



PRANAYA
**INTERNATIONAL
TRADE**

www.pranayainternationaltrade.co.in

COMPANY

History

Since 2025

At Pranaya International Trade, we specialize in facilitating international trade through our comprehensive import and export services. With a steadfast commitment to excellence and a passion for connecting businesses across borders, we strive to be the premier partner for companies seeking to expand their global reach.

Our team brings together a wealth of experience and expertise in navigating the complexities of international trade regulations, logistics, and market dynamics. Whether you are looking to source high-quality products from around the world or expand the reach of your own goods to new markets, we are here to streamline the process and maximize your opportunities for success. Pranaya International Trade Established in the year 2025 is a registered company under MSME, Chamber of commerce, primarily as a Merchant Export Company in Indore (India).

Its one of the leading and reputed exporters dealing with wide range of commodities and services ranging from catering to the wide range of customers across the globe. We have been sourcing and procuring high quality products from a number of producers across the country and deliver them to global clients. Our cordial and long term relations with our customers & our efforts in delivering quality products & customized services have enabled us to attract the clients from the national and International Market.

We specialize in providing a quality product which is selected best of the best to our customers and we are highly conscious & specific about quality & time frame services.

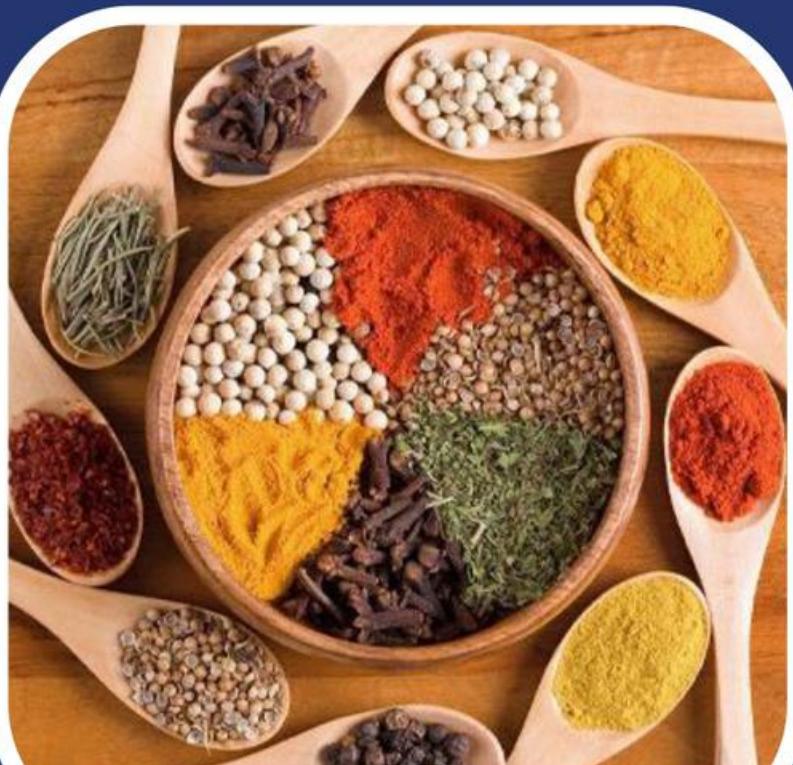
Our Products



Vegetables



Fruits



Spices



Imitation Jewellery

Our Products.



Makhana



Rice



Dress and Sarees



Handicraft Products

VEGETABLES.



www.pranayainternationaltrade.co.in

Onion

The onion (*Allium cepa*) is a widely cultivated vegetable known for its distinctive flavor and aroma, which make it a staple ingredient in cuisines around the world. It belongs to the Amaryllidaceae family and is closely related to garlic, leeks, and chives. Onions come in various types, including red, yellow, and white, each offering a unique taste profile ranging from sweet to pungent. They can be eaten raw, cooked, fried, or pickled, and are used to enhance the flavor of countless dishes.

Rich in vitamins C and B6, as well as antioxidants like quercetin, onions provide several health benefits, such as supporting immunity, reducing inflammation, and promoting heart health. The distinctive smell of onions comes from sulfur compounds released when their cells are broken, which also contribute to their health-promoting properties.



