



# Product Training

By

**Bharti Rana**

Product Formulator & R&D Consultant

with 9+ Years of Experience

in Domestic & International Markets and Manufacturing  
Industry

Today's Topic

# Diabetes Management





# What is Diabetes ?

Diabetes is a health condition where your body can't properly use or make enough insulin – the hormone that controls sugar (glucose) in your blood.

Because of this, sugar stays in the blood instead of going into the cells for energy. Over time, high blood sugar can harm the eyes, kidneys, nerves, heart, and other parts of the body.

Example :

- Your body needs sugar (glucose) for energy, like fuel for a car.
- Insulin is the key that unlocks the door to let sugar enter the cells.
- In diabetes, either the body doesn't make enough insulin (like not having enough keys), or the keys don't work well (the lock is jammed).
- So, the sugar piles up in the blood instead of being used for energy.





# Types of Diabetes

## Type 1 Diabetes

- The body stops making insulin completely.
- Usually starts in children or young people.
- They must take insulin injections for life.
- Example: It's like your car's fuel key is lost forever, so you need an outside key (insulin from injections) every day.

## Type 2 Diabetes

- The body makes insulin, but not enough, or the body doesn't use it properly.
- Mostly happens in adults, often linked to lifestyle (unhealthy food, less activity, being overweight, stress).
- Can be controlled with healthy diet, exercise, medicines, and sometimes insulin later.
- Example: The key is there, but it's weak or the lock is rusty, so sugar still doesn't get inside cells easily.

## Gestational Diabetes

- Happens during pregnancy in some women.
- Usually goes away after delivery, but increases risk of Type 2 later.
- Example: During pregnancy, the car's lock becomes extra tight for some months, but usually returns to normal after.



# Reason of diabetes ?

## 1. Type 1 Diabetes

- It's mostly due to the immune system attacking the insulin-making cells in the pancreas by mistake.
- Exact reason is not known, but can be linked to:
  - Family history (genes)
  - Some viral infections
- You can't prevent this type.

## Type 2 Diabetes

This is the most common one. Main reasons are:

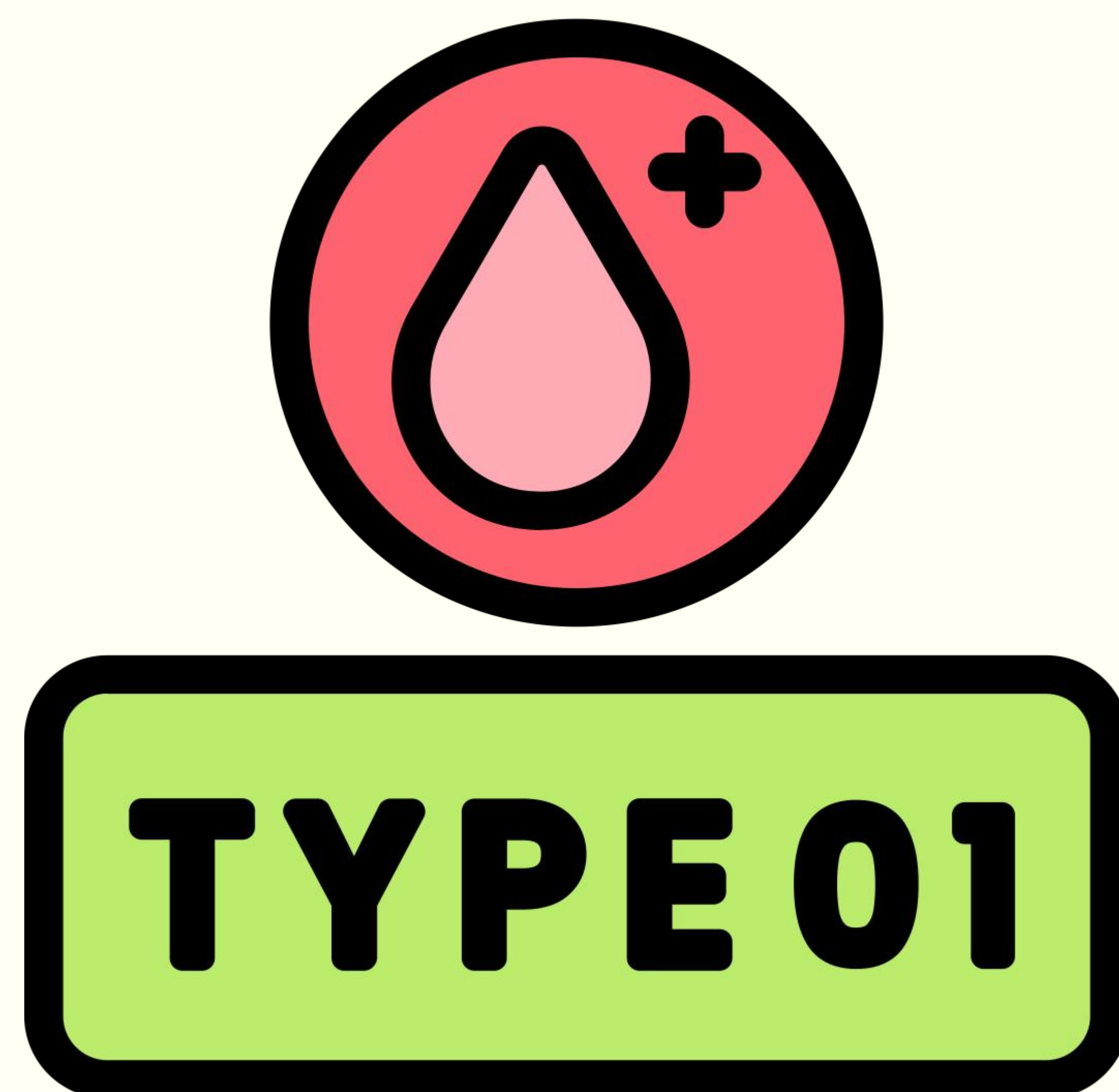
- Unhealthy lifestyle
  - Eating too much junk/processed food, sugar, fried foods
  - Lack of exercise or long sitting hours
- Being overweight or having fat around the belly (belly fat makes the body resist insulin).
- Stress & poor sleep (they disturb hormone balance).
- Family history – if parents or close relatives have diabetes.
- Age – risk increases after 40, but now even younger people are getting it.
- This type can often be prevented or delayed with a healthy lifestyle.

