

Discover the Essence of the Himalayas

Munsyari House: A Journey Through Tradition, Taste, and Craftsmanship



Welcome to Munsyari House, where we celebrate the rich heritage and natural bounty of the Himalayas. Our products are crafted with love, reflecting the traditions and cultural values of our region. Explore our range of offerings, each promising quality and authenticity.

Our Story

Nestled in the serene embrace of the Himalayas, Munsyari House is a beacon of tradition and sustainability. Our journey began with a vision to bring the untouched purity of Himalayan products to the world. Through our close collaboration with Jai Maa Kali—an inspiring women-based Self Help Group—we're creating meaningful livelihood opportunities and driving community-led change. We are dedicated to preserving our cultural heritage while promoting health and wellness through our diverse range of organic and handcrafted offerings. Join us in celebrating the spirit of the Himalayas.

Flour



Indulge in the wholesome goodness of our diverse range of flours. Each variety is carefully milled to retain its natural nutrients, perfect for healthy cooking and baking.



Harvested from Himalayan valleys, Barley (Jau) is a wholesome grain revered for its cooling, digestive, and detoxifying properties. High in beta-glucan fiber, it supports heart health and gut balance. A staple in traditional pahadi diets, it brings grounded nourishment to modern, wellness-driven lifestyles.



Stone-ground from heirloom Himalayan ragi (*Eleusine coracana*), this flour is naturally rich in calcium (~344 mg/100 g), iron, dietary fiber, and plant-based protein. Gluten-free and low-glycemic, it supports bone strength, digestion, and balanced energy—ideal for everyday healthy cooking.



A native high-altitude grain, Jhangora (*Echinochloa frumentacea*) is gluten-free, light on the stomach, and rich in dietary fiber, iron, and B-complex vitamins. Its low glycemic index supports blood sugar balance, while its high magnesium content helps regulate energy and muscle function. Traditionally consumed during fasting, it's ideal for kheer, porridge, or healthy rice alternatives.



Despite its name, buckwheat is a gluten-free pseudocereal, not a true wheat. Milled from *Fagopyrum esculentum*, it is rich in rutin—a powerful antioxidant known to support blood vessel health and reduce inflammation. Also high in protein, magnesium, and fiber, buckwheat flour helps regulate blood sugar, improve digestion, and support cardiovascular wellness. Ideal for crepes, pancakes, rotis, and fasting foods.



Helianthus annuus, commonly known as pearl millet flour, is a nutritious grain. It is rich in fiber, iron, and magnesium, making it an excellent choice for supporting health. Pearl millet flour is often used in baking and is suitable for a gluten-free diet. Its mild flavor makes it a versatile addition to various dishes.



Grown in the high-altitude valleys of the Himalayas, Blackwheat stands out for its deep pigmentation and dense nutritional profile. Unlike regular wheat, its dark hue signifies a high concentration of anthocyanins—natural plant-based flavonoids known for their powerful antioxidant activity.



Milled from heirloom wheat grown on terraced Himalayan slopes, this flour retains its earthy aroma and high mineral content. Naturally high in fiber and micronutrients, it offers better satiety and slower glucose release—making it ideal for balanced daily nutrition rooted in mountain farming traditions.



Grown on ancient Himalayan soil, this multigrain medley brings together the richness of diverse native grains. Each grain is a testament to traditional farming, offering natural protein, fibre, and vital micronutrients in every bite. Perfect for conscious kitchens.



Herbal Tea:



Experience the calming and rejuvenating effects of our herbal teas, each blend offering unique health benefits.



Harvested from fresh Himalayan lemongrass stalks (*Cymbopogon citratus*), this citrusy herbal infusion is prized for its detoxifying and digestive benefits. Naturally rich in citral, lemongrass supports metabolism, reduces bloating, and promotes fat oxidation — making it a favorite for weight-watchers and clean gut routines. Its light, zesty flavor helps refresh the palate and the mind, making it ideal for mid-day resets or post-meal clarity.



Sanjeevani Green Herbal Tea is a thoughtfully blended infusion of 100% organic, hand-harvested Himalayan herbs designed to support your entire well-being. Enriched with nature's finest botanicals — including Rosemary, Buransh (*Rhododendron*), Timur seeds, Lemongrass, Nettle, Basil, Chamomile, Stevia, Sea Buckthorn, and more — this tea is a powerhouse of antioxidants, vitamins, and immune boosters.



