



# Product Training

By

**Bharti Rana**

Product Formulator & R&D Consultant

with 9+ Years of Experience

in Domestic & International Markets and Manufacturing  
Industry

# Introduction

**Hi everyone!**

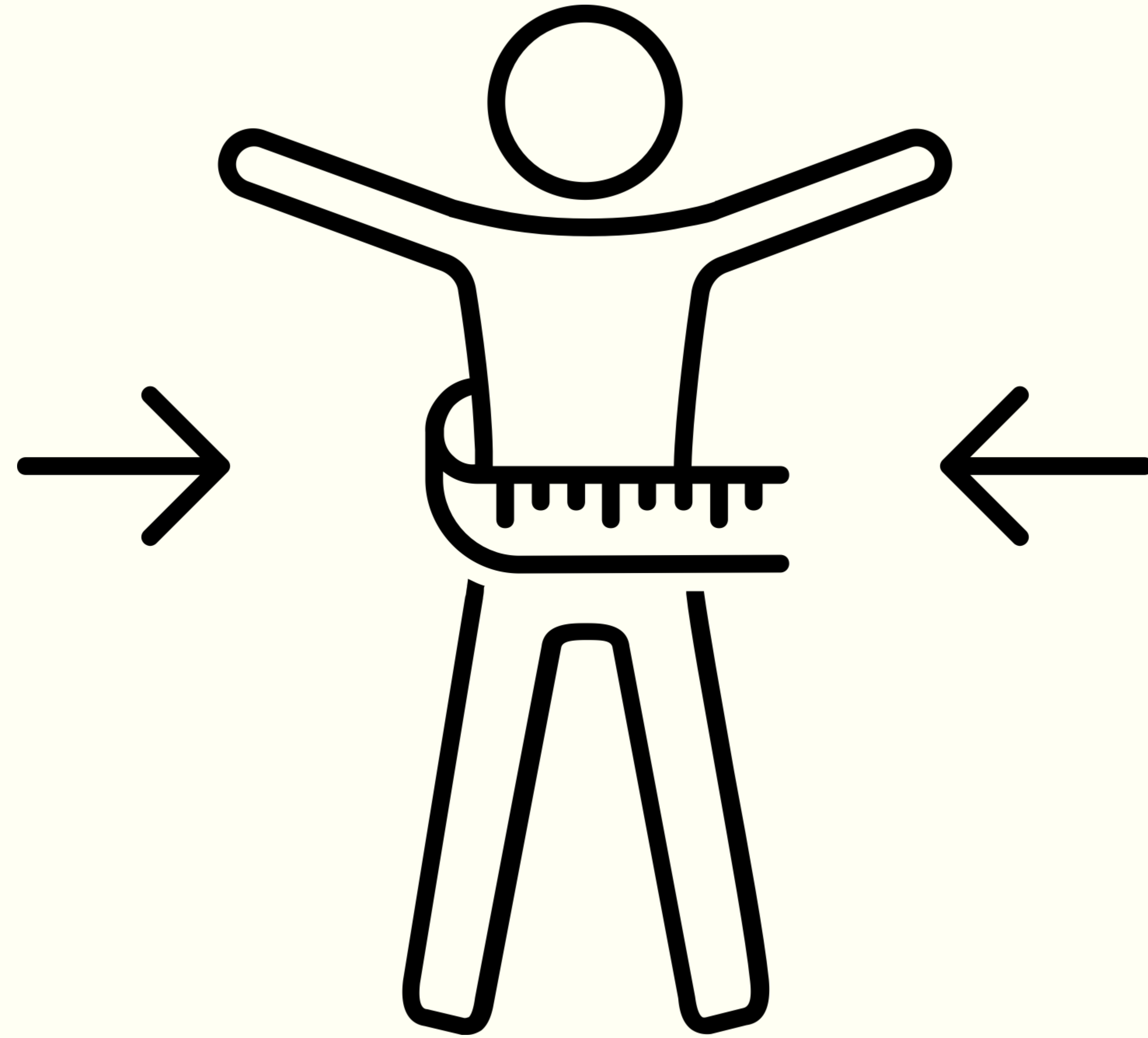
I'm **Bharti Rana**, a **Product Formulator & R&D Consultant** with over 9 years of experience in the domestic and international health & personal care markets, as well as the manufacturing industry.

A big thanks to Athuliam Ayurveda, Sunil ji, and Neeraj for giving me this wonderful opportunity to connect with you all and share this session together.

In today's session, we'll explore Athuliam Ayurveda products in depth—understanding their unique formulation, powerful benefits, and how they truly work.

Today's Topic

# Weight Management





# What is Weight Management ?

Weight management is the process of achieving and maintaining a ***healthy body weight*** through a ***balance of nutrition, physical activity, and lifestyle choices***.

It is not just about losing or gaining weight—it's about creating sustainable habits that support overall well-being.

From an Ayurveda perspective, weight management is about maintaining balance in the body's doshas (Vata, Pitta, Kapha) and ensuring proper agni (digestive fire), which naturally supports healthy metabolism and body composition.