## Gestational Diabetes (in pregnancy)

- Hormonal changes in pregnancy make the mother's body resist insulin.
- If the body can't make extra insulin, sugar levels rise.
- Higher risk if:
  - The woman is overweight before pregnancy
  - Has PCOD
  - Has family history of diabetes



## In Short

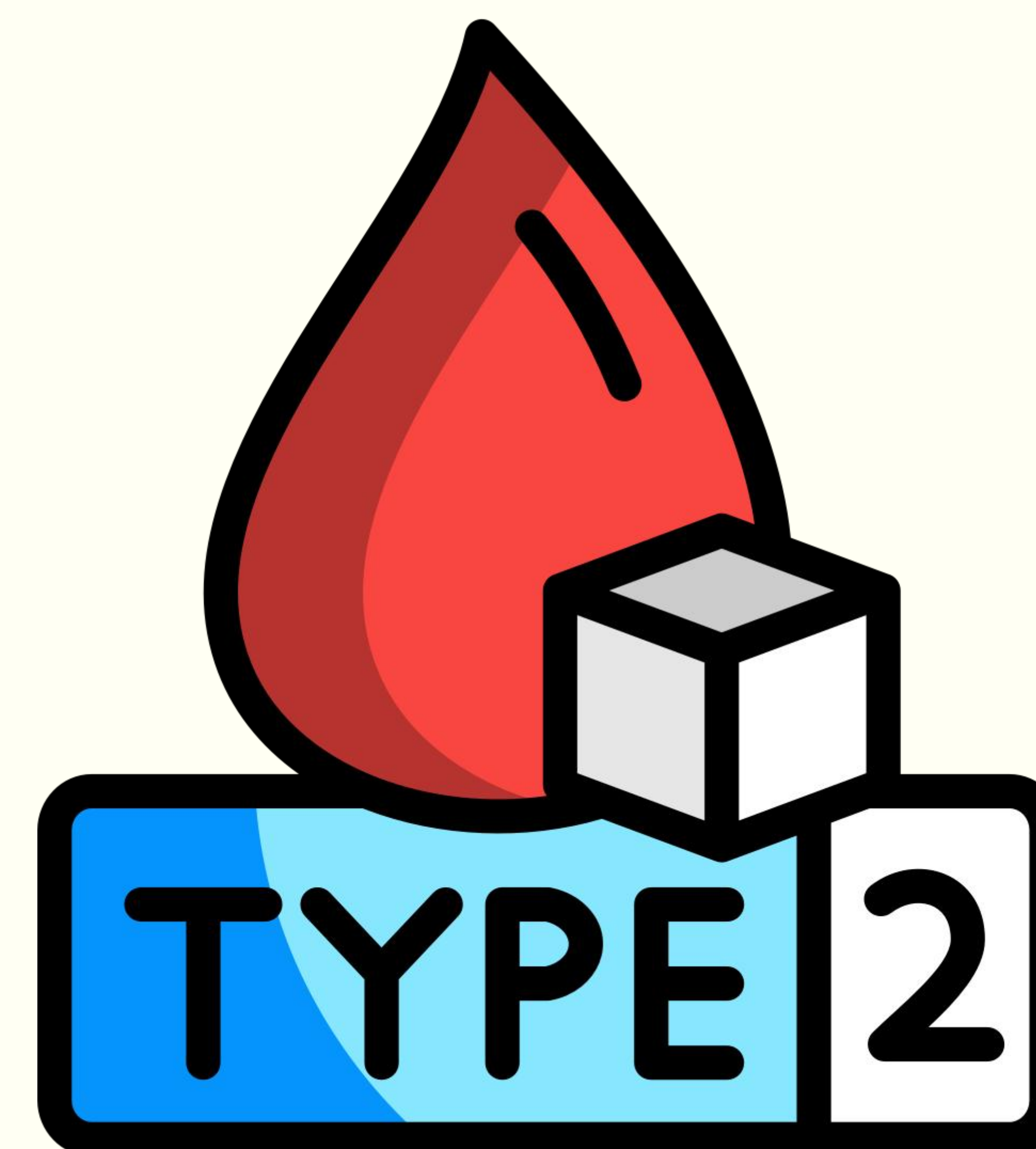


### Types of diabetes

Type 1 = No insulin at all.

Type 2 = Insulin is there but not working well.

Gestational = Temporary diabetes in pregnancy.



### Reason Of diabetes

Type 1 = Body attacks its own insulin-making cells.

Type 2 = Lifestyle + genes make insulin weak or less.

Gestational = Pregnancy hormones disturb insulin action.