Made from the naturally sweet Himalayan stevia leaves (*Stevia rebaudiana*), Stevia Tea offers a guilt-free herbal experience for those managing sugar intake. This zero-calorie infusion helps stabilize blood glucose levels while satisfying sweet cravings — a perfect companion for diabetics and wellness-conscious individuals. Rich in polyphenols, it supports pancreas health and metabolic balance.



Crafted from hand-harvested Himalayan rosemary leaves (*Salvia rosmarinus*), this fragrant herbal infusion is known for stimulating focus, uplifting mood, and aiding digestion. Rich in natural antioxidants like rosmarinic acid and carnosic acid, it supports cognitive clarity, reduces inflammation, and boosts immunity. Traditionally used to awaken the senses and promote circulation, it's best enjoyed warm, with or without honey.



Crafted from sun-dried Himalayan chamomile blossoms (*Matricaria chamomilla*), this calming herbal infusion is revered for its ability to ease stress, improve sleep quality, and soothe digestion. Packed with apigenin, a natural antioxidant that binds to brain receptors to induce tranquility, chamomile helps reduce anxiety and nighttime restlessness. A go-to for modern-day stress detox, it's ideal for winding down after screen-heavy days. Best enjoyed warm in the evening for restful sleep and gentle gut support.



Harvested from pristine Himalayan nettle leaves (*Urtica dioica*), this detoxifying tea is celebrated for its powerhouse of iron, silica, and anti-inflammatory compounds. It promotes blood purification, supports joint health, and balances hormones — making it a trending favorite among wellness seekers focused on sustainable energy and internal cleansing. Naturally rich in minerals often lacking in modern diets, nettle tea fuels vitality from within.



Sourced from the vibrant petals of the wild Himalayan rhododendron (*Buransh*), this antioxidant-rich tea delivers a tangy floral note while boosting heart health and immunity. Revered in traditional mountain healing, Buransh is known for its flavonoids and quercetin, which combat oxidative stress and help regulate blood pressure. With its unique coral-pink hue and refreshing taste, it's the perfect wellness alternative to sugary drinks.



Handpicked from high-altitude Himalayan slopes, Bulma Ghass (*Thymus serpyllum*) is a time-honored mountain herb cherished for its warming and respiratory-soothing properties. This robust herbal tea is naturally rich in thymol, known to support lung health, ease cough and congestion, and strengthen immunity. Traditionally brewed in Pahadi households during cold seasons, .



Harvested from the resilient shrubs of Himalayan cold deserts, Amesh (Sea Buckthorn) is nature's citrus-bright powerhouse. This tangy amber brew is exceptionally rich in Vitamin C, Omega 3, 6, 7 & 9 fatty acids, and flavonoids – making it a rare tea that supports skin regeneration, heart health, metabolism, and immune resilience. Traditionally sipped by highland communities to endure harsh winters, this vibrant infusion brings warmth, vitality, and nourishment to modern lifestyles.



Crafted from sacred Himalayan tulsi (*Ocimum sanctum*), this aromatic herbal tea is revered in Ayurveda as the “Elixir of Life.” Packed with eugenol, flavonoids, and adaptogenic compounds, basil tea boosts respiratory immunity, fights fatigue, and stabilizes blood sugar. A favorite among wellness enthusiasts, it's ideal for building long-term resilience against pollution, stress, and seasonal changes.

Herbs(Cullinary/Medicinal)



Kitchen Herbs

Enjoy the exquisite list of our cullinary herbs. Use them as seasoning and rejuvenate your taste buds!

KITCHEN HERBS



Locally revered as Jambu or Faran, this wild Himalayan herb grows in the alpine meadows of Uttarakhand, often harvested by hand from elevations above 2500 meters. Known for its distinctive umami-laced aroma, Jambu is traditionally used in tempering lentils and chutneys in Garhwali and Kumaoni cuisine. When dry-roasted, it releases a smoky, leek-like scent that transforms simple dals into soul-soothing village meals. Once reserved for festive meals and temple offerings, it now stands as a symbol of mountain terroir in gourmet spice racks.