Nutrition



Activit



Lifestyl



# Why Weight Management is Needed ?



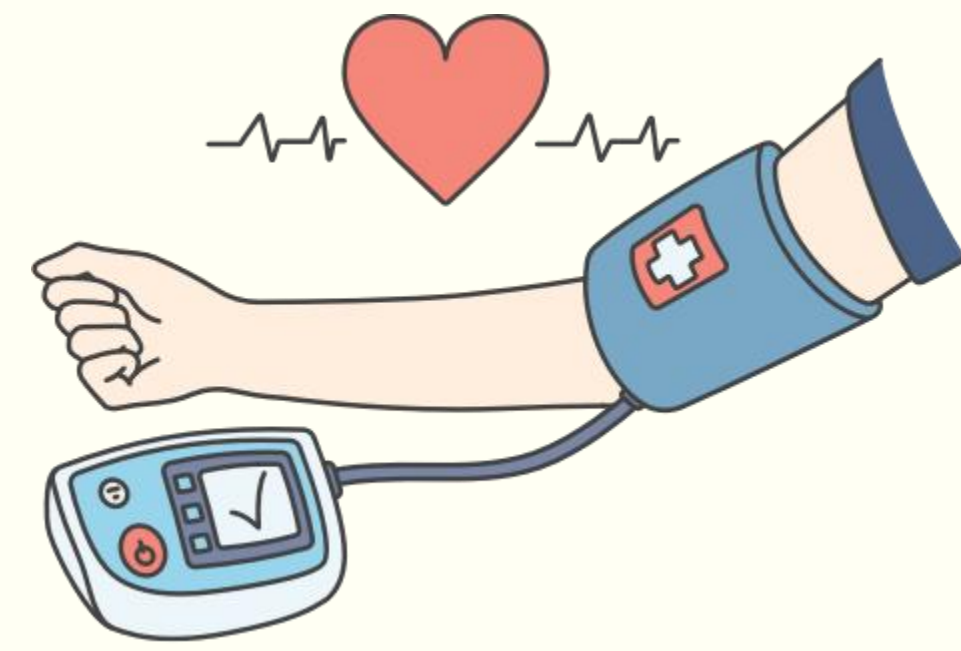
**Diabetes**



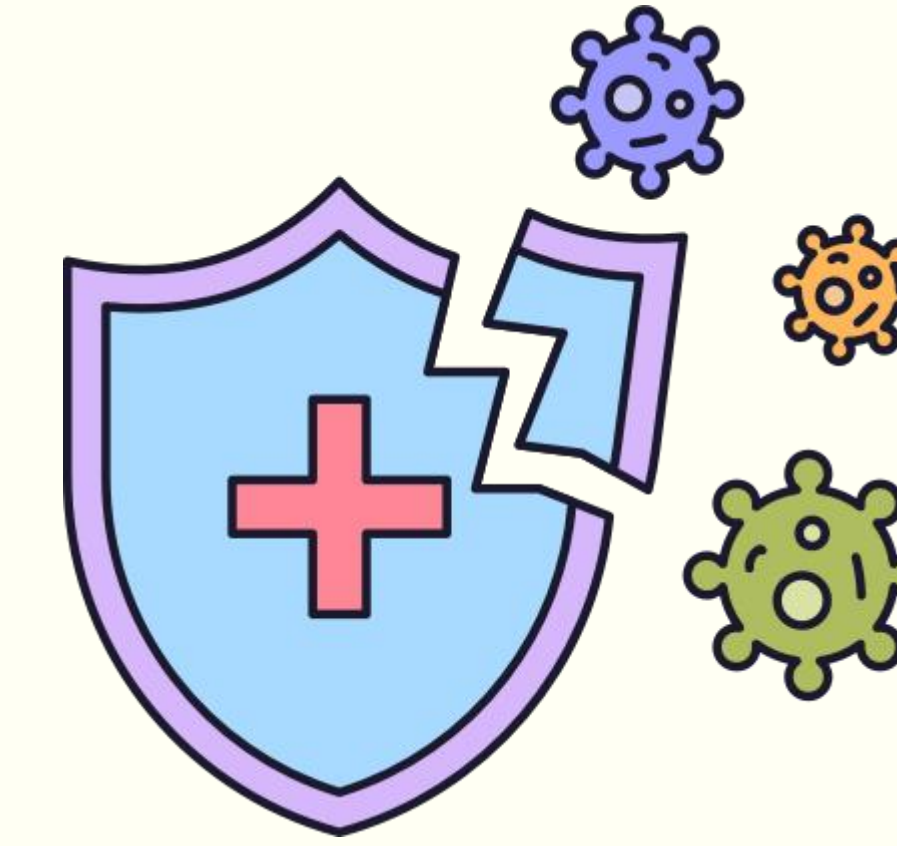
**Low metabolism**



**Low Stamina**



**Blood pressure**



**Weak Immunity**



**Lack of concentration**



**Cardiac health**



**Hormonal imbalance**



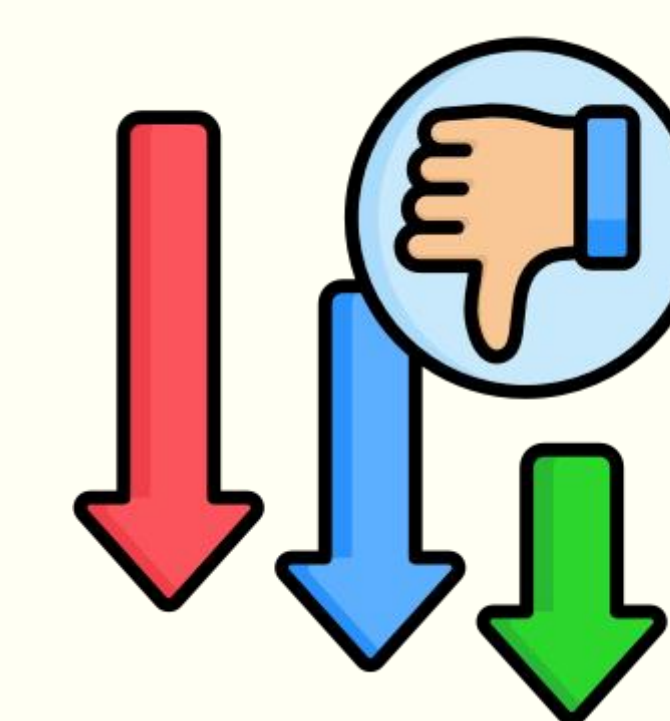
**Low confidence**



**Indigestion**



**Low energy**



**Low quality of life**



# Factors that affect Weight Management



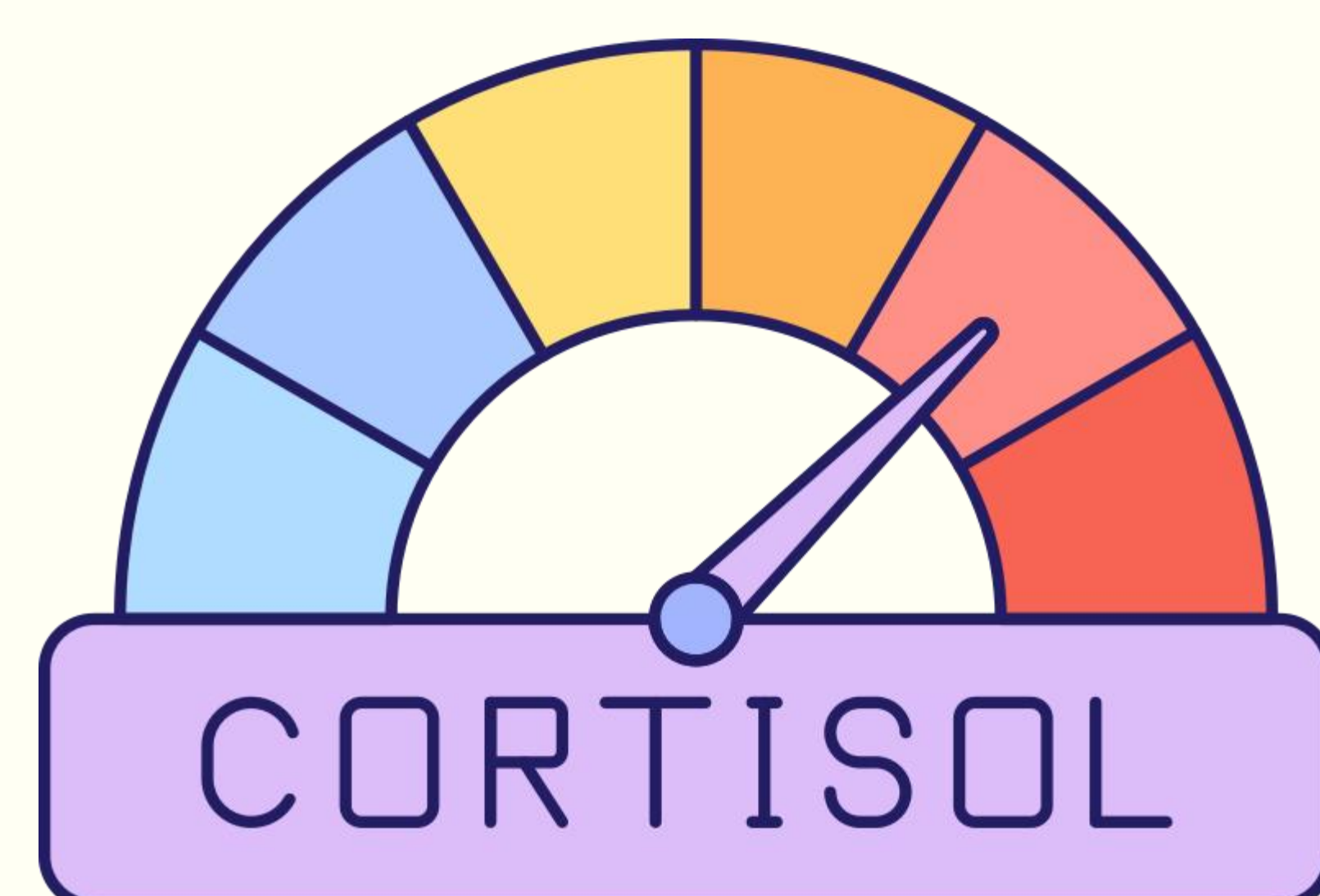
**Diet & Nutrition – quality, portion, and timing of meals**



**Physical Activity – sedentary vs. active lifestyle**



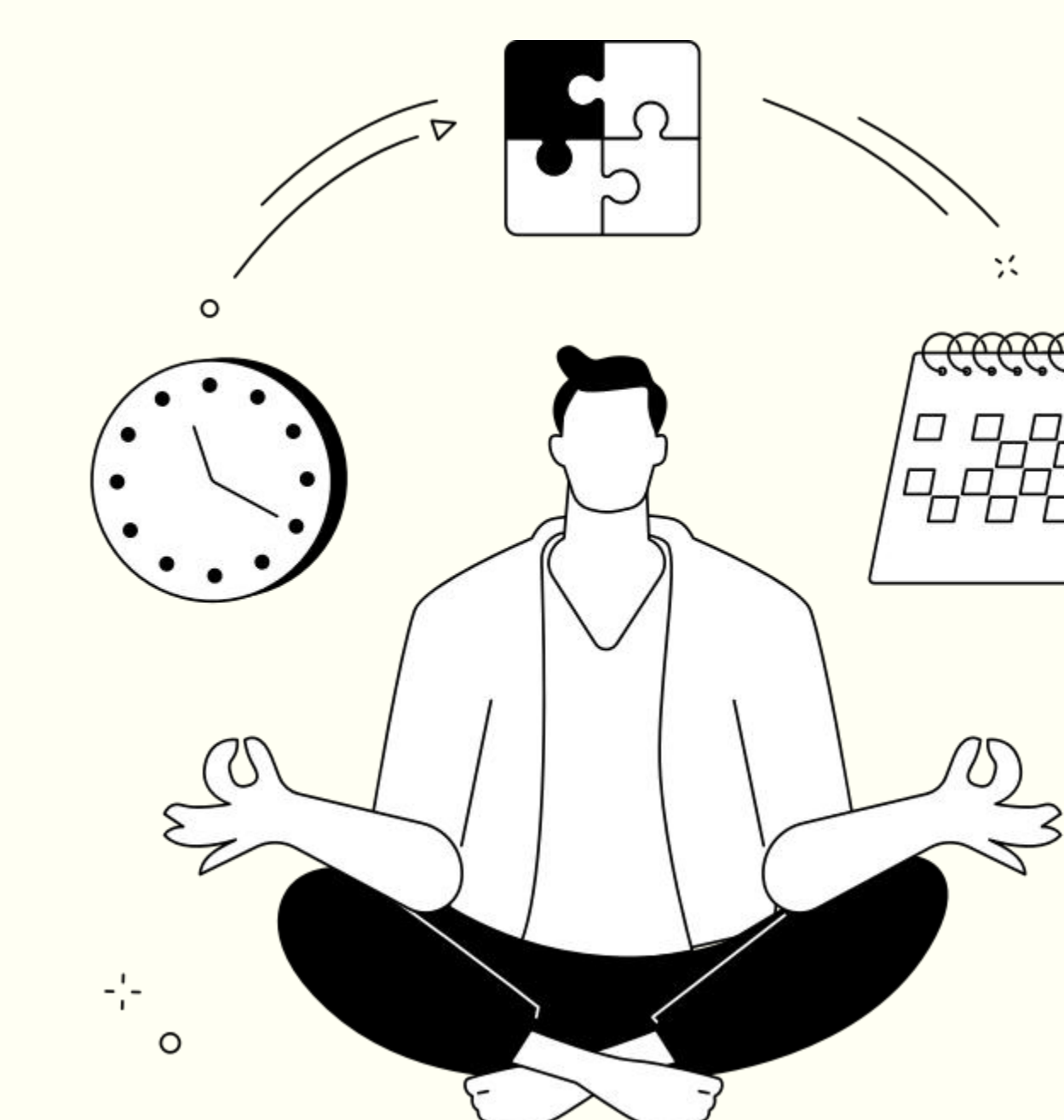
**Metabolism – age, body type, and agni (digestive fire in Ayurveda)**



**Stress & Sleep – hormonal imbalances from poor rest or high stress**



**Lifestyle Habits – alcohol, smoking, irregular routines**



**Mindset & Discipline – consistency in following healthy habits**



# Ayurvedic Approach to Weight Management



Balance of Agni (digestive fire)  
for proper metabolism



AHARA



VIHARA



MANAS

Role of Ahara (diet), Vihara  
(lifestyle) & Manas (mind)



Harmonizing Doshas (Vata, Pitta,  
Kapha) to avoid imbalance



Use of herbal formulations for  
natural support



Importance of Dinacharya &  
Ritucharya (daily & seasonal routine)