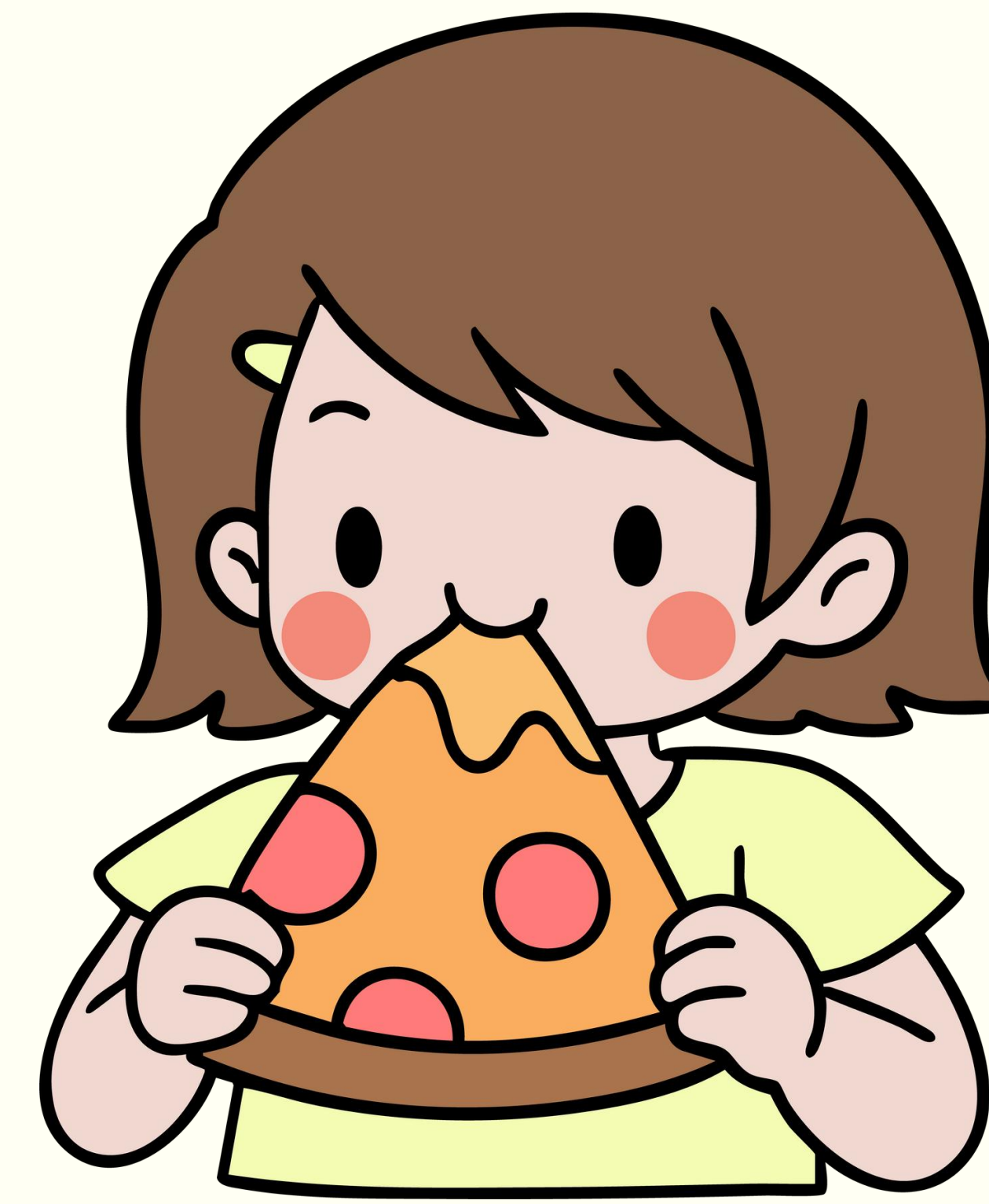
# Common Symptoms of diabetes



**Too much thirst**



**Frequent urination**



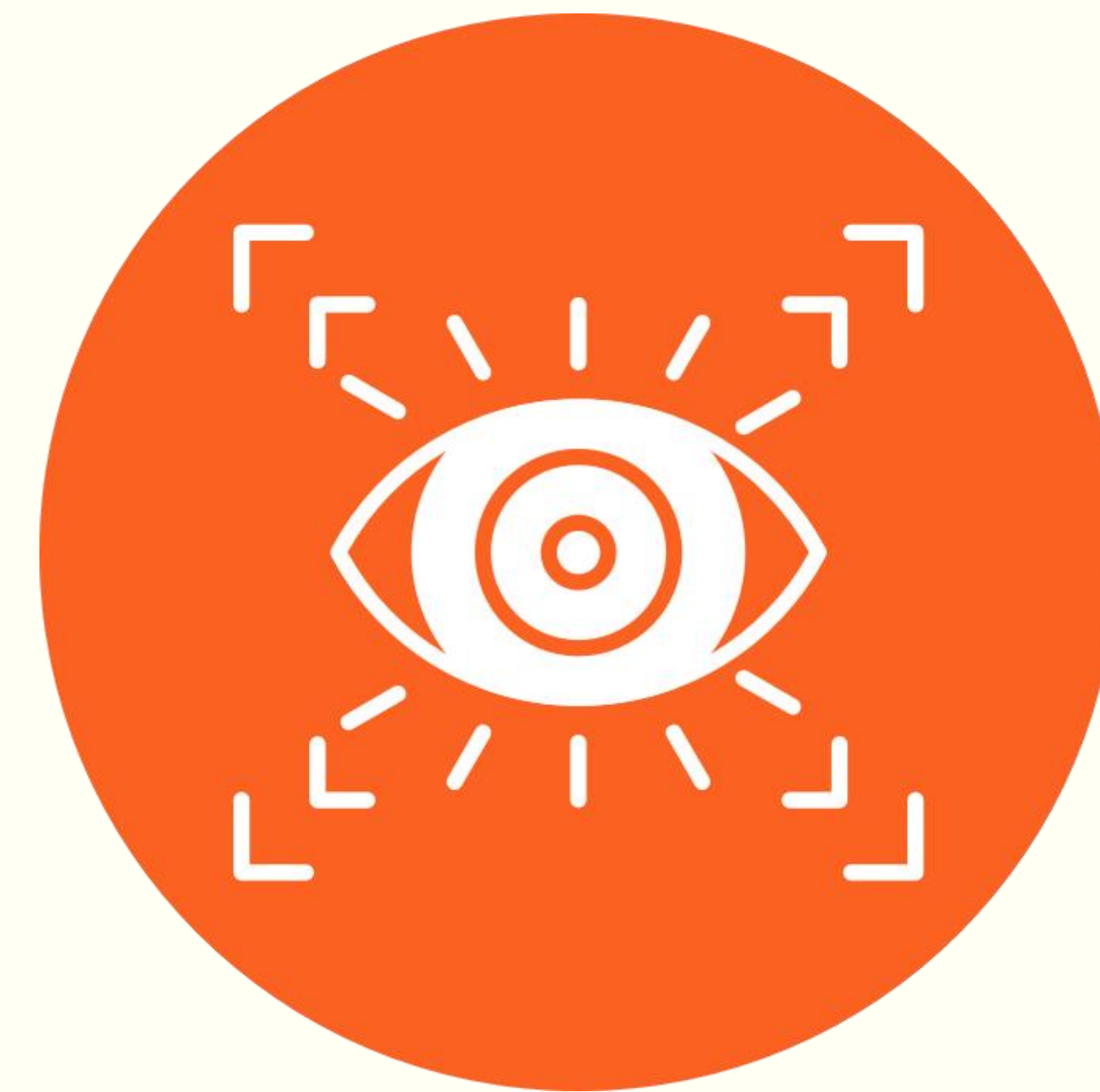
