaal









एसक्यू खडँ थाल

Stainless Steel Thaal (Haati Paaila)



स्टेनलेस स्टिल थाल (हात्ती पाइला)

Pressure Cooker

(Stainless Steel)



प्रेशर कुकर

Classic Stainless Steel Cooker



स्टेनलेस स्टिलको क्लासिक प्रेशर कुकर

Steel Milk Pot



स्टिलको दूध राख्ने भाडो

Steel Tea Container



स्टिलको चिया कन्टेनर

Steel Momo Steamer



स्टिलको म:म: भाडो

Steel Mug



स्टिलको मग

Copper / Steel Layered Jug



तामाको / स्टिलको जग

CTC Tea



नेपाली CTC चिया

Black Leaf Tea
नेपाली कालो चिया



400gram



200gram

Premium Green Leaf Tea



प्रिमियम नेपाली ग्रीन टी

Premium Nepali Black Leaf Tea



प्रिमियम नेपाली कालो चिया

Nepali Theki



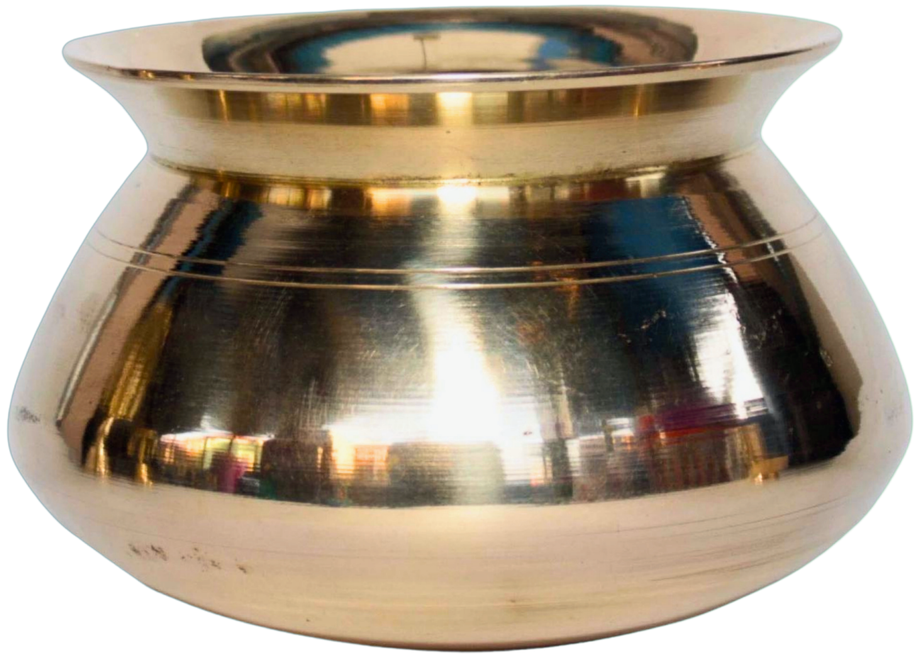
ठेकी

Nepali Brass Saptapala



नेपाली पीत्तल सप्तपाला

Nepali Brass Bhadu



नेपाली पित्तलको कशैडी

Nepali Brass Butte Khadkulo



नेपाली पित्तलको खड्कुलो

Nepali Brass Lota



नेपाली पित्तलको लोटा

Toran



तोरन

Sacred Ritual Rope

Champor

कपुर



100 grams

Tama Ko Pathi



तामा को पाथी

Lakhs Batti – Premium Quality



लाख बत्ती

Lakhs Batti – Normal Quality



लाख बत्ती

Sankha



शंख

Rock Sugar



कालो / निलो मिस्रि

Aluminum Cooking Pot



लाटो कुकर

Pooja Janai



जनै

Indigo Barki



बर्खि



Center Fresh Candy



LactoFun Candy



Rasilo Candy

Himalayan Red Rice



मार्सि चामल

Sancho



सन्चो

Black Gram Split



2 lbs

Black Gram Whole



2 lbs

Dried Grass



कुश

Brass Gagri



पित्तलको गाग्री

Brass Ritual Celebration Pot



(Big Ghanti)



Turmeric Powder



Sankha Medium Size

Dry Bamboo Tray



21 Inch



Amliso Kucho



Aluminum Kettle

Chatpate Masala



200 Grams

Black Salt



Kala Namak



Ricebean Whole

Soyabean Whole



White Bhatamas