# Athuliam Weight Management Range



Juice



Powder



Tables & Capsules

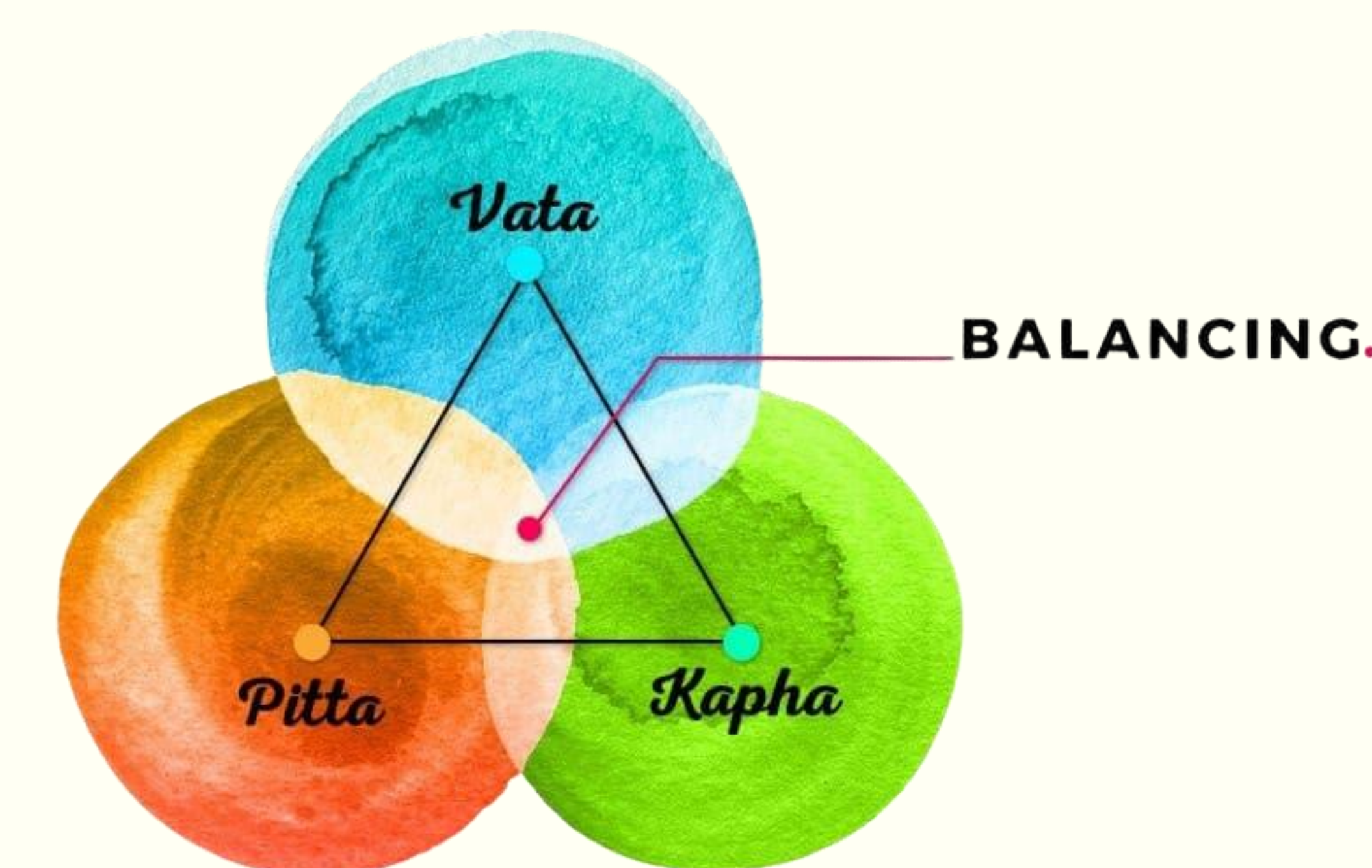


# Athuliam Ayurved - Slim Care Juice



Ayurvedic juices are very different from regular juices. They are not made for taste or refreshment, but prepared through decoction of raw herbs—specially designed to cure imbalances.

**Athuliam Ayurveda Slim Care Juice** is a tridosha-balanced formulation, crafted with Panchmahabhut Vigyan, and backed by references from Charak Samhita and Dravyaguna Vigyan. It is not a quick-fix; it supports natural weight management in today's lifestyle.





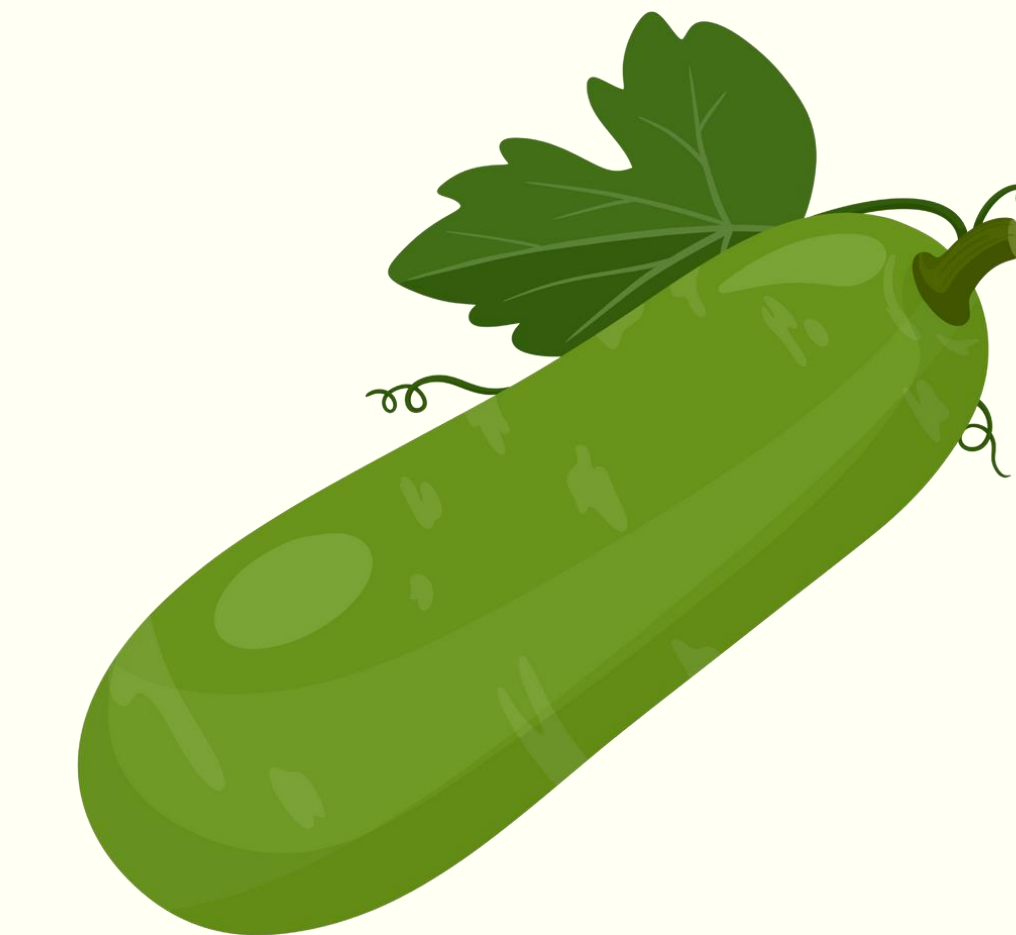
# Athuliam Ayurved - Slim Care Juice- Key Ingredients