Green Chilly

Green chili, also known as green chili pepper or Capsicum annuum, is a popular spice used in cooking to add heat and flavor to various dishes. It belongs to the Solanaceae family, which also includes tomatoes and potatoes. Green chilies are unripe versions of red chilies and are commonly used fresh in curries, chutneys, salads, and pickles across many cuisines, especially in Asian and Latin American cooking. They are rich in vitamins A, C, and K, as well as minerals like potassium and iron.

The compound capsaicin gives green chilies their spiciness and is known to boost metabolism, improve digestion, and provide pain relief by stimulating nerve endings. Additionally, green chilies contain antioxidants that help strengthen the immune system and protect the body from harmful free radicals.



Drumsticks

Drumstick, scientifically known as *Moringa oleifera*, is a highly nutritious vegetable commonly used in Indian and Southeast Asian cuisine. The long, slender, green pods of the moringa tree are called drumsticks and are valued for their unique flavor and health benefits. They are often added to curries, soups, and lentil dishes, especially in South Indian cooking.

Drumsticks are rich in vitamins A, C, and B-complex, as well as minerals like calcium, iron, and potassium. They are also a good source of dietary fiber and plant protein. Consuming drumsticks is believed to improve digestion, strengthen bones, boost immunity, and help control blood sugar levels. The moringa tree is often referred to as the "miracle tree" because almost every part of it – including the leaves, flowers, and pods – is edible and packed with nutrients.



Ginger

Ginger, scientifically known as *Zingiber officinale*, is a widely used spice and medicinal root known for its distinctive aroma and pungent flavor. It belongs to the Zingiberaceae family and is native to Southeast Asia, where it has been cultivated for thousands of years.

Ginger is commonly used fresh, dried, powdered, or as an oil or juice in cooking and herbal medicine. It adds a warm, spicy flavor to dishes, teas, and desserts. Medicinally, ginger is valued for its anti-inflammatory, antioxidant, and digestive properties. It is known to relieve nausea, reduce muscle pain, improve digestion, and strengthen the immune system.

Rich in bioactive compounds like gingerol, ginger also helps in fighting infections and supporting overall health, making it both a culinary and therapeutic staple in many cultures.



Carrot

Carrot, botanically known as *Daucus carota*, is a popular root vegetable recognized for its bright orange color, sweet taste, and high nutritional value. It is one of the most widely consumed vegetables worldwide.

Carrots are commonly eaten raw, cooked, juiced, or dried, and are an excellent source of beta-carotene, which the body converts into vitamin A. This nutrient plays a vital role in maintaining good vision, healthy skin, and a strong immune system.

In addition to vitamin A, carrots contain antioxidants, fiber, and essential minerals that support digestion, heart health, and overall vitality. Their regular consumption contributes to balanced nutrition and long-term wellness.



Beetroot

Beetroot, scientifically known as *Beta vulgaris*, is a nutritious root vegetable valued for its deep red color, earthy flavor, and exceptional health benefits. It is widely cultivated across the world and used in both culinary and medicinal applications.

Beetroot can be consumed fresh, boiled, roasted, or processed into juice and powder. It is rich in essential nutrients such as folate, iron, potassium, and dietary fiber. Due to its natural nitrates, beetroot helps improve blood circulation, enhance stamina, and support heart health.

Known for its detoxifying properties, beetroot supports liver function and helps in maintaining healthy blood pressure levels. Its antioxidant content also contributes to improved immunity and overall wellness.



FRUITS



www.pranayainternationaltrade.co.in

Banana

The banana, scientifically known as *Musa paradisiaca* or *Musa acuminata*, is one of the most popular and widely consumed fruits in the world. It belongs to the *Musaceae* family and is native to Southeast Asia but is now cultivated in tropical and subtropical regions globally. Bananas are known for their sweet flavor, soft texture, and high nutritional value.

They are rich in carbohydrates, particularly natural sugars like glucose and fructose, which provide quick energy. Bananas are an excellent source of essential nutrients such as potassium, vitamin C, vitamin B6, and dietary fiber. Regular consumption of bananas supports heart health, aids digestion, and helps maintain healthy blood pressure levels.

The fruit is versatile and can be eaten raw, blended into smoothies, or used in baking and desserts. Its natural sweetness and easy digestibility make it a favorite food for people of all ages.