**Extreme hunger**



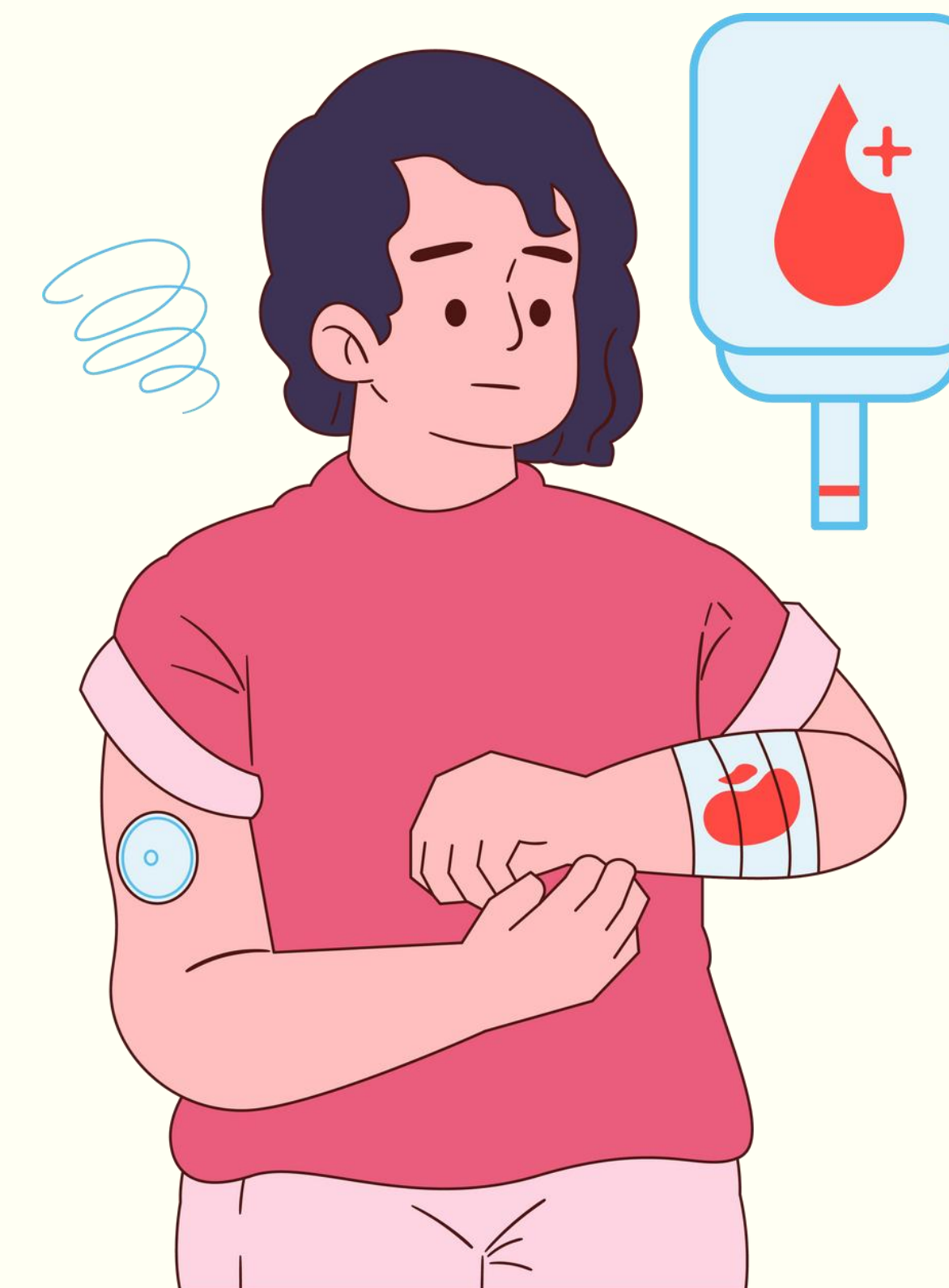
**Unexplained weight changes -  
sudden weight loss (Type 1) or  
weight gain (Type 2).**