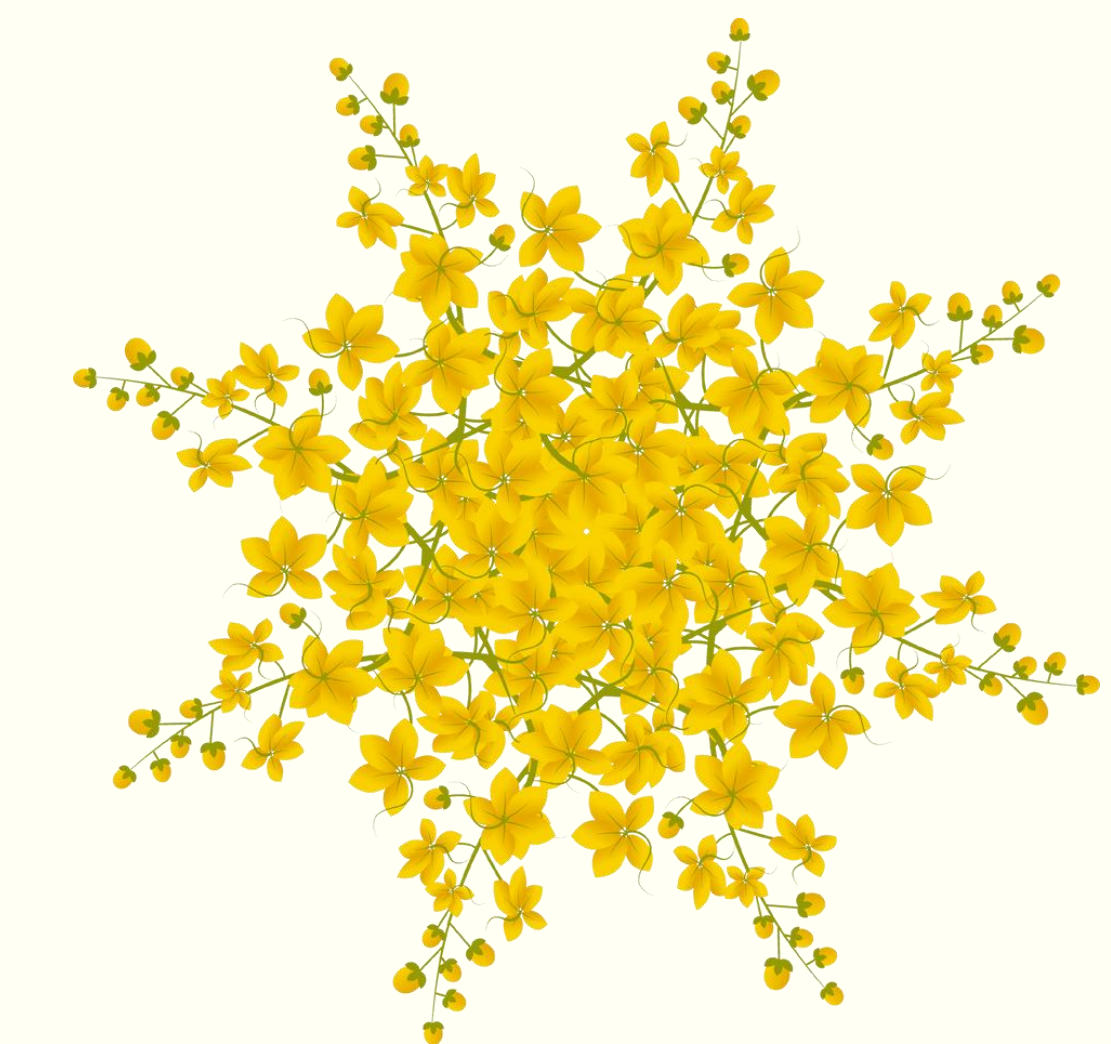
**Green Tea -Boosts metabolism**



**Ginger - Thermogenesis  
( Burns the fat )**



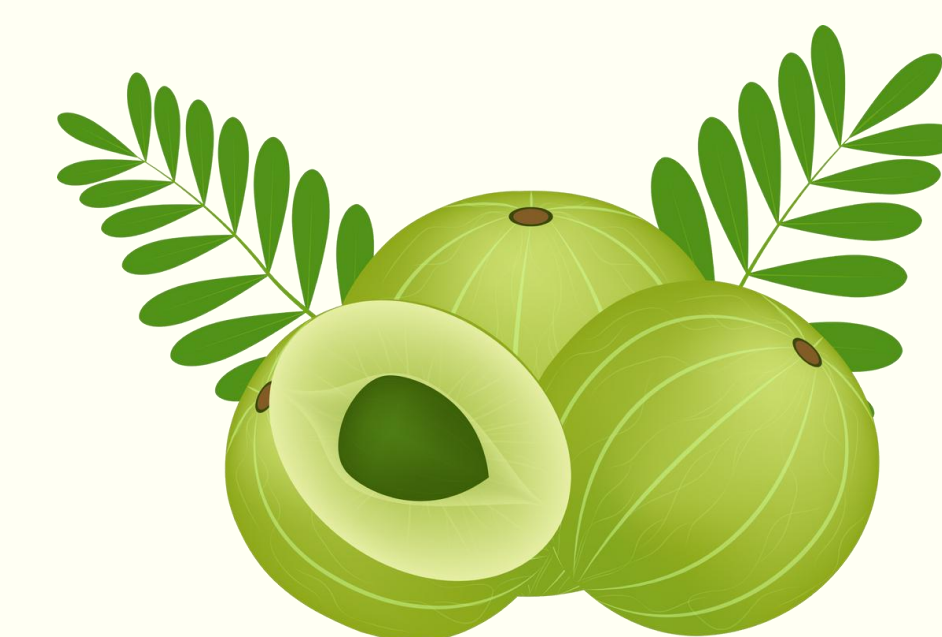
**Lauki - Light, cooling  
& aids digestion**



