

## **Mitti / Clay Biryani Pot 1L, 2L, 2.5L , 3 L**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have

cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Mitti / Clay Bottle 1.1 L**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Mitti / Clay Cooker 3 L**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Mitti / Clay Handi 1.5 L**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Mitti / Clay Handi 300 ml**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Mitti/ Clay Sauce Pan**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Mitti/ Clay Spice Box**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Non Stick Tawa with Handle**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Non Stick Tawa**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Mitti / Clay Plain Tawa with Handle**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Mitti / Clay Printed Bottle 1.1 L**



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## Mitti / Clay Printed Matka – 10, 15, 18 L



**For Pricing and Availability Contact to our Customer Care.**

### **Health Benefits of Clay Pot Cooking:**

1. Foremost health benefits of clay pot cooking come from its ability to circulate steam throughout cooking. This provides plenty of moisture and means that you can cook with less oil and fat.
2. Since Clay is alkaline in nature and when food is cooked it neutralizes the PH balance of food and hence acts as a natural detox. You will be surprised to know that mud contains all the possible vitamins; even Vitamin B12.
3. Slow cooking process retains all the nutrients of the food that we cook and hence the food is much tastier.
4. Reheating the food always leads to loss of nutrition but if you cook in a clay pot it retains the temperature for a longer time and no worries for reheating.

### **Cleaning the clay pot:**

1. Because clay is porous, you cannot clean it using soap or normal dishwashing detergent. The soap will soak into the clay and end up leaching into the next meal

you cook in the pot. Instead, you need to clean a clay pot using hot water and a stiff brush. Baking soda can be used to remove the odours especially if you have cooked with onion and garlic. For stubborn stains, take rock salt in a scrub pad and scrub it nicely. Fill the pot with hot water and wait for half hour. Discard the water and wash it again.

2. A tip would be if you want to use your pots for both savory and sweet dishes and you have the storage space, you might want to invest in two pots so that any absorbed flavors won't affect the taste of your recipe. Hence there is no need to transfer it to a casserole.

## **Steel Handle Iron Kadai**



**For Pricing and Availability Contact to our Customer Care.**

Traditionally, it is believed that cooking in iron utensils, provides health benefits. When you cook food in iron vessels, it reacts with the metal surface. As a result, iron gets released in the food. Iron Kadais are not coated with any harmful nonstick layers; they are well pre-treated for nonstick properties.

## **Wooden Handle Iron Induction Kadai**



**For Pricing and Availability Contact to our Customer Care.**

Traditionally, it is believed that cooking in iron utensils, provides health benefits. When you cook food in iron vessels, it reacts with the metal surface. As a result, iron gets released in the food. Induction Iron Kadais are not coated with any harmful nonstick layers; they are well pre-treated for nonstick properties.



**If you are interested in buying any item, then kindly go through the below details:**

Please contact our customer care for the purchase: **8698670111**.

Our customer care agent will guide you properly.

Or go through the below procedure-

After completing the payment, send us the screenshot of your transaction with Your Name, Contact No, Email and Address.

You can send us the screenshot on Whatsapp No - **9921857747**

Or you can mail us at - **info@charakashtanga.in**

Once we receive the payment, we will give you the order confirmation. After confirmation, your order will be dispatched along with the invoice and sent to your address.

We will send you the Courier Tracking ID on your Whatsapp No. or Email ID.

Following Payment options : -

**1) Net Banking**

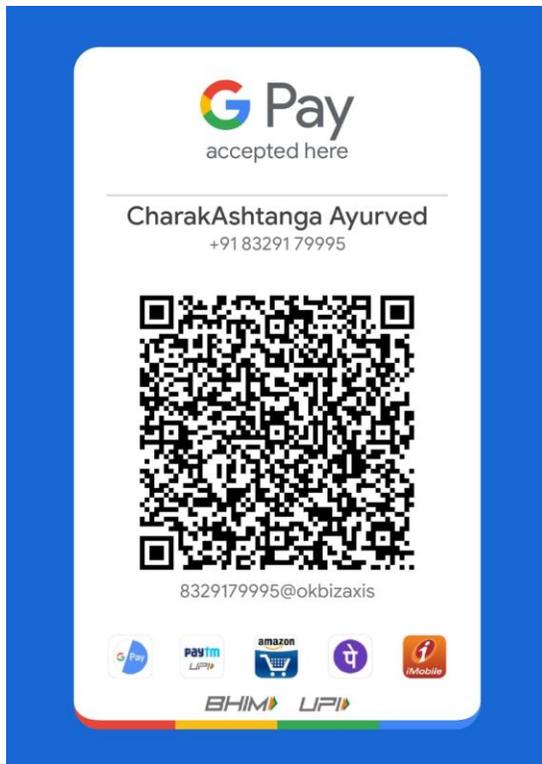
**2) Cash On Delivery**

**3) Paytm**

**4) GPay**

**5) PhonePay**

**6) BHIP App**



### **CharakAshtanga Bank Account Details**

**Account Name :** CharakAshtanga Ayurved

**Bank Name :** Bank Of India

**Branch :** Karve Road, Pune

**Account No :** 050320110001170

**IFSC NO :** BKID0000503

**MICR CODE :** 411013011

**Account Type :** Current