**Tiredness / weakness**



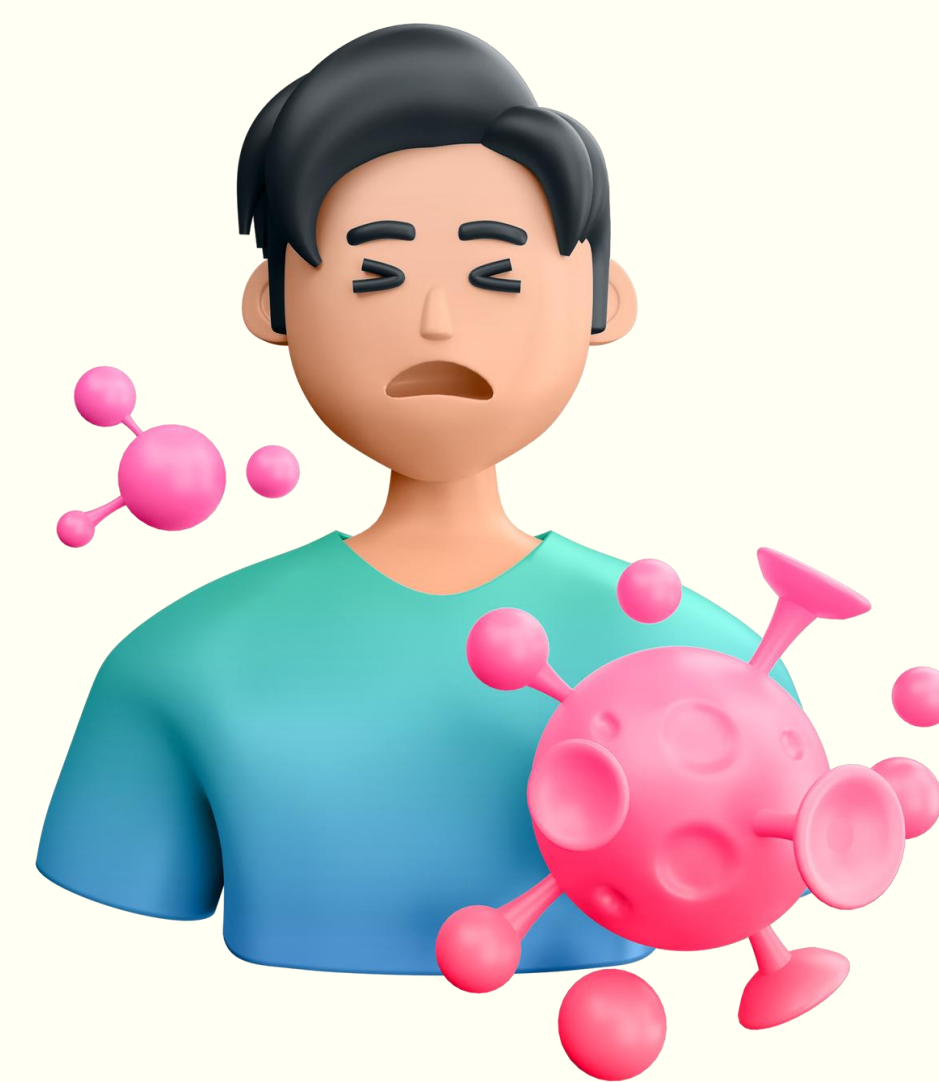
**Blurred vision**



**Slow Healing**



**Numbness or tingling**



**Frequent infections**



**Dry Skin & Itching (Type 2)**



# Complications of diabetes

## Major Complications:

- Heart problems – higher risk of heart attack, stroke, high blood pressure.
- Kidney damage – kidneys may become weak and even fail (dialysis may be needed).
- Eye damage – can cause poor vision, cataract, or even blindness.
- Nerve damage – pain, tingling, burning, or numbness in hands and feet.
- Foot problems – wounds on feet heal very slowly, sometimes leading to infections or even amputation (cutting off foot/leg).

## Other Issues:

- Skin infections (bacterial or fungal).
- Dental/gum problems.
- Sexual health issues – reduced performance in men, complications in pregnancy for women.
- Mental health impact – stress, anxiety, or depression.

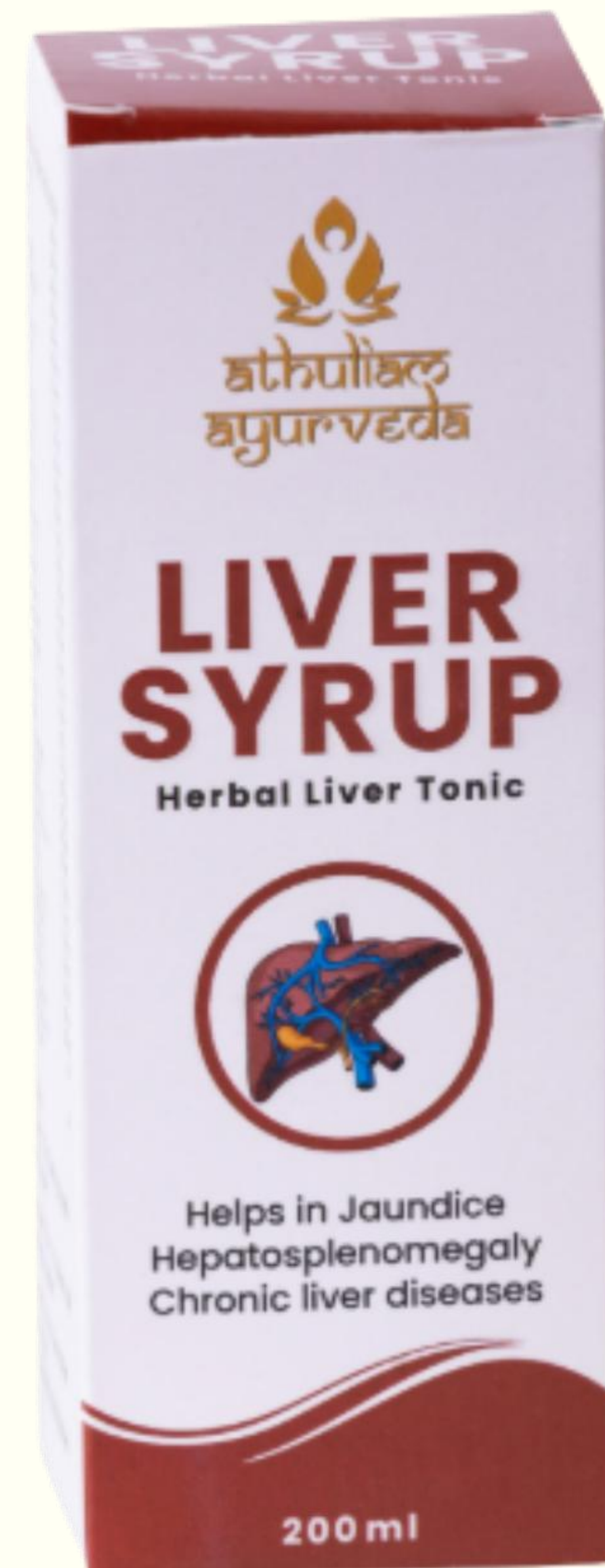
**High sugar = damages pipes (blood vessels) + wires (nerves). That's why controlling sugar is so important.**