**Sanay - laxative,  
supports cleansing.**



**Cinnamon - Regulates  
blood sugar**



**Amla -detoxifies &  
strengthens immunity.**



**Moringa - Rich in  
antioxidants, supports  
energy & detox.**



**Guduci Strengthens  
immunity & balances  
doshas**



# Slim Care Juice

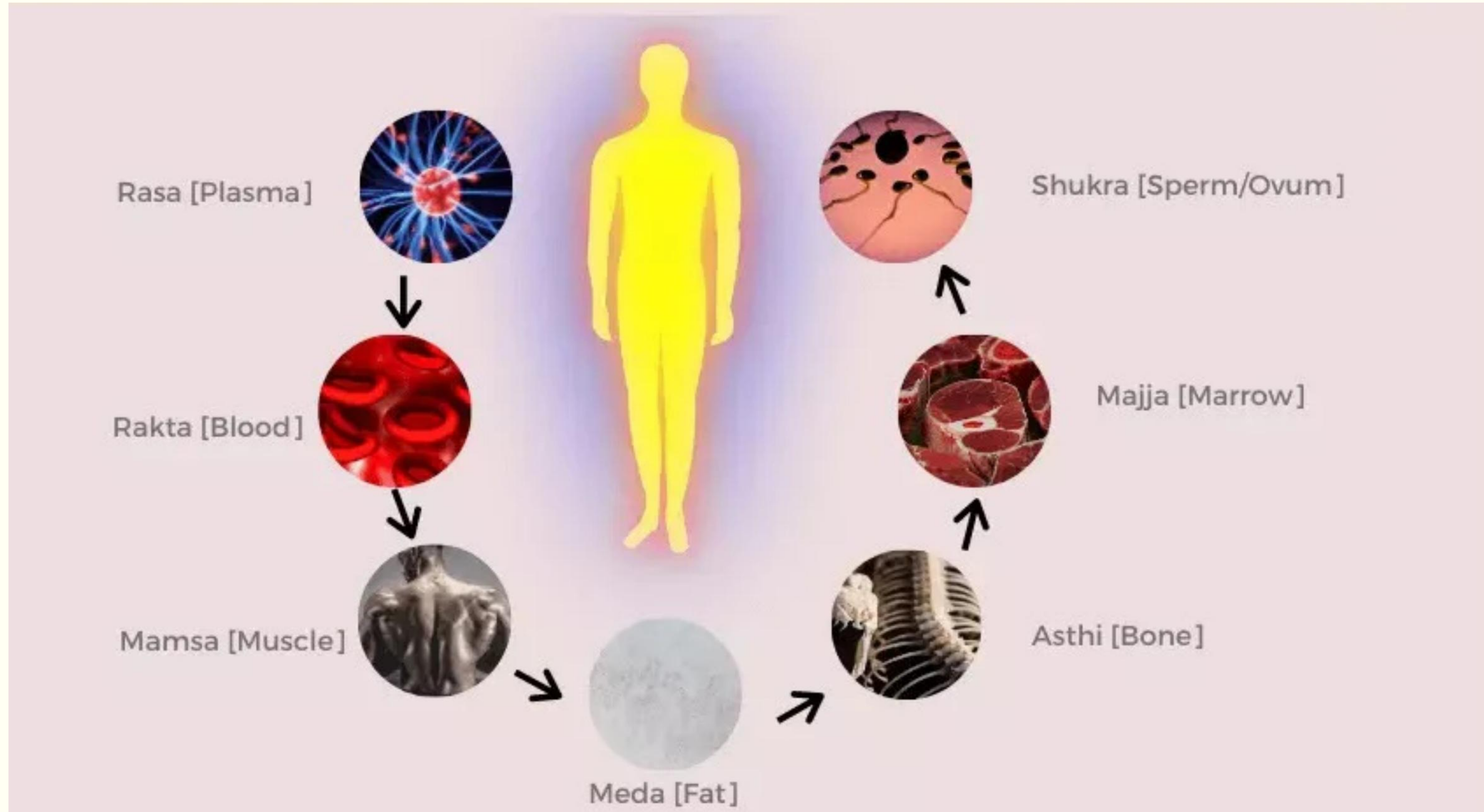
- Prepared through decoction of raw herbs, not just for taste
- Formulated for healing & balance, not refreshment
- Athuliam Slim Care Juice
- Tridosha balanced formulation
- Based on Panchmahabhut Vigyan



- References: Charak Samhita & Dravyaguna Vigyan
- Supports weight management in today's lifestyle
- Works on the Saptdhatu Concept for deep-rooted effectiveness
- Requires minimum 3 months usage for results



# Why 3 Months ?



Whatever we eat passes through 7 stages of tissue formation—Ras, Rakt, Mamsa, Meda, Asthi, Majja, and Shukra/Artava. This cycle takes around 21 days to complete, meaning the body needs at least 3 months for transformation to reflect deeply in all dhatus.

**Saptadhat**  
**(The seven Bodily tissues)**  
**u**



# Who can use?

## Recommended For:

People struggling with weight gain / obesity  
Individuals with slow metabolism & weak digestion  
Those with sedentary lifestyle (desk jobs, less physical activity)  
People experiencing bloating, indigestion, or toxin buildup  
Adults seeking a natural detox & metabolism booster  
Those looking for Ayurvedic, chemical-free weight support



## Not Recommended / Use with Caution:

Pregnant & lactating women  
Children below 12 years  
Individuals with chronic illness (unless advised by a physician)



# How & When to use ?



## 🗑️ How to Use Slim Care Juice -

- Shake the bottle well before use
- Take 15–30 ml juice
- Mix with equal quantity of lukewarm water
- Consume twice daily (morning & evening)
- Follow consistently for at least 3 months for visible results

## 🕒 When to Use?

**Morning:** On an empty stomach for better absorption & detox

**Evening:** 30–45 minutes before dinner to support digestion & metabolism



# Live Strong Protein Powder



**Live Strong Protein Powder** is a complete nutrition blend designed to fuel your body with high-quality proteins, essential vitamins, and vital minerals. Enriched with Whey Protein, Soya Protein, and DHA, it helps in building lean muscle, improving recovery, and providing sustained energy throughout the day.

Fortified with a wide spectrum of vitamins (A, B-complex, C, D3, Folic Acid, Niacinamide) and minerals (Calcium, Magnesium, Iron, Zinc, Selenium, Chromium, etc.), it supports strong immunity, healthy metabolism, bone strength, and overall vitality.