Harvested from the terraced fields of Uttarakhand's higher altitudes, Kala Zeera, or Black Cumin, is a rare culinary gem prized for its earthy aroma and warm, nutty flavor. Used in traditional pulaos, spiced breads, and lamb stews, it adds depth and digestive warmth to rich mountain fare. Unlike regular cumin, its bold intensity makes it a precious seasoning, often found in Pahadi medicinal larders for its carminative and appetite-boosting properties. Each seed carries the legacy of Himalayan soil and snow-fed air.



Known locally as Timur, this aromatic spice grows on thorny bushes across Uttarakhand's mid-hill regions. With a lemony aroma and a tongue-tingling zing, Timur has been a cornerstone of indigenous cooking, used in chutneys, pickles, and meat marinades. Revered for its warming properties during harsh winters, its natural numbing effect is a unique sensation cherished in traditional fare. This “electric spice” is both a culinary spark and a folk remedy for toothache and digestive ailments — a true Pahadi multitasker.



Grown in the wild, misty slopes of Uttarakhand, Gandrayan (Himalayan Angelica) is a deeply aromatic root valued both in kitchen and ayurvedic kitchens. Known for its intense celery-meets-anise fragrance, it is often used in Pahadi soups, spice rubs, and ceremonial broths. Traditionally used to flavor chaas (buttermilk) and herbal stews in the Bhotia and Shauka tribes, Gandrayan is considered a digestive tonic and breath freshener. Its rarity and depth make it a prized relic of Himalayan culinary heritage.

KITCHEN HERBS



Traditionally used by the Garhwali and Kumaoni communities, Jakhya, or wild mustard, is a prized tempering seed known for its popping crackle and earthy aroma. Native to the Himalayan foothills, these tiny dark seeds are essential in regional dals, saag, and raita preparations, especially in rural kitchens. Upon sizzling in hot oil, they release a mildly bitter, nutty flavor that enhances simple dishes with a distinct Pahadi character. Beyond flavor, Jakhya is valued as a digestive stimulant and has deep roots in local ethno-botanical traditions.



Known locally as Tej Patta, the Himalayan Bay Leaf comes from the very same trees as cinnamon but carries a herbal, camphor-like aroma. In Kumaoni and Jaunsari cooking, it is a staple in spiced lentils, rice pulao, and mountain curries. The leaf's cooling energy and mild bitterness are believed to balance heavier ingredients, making it a frequent addition to Pahadi celebratory meals and sacred offerings. Tej Patta is also burnt as an aromatic cleansing agent in traditional Shauka households.



Harvested from the lower Himalayan belt and used extensively in the traditional Bhotia kitchens, Cinnamon adds a sweet-spicy warmth to both savory and dessert dishes. In Uttarakhand, its bark is slow-boiled in milk or added to lentil stews and festive rice dishes. Apart from culinary use, it's revered in local healing for improving circulation and warming the body during snow-heavy winters. Its distinctive woody scent not only flavors food but also carries symbolic value in tribal purification rituals.



Though primarily cultivated in South India, Cardamom (Elaichi) holds special status in highland Uttarakhand's festive kitchens, especially during Bhotia weddings and winter feasts.

Its sweet, floral flavor and cooling aftertaste make it a premium spice for sweet rice, tea blends, and flavored milk, cherished by elders and children alike. Often exchanged as part of hospitality tokens among mountain tribes, cardamom signifies warmth, luxury, and healing.

Medicinal Herbs

Discover the natural potency of our herbs, cherished for their medicinal properties, culinary uses and their aroma.

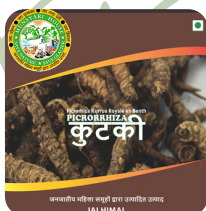
*"Plants are not alternative medicine.
They are the original medicine."*



Native to the Himalayas, *Swertia chirayita* is a time-honored herb used in Ayurvedic and tribal remedies for liver detox, fever, and blood sugar regulation. Backed by modern research, it's now a key ingredient in anti-diabetic and liver tonics like Liv-52. A rising ally against lifestyle ailments like PCOS and insulin resistance.



Found in the higher Himalayas, *Taxus wallichiana* is revered for its powerful anticancer compound, taxol, widely used in chemotherapy drugs. Traditionally employed in folk medicine for respiratory issues, it's gaining traction as a natural immune modulator. Now spotlighted in global pharma for its role in combating breast and ovarian cancers.