# Remedies By Athuliam Ayurveda



Dybo Well  
Ras



Liver  
Syrup



Active Rich Tablet  
s



Ayush  
82



Panch  
Tulsi





# Dybo Well Ras

## The Herbal Way to Sugar Wellness.



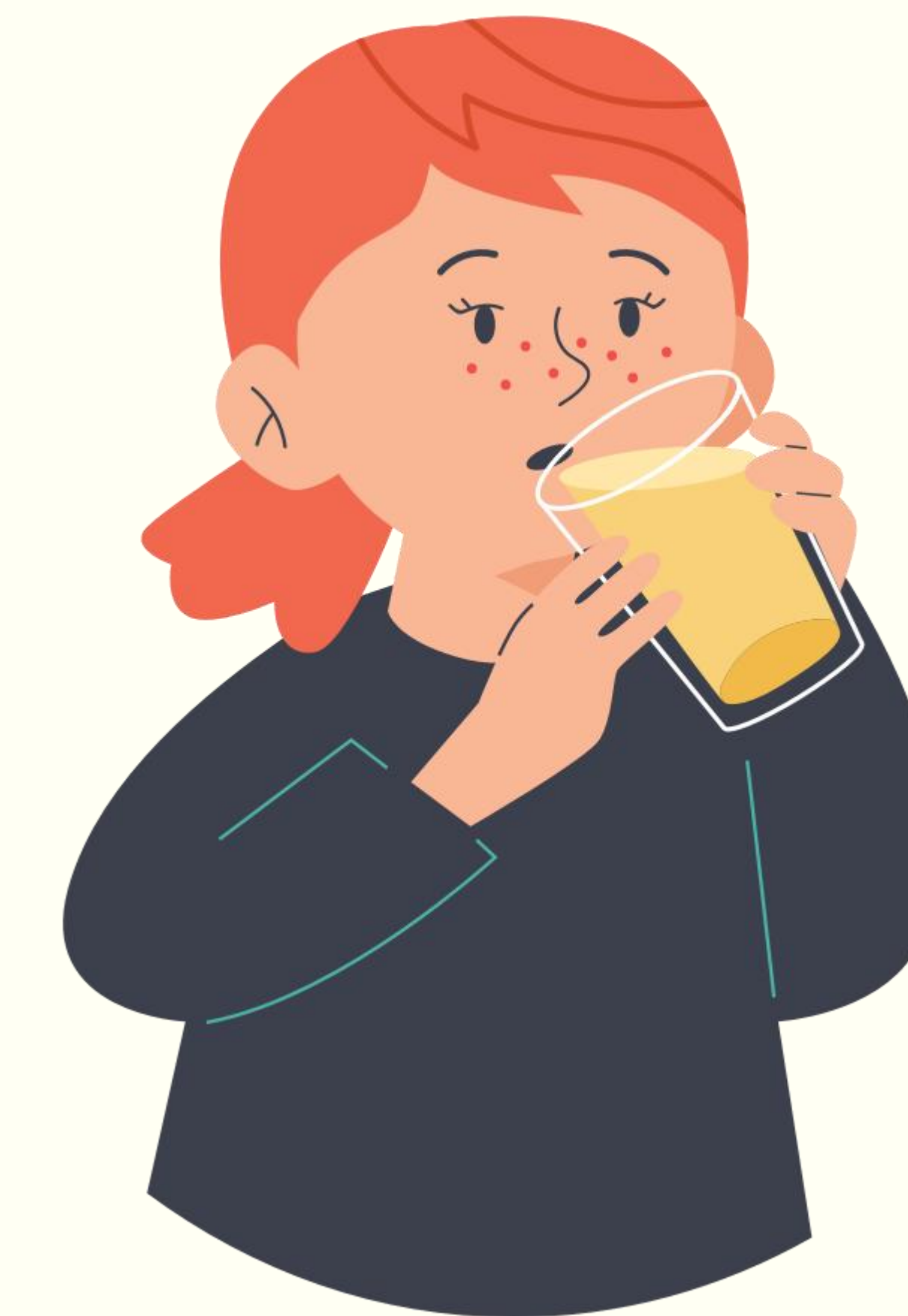
Dybo Well Ras is a natural herbal juice blend specially made to help manage blood sugar levels in a safe and balanced way. Enriched with time-tested Ayurvedic herbs, it supports metabolism, improves digestion, and helps the body use sugar effectively.

### Suitable For

- People with high blood sugar / diabetes
- Those with family history of diabetes (as a preventive measure)
- Individuals with obesity, weakness, or frequent tiredness
- Anyone wanting to maintain a healthy lifestyle naturally

### How to Use

- Take 15–20 ml Dybo Well Ras
- Mix in a glass of lukewarm water
- Consume twice daily – morning on an empty stomach and evening before meals
- Use regularly for best results (or as advised by physician)





# Key Benefits

- Helps in maintaining healthy blood sugar levels
- Improves insulin function & metabolism
- Reduces tiredness, weakness, and frequent hunger/thirst
- Supports liver & kidney health
- Aids in weight management
- Boosts overall energy & stamina
- Strengthens digestion and immunity



Karela  
a



Jamun



Nee  
m



Gudmar



# Liver Syrup

Liver Syrup is a natural herbal formulation designed to keep the liver healthy and active. Enriched with liver-protective herbs, it helps detoxify the body, improves digestion, and supports overall metabolic health.

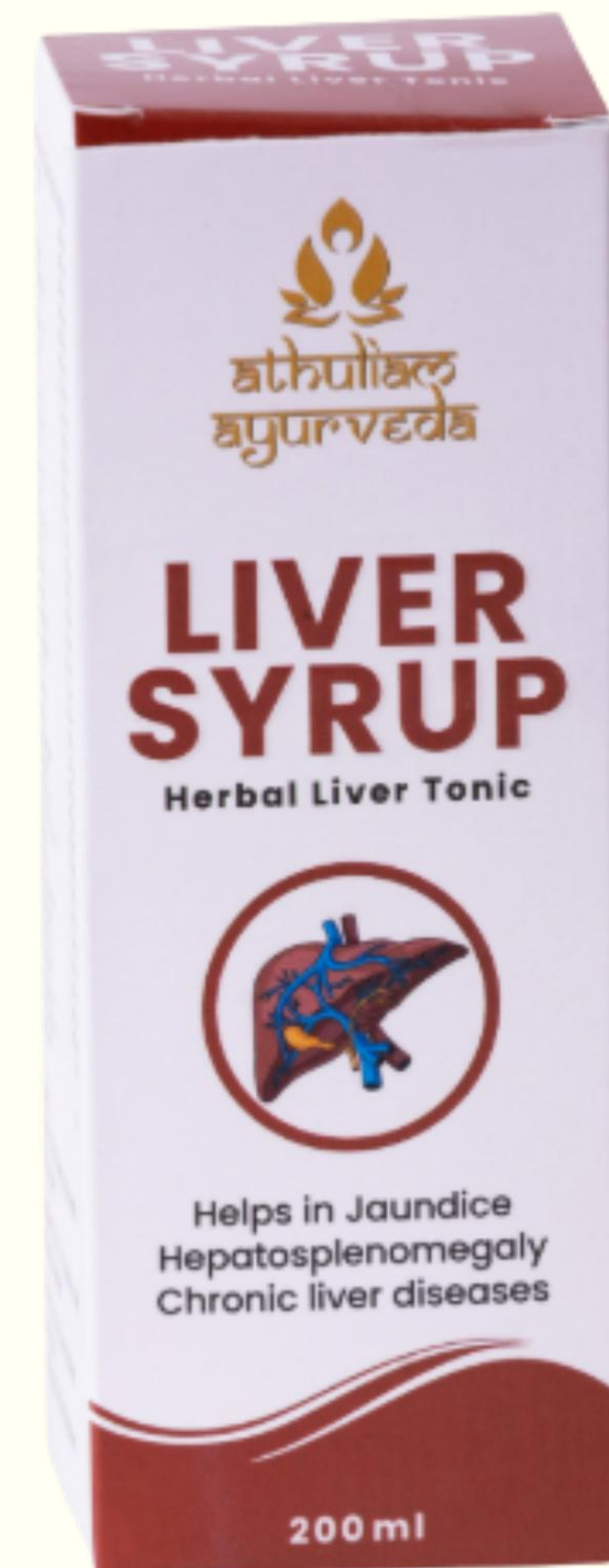
## Suitable For

- People with weak digestion, acidity, or bloating
- Those with fatty liver or sluggish liver function
- Individuals who consume oily, junk, or spicy food often
- People with low appetite, nausea, or indigestion
- Anyone looking for a natural detox & liver care support