# Athuliam Ayurved - Live Strong Protein Powder

- Whey Protein → Fast-digesting protein, supports muscle growth & quick recovery.
- Soya Protein → Plant-based protein, helps build lean muscle & satiety.
- DHA Blend → Supports brain, heart & joint health.
- Calcium & Phosphorus → Strengthen bones & teeth, aid muscle function.
- Magnesium → Reduces fatigue, supports energy production.
- Iron → Boosts hemoglobin & oxygen supply to muscles.
- Zinc → Enhances immunity & protein synthesis.
- Selenium → Powerful antioxidant, protects cells from damage.
- Chromium → Helps regulate blood sugar & appetite control.
- Vitamins B1, B2, B5, B6, B12, Niacinamide → Boost metabolism & energy conversion.
- Vitamin C & D3 → Immunity & bone health support.
- Folic Acid → Supports red blood cell formation & energy.



# Who can use?

- Fitness enthusiasts & athletes
- Busy professionals needing sustained energy
- Individuals on weight management journeys
- Anyone seeking balanced daily nutrition



## Not Recommended / Use with Caution:

- \*Pregnant & lactating women
- \*Individuals with lactose intolerance  
(may face bloating or discomfort with whey protein)
- \*Those with soy protein sensitivity or allergy
- \*People with pre-existing kidney or liver conditions (  
should use only under medical guidance)
- \*Children below 12 years (unless prescribed)



# How & When to use ?

## How to Use

- Take 2 teaspoons (approx. 20–25 g) of protein powder
- Mix with 200–250 ml of milk, water, or juice
- Shake, stir, or blend well until smooth
- Consume once or twice daily as per requirement or as directed by a healthcare professional

## When to Use

**Morning:** To kick-start metabolism & provide sustained energy for the day

**Post-Workout:** Within 30 minutes after exercise to support muscle recovery & strength building

**Meal Replacement / Evening Snack:** Can be taken to curb hunger & improve satiety



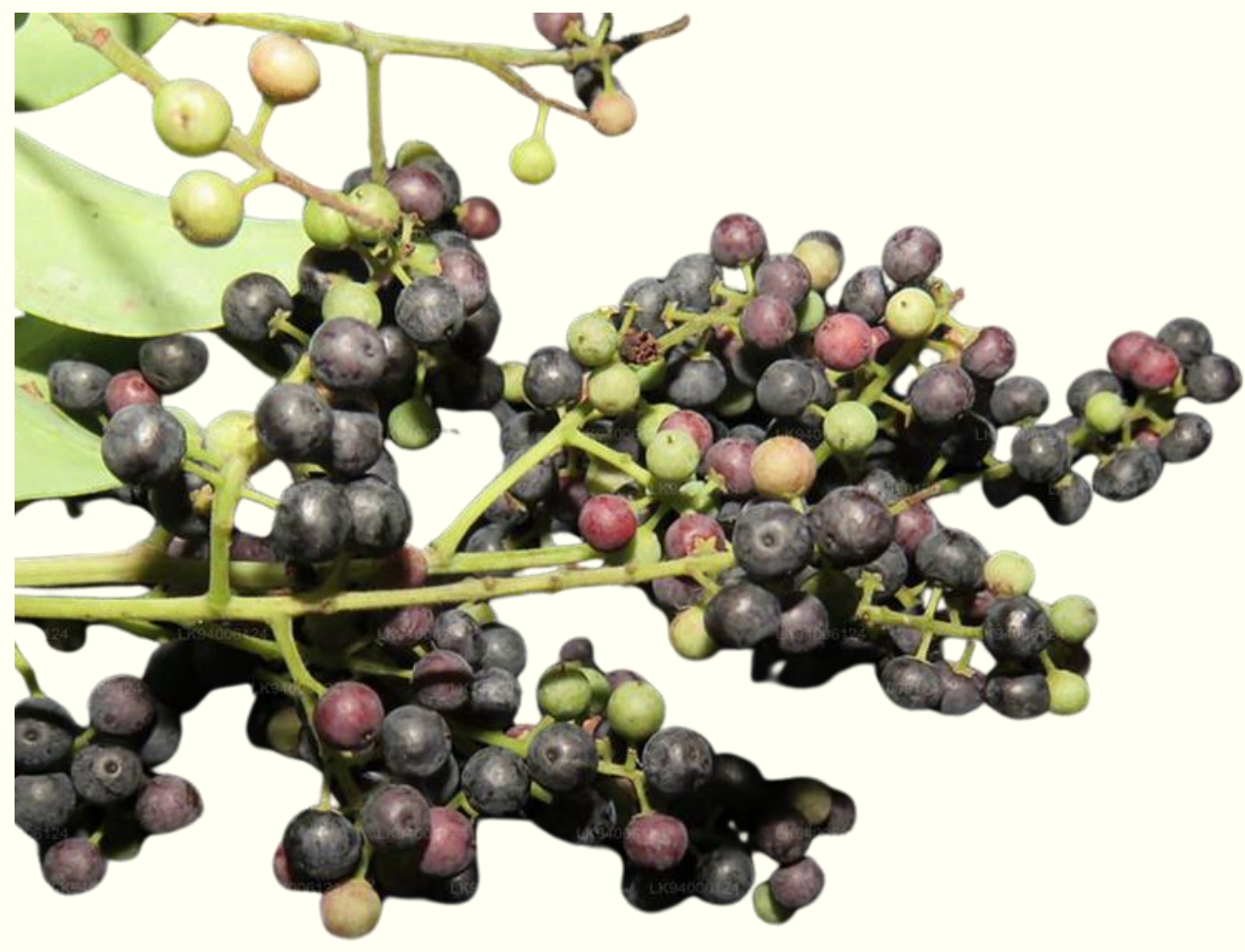
# Beau & Belle - Fat Burner Powder



This fat burner powder is not a shortcut but a natural support for metabolism, digestion, and fat utilization. Morning intake activates metabolism, while evening use prevents overeating, balances digestion, and works on stubborn fat over time. unique blend not only promotes natural fat metabolism but also helps suppress appetite, control cravings, and reduce stubborn fat deposits. By improving digestion and detoxifying the body, it supports sustained weight management while keeping energy levels high throughout the day.