Grapes

Grapes, scientifically known as *Vitis vinifera*, are small, sweet, and juicy fruits that grow in clusters on woody vines. They come in various colors, including green, red, black, and purple, and are enjoyed both fresh and dried (as raisins). Grapes are one of the oldest cultivated fruits in the world.

They are rich in essential nutrients such as vitamins C and K, potassium, and antioxidants like resveratrol, which is known for promoting heart health and protecting cells from damage. Regular consumption of grapes supports healthy blood circulation, improves digestion, and boosts immunity.

Their high water content makes them refreshing and hydrating, while their natural sweetness makes them a healthy snack option for all ages.



Pomegranate

Pomegranate, scientifically known as *Punica granatum*, is a nutrient-rich fruit valued for its sweet and tangy flavor as well as its numerous health benefits. It is native to regions of the Middle East and South Asia but is now grown in many warm-climate regions worldwide.

The fruit has a tough outer rind and is filled with juicy, ruby-red seeds called arils. Pomegranates are an excellent source of vitamins C and K, folate, and potassium, and they are packed with powerful antioxidants such as punicalagins and anthocyanins.

These compounds help reduce inflammation, lower blood pressure, and protect the heart. Regular consumption of pomegranate improves digestion, boosts immunity, and promotes healthy skin. Its vibrant seeds and refreshing juice make it a popular choice in salads, desserts, and beverages.



Mango

Mango, scientifically known as *Mangifera indica*, is a tropical fruit often referred to as the "king of fruits" because of its rich flavor, vibrant color, and high nutritional value. Native to South Asia, mangoes are now grown in many tropical and subtropical regions worldwide.

The sweet, juicy pulp varies in color from golden yellow to deep orange depending on the variety. Mangoes are an excellent source of vitamins A and C, dietary fiber, and antioxidants that support immunity, improve digestion, and promote healthy skin and eyesight.

They can be eaten fresh, blended into smoothies, made into juices, or used in desserts and savory dishes. Mangoes help keep the body hydrated and energized, making them a refreshing summer fruit enjoyed by people of all ages.



SPICES



www.pranayainternationaltrade.co.in

Red Chilly Powder

Red chili powder is a popular spice made from dried and ground red chili peppers, belonging to the species *Capsicum annuum* or *Capsicum frutescens*. It is widely used in cooking to add heat, color, and flavor to a variety of dishes. Commonly used in Indian, Mexican, and Asian cuisines, red chili powder can range from mildly spicy to extremely hot, depending on the type of chili used.

It is rich in vitamins A, C, and E, as well as minerals like potassium and iron. The main active compound in red chili powder, capsaicin, is responsible for its spiciness and has several health benefits, including boosting metabolism, aiding digestion, and improving blood circulation.

Additionally, it contains antioxidants that help protect the body from free radical damage. Used in small amounts, red chili powder enhances the taste and appearance of food while also providing a nutritional boost.



Turmeric Powder

Turmeric powder, scientifically known as *Curcuma longa*, is a bright yellow spice widely used in cooking and traditional medicine. It is made by drying and grinding the rhizome (root) of the turmeric plant, which belongs to the ginger family, Zingiberaceae.

Turmeric has a warm, earthy flavor and is a key ingredient in many Asian dishes, especially in Indian curries. It is valued for its medicinal properties due to curcumin, a powerful antioxidant and anti-inflammatory compound.

Regular consumption of turmeric boosts immunity, improves digestion, promotes healthy skin, and supports joint and liver health. Known as the “golden spice,” turmeric powder enhances the color and nutritional value of food while contributing to overall wellness.



Black Pepper

Black pepper, scientifically known as *Piper nigrum*, is one of the most widely used and valued spices in the world, often referred to as the "king of spices." It is obtained from the dried berries of the pepper plant, native to South India.

Black pepper has a sharp, pungent flavor and a distinctive aroma. It contains piperine, an active compound responsible for its spiciness and numerous health benefits, including stimulating digestion, improving nutrient absorption, and boosting metabolism.

It is rich in antioxidants and has anti-inflammatory and antibacterial properties. Traditionally, black pepper has been used to relieve cold, cough, and respiratory issues. Whether whole or ground, it enhances the taste of a wide range of dishes while promoting overall health.



