Is the weight of a tola the same worldwide?

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In the world of gold, precision matters—and so does heritage. One unit that beautifully blends the two is the *tola*, a traditional South Asian measurement still widely used today in gold trading and jewellery buying. But is the weight of a tola always the same around the world?

The short answer is: not quite—but almost.

Historically, the *tola* varied by region, often influenced by local trade practices. However, over time—and especially in the context of gold—the tola has been largely standardised. Today, the internationally recognised weight of **1 tola equals 11.66 grams**.

This standard holds true in countries such as **India, Pakistan, Nepal**, and throughout the **Middle Eastern gold markets**, where South Asian communities continue to trade and invest in gold using this traditional unit.

At **PureJewels**, we honour this legacy while ensuring clarity for every customer. When it comes to **1 tola gold and silver coins**, we follow the **standard weight of 11.66 grams**, precisely measured and hallmarked. However, in the world of **22ct gold jewellery**, the term *tola* is often used more informally to represent **10 grams**—a practical convention that simplifies pricing and crafting. Whether you're purchasing a coin, a bridal set, or exchanging heirlooms, we ensure complete transparency so you always know the exact weight and value of your piece.

Gold Weight Comparison: Tola and Beyond

To provide further clarity, here's how the tola compares with other common gold units:

Unit	Grams Equivalent	Used For
1 Tola	11.66 g	South Asian & Middle Eastern gold trade
1 Gram	1 g	Global metric standard
1 Troy Ounce	31.1035 g	International gold markets and pricing
1 Carat (ct)	0.2 g	Gemstones (not used for gold)

Quick conversions:

- 1 Ounce ≈ 2.667 Tolas
- 1 Tola ≈ 0.375 Ounces
- 1 Tola = 58.3 Carats (for gemstone weight reference)