# Beau & Belle - Fat Burner Powder



**Vidang**

**Expel toxins &  
supports gut health**



**Belgiri**

**Strengthens digestion  
& relieves indigestion**



**Methi dana**

**Controls appetite &  
stabilizes blood sugar**



**Kalonji**

**Improves fat  
metabolism**



**Cinnamon**

**Regulates blood sugar**



**Gurmar**

**Reduces sugar cravings**



**Triphala**

**Detoxifies, regulates digestion &  
supports fat metabolism**



# Who can use?

Suitable For:

- People struggling with weight gain / obesity
- Individuals with slow metabolism & weak digestion
- Those with a sedentary lifestyle (desk jobs, limited activity)
- People dealing with bloating, indigestion, or toxin buildup
- Adults looking for a natural appetite suppressant
- Individuals aiming to reduce stubborn fat & support weight management



## ⚠ **Not Recommended / Use with Caution:**

Pregnant & lactating women

Children below 12 years

People with chronic illness (kidney, liver, heart issues)

without physician advice

Individuals with sensitivity/allergy to any listed ingredient



# How & When to use ?



## 🗑️ How to Use

- Take 1–2 teaspoons of powder
- Mix with warm water or lukewarm milk
- Stir well and consume immediately
- Use consistently for 3 months to achieve best results

## 🕒 When to Use

- **Morning:** On an empty stomach → boosts metabolism & aids detoxification
- **Evening:** 30–45 minutes before dinner → supports digestion & reduces fat accumulation



# Green Tea Effervescent Tablets



The effervescent form ensures quick absorption, making it an easy and enjoyable daily wellness habit

Effervescent Tablets are a refreshing and convenient way to enjoy the goodness of green tea infused with powerful Ayurvedic herbs and superfoods.

These are convenient, tasty, and travel-friendly alternative to regular green tea



# 3 Major G's of Green Tea Tablet



**Green Tea -Boosts  
metabolism**



**Ginger - Thermogenesis  
( Burns the fat )**



**Grape Seed  
Powerful antioxidant,  
protects cells &  
supports vitality**



# Who can use?

## ✓ Suitable For :

- Individuals on a weight management journey
- People looking for natural energy without caffeine jitters
- Adults wanting a detox & antioxidant boost
- Those with busy lifestyles who prefer a quick, convenient drink



## Not Recommended / Use with Caution

Pregnant & lactating women (unless prescribed)

Children below 12 years

People sensitive to caffeine or with chronic medical conditions without medical advice



# How & When to use ?



## How to Use

- Drop 1 tablet in a cup of hot water
- Wait for it to fizz & dissolve completely (about 1 minute)
- Drink warm & refreshing green tea

## When to Use

- **Morning:** To kickstart metabolism & detoxify the system
- **Midday / Afternoon:** As a healthy alternative to sugary drinks or coffee
- **Pre-Workout:** For natural energy & fat-burning support





# Flax Seed Capsules

Flax Seed (Alsi) are a natural source of essential Omega 3, 6 & 9 fatty acids, known for their powerful role in supporting heart, digestive, and metabolic health. help balance Vata and Pitta but may increase Kapha if overconsumed.





# Key benefits

- Supports heart health & prevents cardiovascular disease
- Naturally reduces cholesterol levels
- Relieves inflammation & digestive discomfort
- Prevents dry eye syndrome & supports healthy vision
- Boosts metabolism & aids in weight management





# Who can use?

## Suitable for :

- Individuals with high cholesterol or heart health concerns
- People suffering from digestive issues (constipation, bloating, poor gut health)
- Adults seeking joint & inflammation relief
- Those looking for natural weight management support
- People with eye strain / dry eye issues



## ⚠ **Not Recommended / Use with Caution**

Pregnant & lactating women (avoid unless prescribed)

Children below 12 years

Individuals on blood-thinning medications (consult doctor first)



# How & When to use ?



## How to Use

- Take 1 capsule twice daily
- Always after meals with water
- Use consistently for long-term benefits

## When to Use

- **Morning (after breakfast):** Supports daily energy & metabolism
- **Evening (after dinner):** Enhances overnight repair & heart protection



# Combinations for people who are physically less active

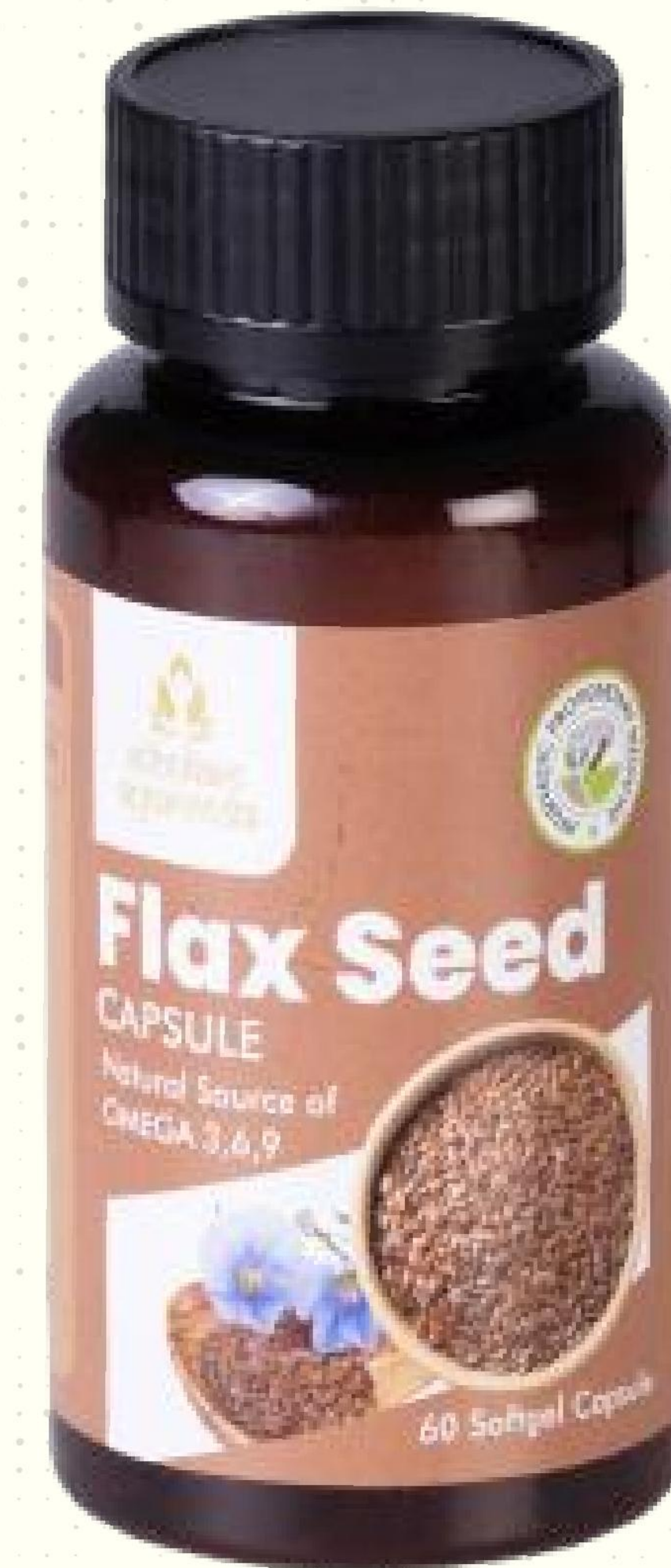


or





# Combinations for people who are physically active



or





**Thank  
You !**