Cumin Seeds

Cumin seeds, scientifically known as *Cuminum cyminum*, are aromatic seeds widely used as a spice in Indian, Middle Eastern, and Latin American cuisines. They have a warm, earthy flavor with a slightly bitter and nutty taste.

Cumin seeds are rich in iron, magnesium, and antioxidants that support digestion, boost immunity, and improve metabolism. They promote digestive enzyme secretion, making them beneficial for gut health.

In traditional medicine, cumin is used to treat bloating, indigestion, and inflammation. Their unique flavor and numerous health benefits make cumin seeds an essential spice in kitchens around the world.



Rice

Rice is one of the most widely consumed staple foods in the world, known for its versatility, rich taste, and high nutritional value. It comes in many varieties such as basmati, long-grain, short-grain, brown, and parboiled, each offering unique texture and flavor. Rice is a major source of carbohydrates, providing energy to the body, and contains essential nutrients like B-vitamins, magnesium, and iron. Brown rice is particularly valued for its high fiber content, which supports digestion and heart health. Easy to cook and adaptable to countless dishes, rice is used in traditional meals, biryanis, stir-fries, desserts, and more. Its mild flavor pairs well with vegetables, meats, and spices, making it a staple ingredient in both everyday cooking and gourmet cuisine.



Makhana

Makhana, also known as fox nuts or lotus seeds, is a highly nutritious superfood widely consumed for its exceptional health benefits. Harvested from the seeds of the lotus flower, makhana is light, crunchy, and naturally gluten-free, making it an excellent snack for people of all ages. It is rich in protein, fiber, calcium, and essential minerals like magnesium and potassium. Makhana is known for its antioxidant and anti-inflammatory properties, which help support heart health, improve digestion, and boost immunity. Low in calories and free from preservatives, it is a perfect choice for weight management and healthy snacking. Whether roasted with spices, used in kheer, or added to curries, makhana adds flavor, nutrition, and wholesome goodness to your diet.



Imitation jewellery, also known as fashion or artificial jewellery, is designed to offer stylish and elegant accessories at an affordable price. Crafted using high-quality metals, alloys, beads, stones, and plated finishes, imitation jewellery beautifully replicates the look of precious gold, silver, and diamond ornaments. It is lightweight, versatile, and suitable for daily wear as well as special occasions. With endless designs ranging from traditional to modern styles, it allows individuals to express their personality and stay trendy without spending much. Imitation jewellery is also popular because it is skin-friendly, durable, and easy to maintain. Whether for weddings, parties, or casual outfits, this jewellery enhances appearance and adds a touch of sophistication to any look.



Dress and Sarees

Dresses and sarees are timeless pieces of clothing that beautifully represent elegance, culture, and modern style. Sarees, one of India's most iconic traditional garments, are known for their graceful drape, rich fabrics, and intricate designs. Available in silk, cotton, chiffon, georgette, and embroidered varieties, sarees are perfect for weddings, festivals, and special occasions. Dresses, on the other hand, offer a blend of comfort and contemporary fashion, making them suitable for casual outings, office wear, and parties. From ethnic gowns to western-style dresses, the choices are endless and cater to all age groups. Both dresses and sarees allow women to express their individuality through vibrant colors, stylish patterns, and unique craftsmanship. Whether traditional or modern, these outfits enhance beauty and confidence effortlessly.



Handicraft products represent the rich cultural heritage, creativity, and skilled craftsmanship of artisans from diverse regions. Made entirely by hand using traditional tools and techniques, these products carry a unique charm that machine-made items cannot replicate. Handicrafts include wooden carvings, pottery, textiles, metal art, bamboo craft, jewelry, home décor, and many other artistic creations. Each piece reflects the artisan's dedication, imagination, and cultural identity. Handicraft products are valued for their durability, authenticity, and eco-friendly nature, as many are crafted from natural or recycled materials. They not only enhance the beauty of homes but also support rural artisans and help preserve traditional art forms. Perfect as gifts or décor items, handicrafts add warmth, elegance, and storytelling to every space.



CONTACT

Information



Prasanna Dahale



+91-8655286608



pd6492@gmail.com



www.pranayainternationaltrade.co.in



172, Tilak Path, Rambagh, Indore, Madhya
Pradesh – 452007, India

"LET'S GROW TOGETHER!"



THANK
you