How many grams are there in 1 tola of gold?

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How Many Grams Are in 1 Tola of Gold?

For those rooted in South Asian traditions or investing in fine gold, the word *tola* holds timeless significance. A tola is a traditional unit of weight still commonly used when buying and selling gold, particularly in India, Pakistan, and across the diaspora.

So, **how many grams are in 1 tola of gold?**

The official answer is: **1 tola = 11.66 grams**.
More precisely, it's 11.6638 grams—but 11.66 is widely accepted across the gold and jewellery trade.

A Legacy That Still Weighs True

The tola dates back centuries and was formalised in British India in the 19th century. Though many parts of the world transitioned to metric measurements, the tola remains a cherished standard, especially in weddings, heirlooms, and gold investments.

At **PureJewels**, we honour this heritage by offering 22ct gold pieces crafted with precision and always measured to traditional standards. Our silver tola coins, for example, weigh exactly **11.7 grams**, staying true to cultural expectations.

Why It Matters

Whether you're converting family gold or buying a bridal set, knowing the value in grams ensures transparency. For ease and accuracy, we've created a helpful tool to guide you.

Use our Tola to Gram Calculator here

This calculator helps you convert gold weight effortlessly, so you can make informed decisions rooted in both tradition and trust.