## How to Use

- Take 2 teaspoons (10 ml) twice daily after meals
- Consume regularly or as directed by a physician

**Healthy liver = better sugar control + improved digestion + reduced complications in diabetes.**

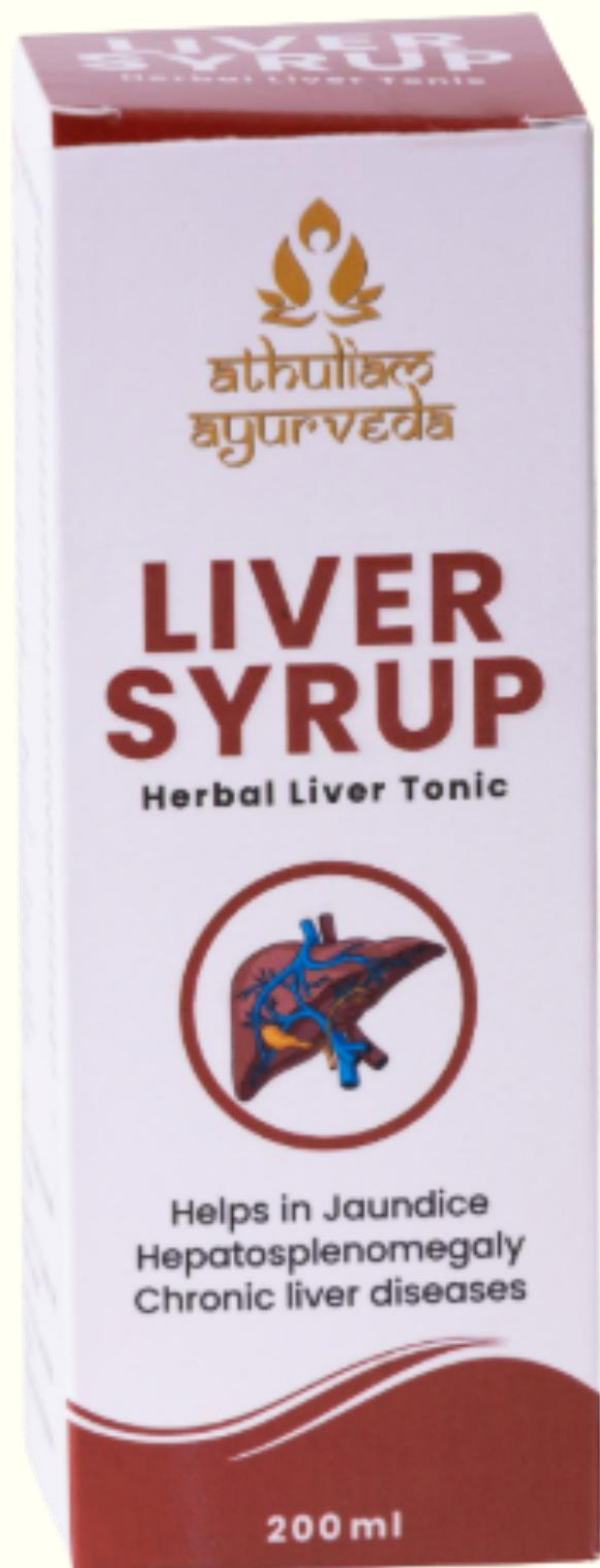




# Key Benefits

## Benefits

- Helps regulate blood sugar balance by improving liver function
- Reduces risk of fatty liver, a common complication in diabetes
- Supports better digestion & metabolism, aiding sugar utilization
- Assists in detoxifying the body, lowering toxin load that worsens insulin resistance
- Improves energy & stamina, reducing fatigue in diabetics
- Promotes overall sugar wellness by keeping liver and digestion strong



**Kalmegh**



**Kutki**



**Punarnava**



# Active Rich Tablet

Active Rich Tablet is a premium nutritional supplement enriched with essential vitamins, minerals, and antioxidants. Specially designed for people with diabetes or pre-diabetes, it helps fill nutritional gaps, supports energy, and protects the body from diabetes-related damage.



## Suitable For

- People with Type 2 diabetes or pre-diabetes
- Those with fatigue, weakness, or low energy
- Individuals prone to diabetes complications (eyes, nerves, kidneys)
- Anyone needing extra nutritional support along with regular diabetes care

## How to Use

- Take 1 tablet daily after meals with water
- Or as directed by a healthcare professional
- For best results, use regularly along with a healthy diet & lifestyle