Sourced from alpine meadows of Uttarakhand, *Picrorrhiza kurroa* is a potent liver-protective herb used in Ayurveda for jaundice, hepatitis, and detox. Rich in kutkin, it's a key ingredient in modern hepatoprotective formulations. Today, it's trending as a natural remedy for fatty liver, gut inflammation, and metabolic syndrome.

"Nature was the first pharmacy, and plants were its most trusted healers."



Grown on the misty subalpine slopes of Uttarakhand (1,500–2,500m), *Swertia chirayita* is a powerful bitter herb used for liver detox, chronic fevers, and blood purification. Its compounds—swertiamarin and mangiferin—make it effective against inflammation and insulin resistance. With delicate purple blossoms, this short-lived herb thrives only in pristine, undisturbed Himalayan meadow



Found in high-altitude valleys of Badrinath and Pindari, *Rheum australe*, or Himalayan rhubarb, is a stout-stemmed plant with crimson stalks and giant leaves. Traditionally used for anemia, constipation, and fever, it's rich in anthraquinones and tannins. Dolu supports gut health, liver function, and is now gaining recognition for its menstrual and metabolic balancing effects.



Harvested from the rocky Himalayan terrain, *Alkanna tinctoria* is celebrated for its crimson root extract rich in alkannin—studied for antimicrobial and skin-regenerative benefits. Its transition from folk medicine to clean beauty reflects its growing presence in global formulations aimed at scar care, pigmentation, and sensitive skin—now listed in ingredient databases for leading international skincare brands.

"Mountains don't just hold silence; they hold secrets to healing in every stem."



Rooted in the high-altitude meadows of the western Himalayas, *Saussurea costus* — locally known as Koot — is prized for its aromatic root, long used in Ayurvedic and Unani traditions for respiratory health, digestion, and inflammation. Rich in sesquiterpene lactones. Traditionally used for bronchitis and chronic cough.



Native to the mid-altitude Himalayan slopes, Kilmora berries are astringent and packed with berberine—an alkaloid known to regulate blood sugar and cholesterol. Used traditionally for liver and digestive complaints, Kilmora now garners attention as a natural metabolic regulator in clinical and nutraceutical research.

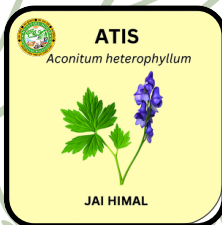


Grown wild in the Himalayan forests, Gucchi mushrooms are rich in polysaccharides and antioxidants that support immune modulation and gut health. Revered in both folk and functional medicine, their anti-inflammatory and adaptogenic benefits make them a rare delicacy for combating oxidative stress, fatigue, and seasonal immunity dips.

*"In the language of leaves and roots,
nature wrote its first prescription."*



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Grown in the higher altitudes of the Western Himalayas, *Aconitum heterophyllum* is a prized root in traditional medicine for its anti-inflammatory and febrifuge properties. Known for supporting respiratory and digestive health, modern studies validate its immunomodulatory and hepatoprotective effects. In Ayurveda, it's used in *Divya Madhukalp Vati*, which has multifaceted usage from regulating diabetes to treating digestion disorders.

Oils



Plant based oils are timeless especially when they have their origins in the youthful mountains of Himalyas. “Cold pressed” oils have just gotten literal, when they are derived from the alpiners.

AROMATIC OILS



Packed with omega-3 and GLA, known to ease inflammation, balance hormones, and nourish skin. Its light texture and holistic profile make it a favorite for mindful self-care, from massage rituals to daily wellness drizzles.



Extracted from wild-grown perilla, this herbaceous oil is a powerhouse of omega-3 ALA, flavonoids, and antioxidants. Known to calm allergies, support respiratory health, and improve skin tone, it's a prized pick for modern immunity boosters and minimalist beauty lovers alike.



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How to Order?



Ordering from Munsyari House is simple and convenient. Reach out to us via WhatsApp for a personalized shopping experience!!!

WhatsApp Number: +91-955777264

Our Head Office: 368Q+535, Munsyari-Madkot Rd, Munsyari, Uttarakhand 262554

Use our Gpay For **Safe** and **Swift** placement of orders.



Thank you for choosing Munsyari House. We are excited to bring the flavors and traditions of the Himalayas to your doorstep.

Note: We always give our best to give you the best product. In case of any defect from our end we request you to notify us within a week of receiving the order. We are more than happy to replace the same provided the defect is not from the customer end.