# Key Benefits

## Benefits:

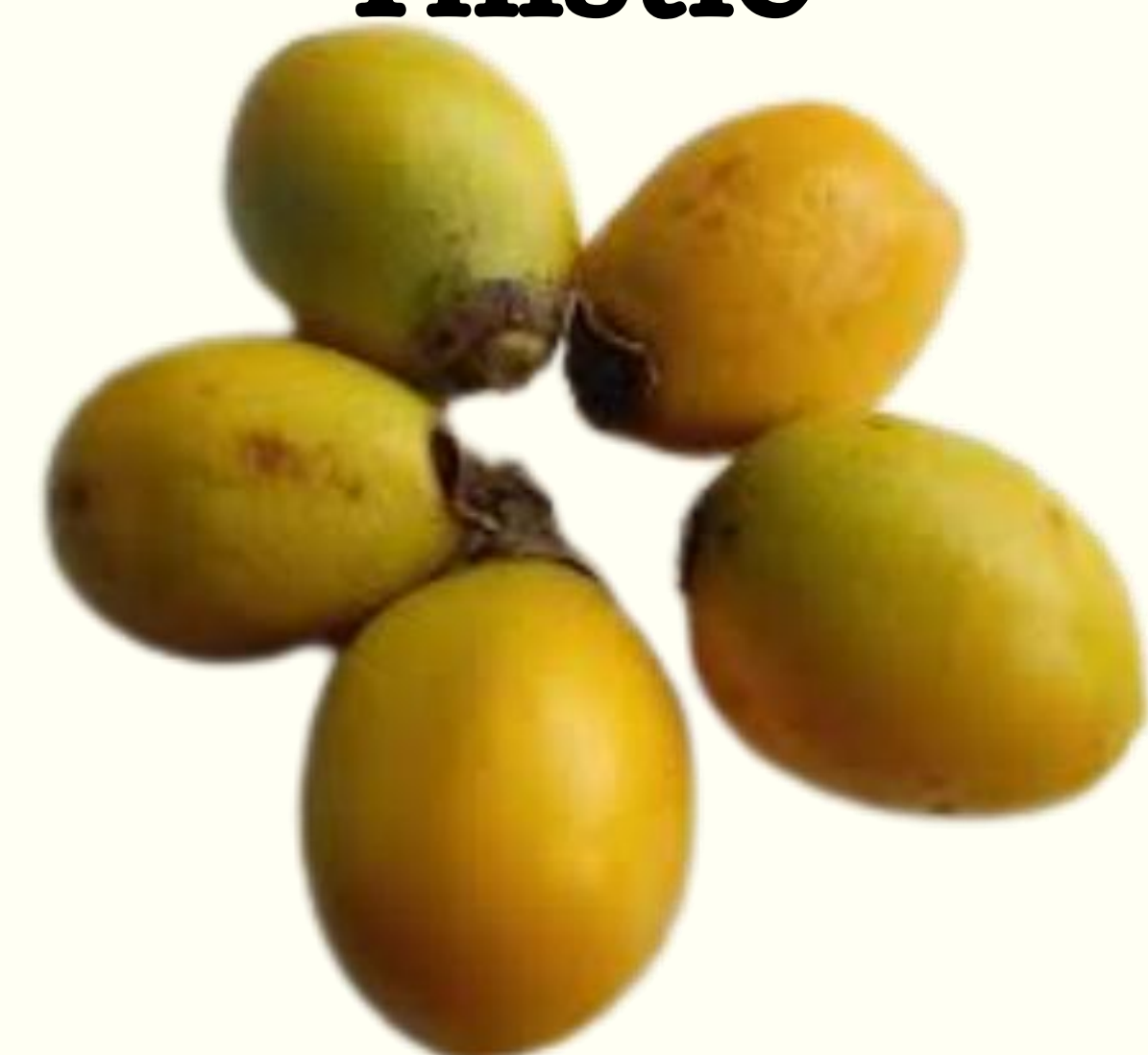
- Provides essential vitamins & minerals often lacking in diabetics
- Strengthens nervous system, reducing tingling, numbness, and weakness
- Rich in antioxidants – protects eyes, heart, and kidneys from diabetes-related damage
- Improves energy, stamina, and immunity
- Helps in better metabolism & sugar utilization
- Complements regular diabetes treatment as an additional nutritional support



Acai  
Berry



Milk  
Thistle



Gambhar  
i

**Active Rich Tablet = Daily Nutritional Shield for People with Diabetes.**



# Ayush 82 Tablets

Ayush 82 Tablet is a classical Ayurvedic formulation developed under CCRAS (Central Council for Research in Ayurvedic Sciences). It is specially designed to support people with Type 2 Diabetes Mellitus. Made with a synergistic blend of herbs, it helps regulate blood sugar, improves metabolism, and reduces long-term diabetes complications naturally.

## Suitable For

- People with Type 2 Diabetes as an additional supplement with prescribed treatment
- Those with family history of diabetes for preventive care
- Individuals with high risk of lifestyle disorders (obesity, fatigue, indigestion)
- Anyone seeking a natural Ayurvedic support for sugar management

## How to Use

- **Take 2 tablets twice daily after meals with lukewarm water**
- **Use regularly for best results**





# Key Benefits

## Benefits

- Helps in regulating blood glucose levels naturally
- Improves insulin sensitivity & sugar utilization
- Supports liver and pancreatic function
- Reduces risk of diabetes complications (eyes, kidneys, nerves)
- Enhances energy, stamina, and immunity in diabetics
- Aids in weight management & healthy digestion



**Karel**



**Vijaysa**



**Amra (Mango**



**Meth**



**Gudma**



# Panch -Tulsi Drops

Panch Tulsi Drops is a herbal liquid formulation combining five types of Tulsi (Holy Basil). It is enriched with natural antioxidants and bioactive compounds that help support blood sugar management, immunity, and overall wellness. It is ideal as an additional supplement for people with diabetes.



## Suitable For

- People with Type 2 diabetes or pre-diabetes
- Individuals looking to support sugar regulation naturally
- Those with stress, low immunity, or frequent infections
- Anyone seeking a natural, herbal supplement for daily wellness

## How to Use

- Take 10–15 drops in a glass of lukewarm water
- Consume twice daily, morning and evening
- Use regularly for best results
- Can be used along with prescribed diabetes treatment



# Key Benefits

- Helps in maintaining healthy blood sugar levels
- Rich in antioxidants – protects against oxidative stress linked to diabetes complications
- Supports liver, kidney, and heart health
- Boosts immunity and natural defenses
- Helps reduce stress, which can worsen blood sugar levels
- Promotes overall wellness and energy





# Shilajit Resin



Shilajit Resin is a natural, mineral-rich substance sourced from the Himalayas. It is a potent adaptogen and antioxidant that helps improve energy, metabolism, and overall wellness. When used as a supplementary aid in diabetes care, it supports blood sugar management, insulin function, and organ health naturally.

## Suitable For

- People with Type 2 diabetes or pre-diabetes
- Individuals with low energy, fatigue, or metabolic imbalance
- Those looking to support liver, kidney, and pancreatic function
- Anyone seeking a natural supplement to complement diabetes management

## How to Use

- Take a pearl-sized portion (about 450-500 mg)
- Mix in warm water, milk, or herbal tea
- Consume once daily or as advised by a healthcare professional
- Can be taken along with regular diabetes treatment



# Key Benefits



- Supports blood sugar balance by improving glucose metabolism
- Enhances insulin sensitivity
- Boosts energy, stamina, and physical performance, reducing fatigue common in diabetics
- Rich in antioxidants and fulvic acid, protecting organs (liver, kidneys, heart) from oxidative stress
- Supports liver and kidney function, which is crucial in diabetes management
- Promotes overall metabolic and hormonal balance



Thank You