



Ayursense: An Intelligent Ayurvedic Recommendation System

Using Dosha Profiling & Digital Diagnostics

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Abstract:- This study advances the creation of the AyurSense digital Ayurvedic wellness platform, which offers individualized health advice based on conventional Ayurvedic principles. The system's first iteration showed that it was possible to combine Ayurvedic knowledge with contemporary web technology to provide wellness and structured lifestyle advice. The platform's main objective was to determine the user's Dosha constitution and offer fundamental health recommendations based on Ayurvedic principles.

To make the system more useful, engaging, and advantageous for people looking for natural healthcare solutions, more enhancements were required. Ayurveda places a strong emphasis on customized wellness strategies in which a person's food, way of life, and physical activities are modified based on their physical characteristics and state of health.

The expanded AyurSense platform includes modules including a personalized Ayurvedic meal planner, a yoga and exercise healing guide, recommendations for natural remedies based on health conditions, and a Dosha balance analysis. With the help of these modules, the platform will be transformed from a simple informational system into a more complete digital wellness support system. Through the integration of contemporary digital technology with traditional Ayurvedic knowledge, the platform seeks to encourage natural healing, preventive healthcare, and enhanced lifestyle awareness.

I. Introduction

Ayurveda, which emphasizes the harmony of body, mind, and environment, is one of the oldest holistic medical systems that originated in India. Maintaining balance between the three basic biological forces known as Vata, Pitta, and Kapha—collectively referred to as Doshas—is the cornerstone of Ayurvedic philosophy. Ayurvedic principles state that an imbalance between these doshas can result in a number of health problems, while preserving equilibrium encourages general health and the prevention of disease. Access to health information and wellness services has greatly increased in recent years due to the combination of digital technology with healthcare knowledge. People may track wellness routines, learn more about medicine, and get advice without being restricted by location thanks to web-based health

services. An opportunity to maintain and advance traditional healthcare systems like Ayurveda is presented by this digital change.

The AyurSense platform was created to connect traditional Ayurvedic knowledge with contemporary digital healthcare systems. Through the system's digital interface, users can learn about Ayurvedic health ideas and get wellness recommendations based on their individual health data. By adding more individualized modules that offer deeper insights into health issues, food planning, and physical wellness activities, the extended version of the system seeks to improve these capabilities.

II.Motivation for Extended Work

The AyurSense platform's initial deployment effectively illustrated how conventional Ayurvedic principles might be converted into a digital recommendation system. The platform gave customers basic living advice and helped them understand their Dosha constitution. Although this strategy worked well for raising awareness and educating people, further work was needed to make the system more helpful and successful.

The demand for more individualized and practical health suggestions was a major driving force behind the system's expansion. Ayurveda places a strong emphasis on personalized healthcare, with diet, lifestyle choices, and therapeutic approaches tailored to each person's particular constitution and state of health. As a result, the system needed more modules that could offer individual advice based on health issues unique to each user.

The promotion of holistic wellness methods was another significant driving force. According to Ayurveda, dietary control, yoga, physical activity, and herbal medicines all work together to preserve health balance. By combining these components into a single digital platform, the system's capacity to promote preventative healthcare will be greatly improved. As a result, the expanded system concentrates on adding modules that offer more in-depth health analysis, recommendations for natural remedies, personalized nutrition planning, and Ayurvedic-inspired wellness activities.

Important aims for improvement include:

- A customized dosha balance analysis
- Natural treatment recommendations based on medical conditions
- Tailored Ayurvedic meal plans
- Combining wellness activities and yoga to promote holistic healing

III.Proposed System Enhancements

A number of useful modules are added to the improved AyurSense platform in order to offer thorough Ayurvedic wellness advice. The goal of these courses is to translate traditional Ayurvedic knowledge into useful suggestions that users can readily comprehend and apply to their everyday life.

Dosha Balance Analysis Module

The AyurSense platform's Dosha Balance Analysis feature is one of its fundamental elements. Based on user replies about physical attributes, lifestyle choices, and health complaints, this module assesses the balance of the three Ayurvedic doshas: Vata, Pitta, and Kapha.

The approach finds possible imbalances and determines the prevailing Dosha using an organized questionnaire and evaluation logic. The platform offers suggestions for restoring balance through suitable lifestyle choices, dietary modifications, and health regimens after the Dosha profile has been determined.

By detecting imbalances early on, this module promotes preventive health management and gives users a better awareness of their physical constitution.

i. Health Condition Based Natural Remedies

Users can get Ayurvedic therapy recommendations for common health disorders in the Health Condition Based Natural Remedies module. The system presents suggested herbal cures, natural substances, and preventive recommendations when users choose their health condition from a predetermined list.

The suggestions, which are based on conventional Ayurvedic techniques, emphasize natural healing techniques that encourage a slow and comprehensive recovery. The medical qualities of the herbs and other components employed in the cures are also briefly explained by the system.

This module is crucial in raising users' knowledge of natural therapy options and motivating them to take up safer, more all-encompassing health habits.

ii. Personalized Ayurvedic Diet Planner

Ayurvedic philosophies emphasize the importance of dietary practices in preserving health. The Personalized Ayurvedic Diet Planner module offers dietary suggestions based on the user's particular medical circumstances and Dosha constitution.

The system recommends appropriate food categories, healthful ingredients, and dietary patterns that promote physiological balance based on the user's Dosha profile. In order to avoid aggravating Dosha, it could also suggest foods that should be avoided or minimized.

The module helps users develop better eating habits that complement their natural body constitution and promote long-term wellness by providing tailored dietary advice.

iii. Yoga and Exercise Healing Guide

Two crucial components of holistic treatment are mental relaxation and physical activity. The Yoga and Exercise Healing Guide module offers a selection of suggested yoga poses, breathing exercises, and basic physical and mental well-being exercises

These techniques, which are chosen in accordance with Ayurvedic wellness principles, are intended to boost vitality, lessen stress, increase flexibility, and aid in the body's natural healing process. The module encourages users to include physical activity in their daily routine and enhances other wellness suggestions made by the system.

The AyurSense platform integrates diet, natural treatments, and physical wellness routines to promote a balanced lifestyle through this module.

IV. Methodology

Ayurvedic healthcare principles and contemporary web application technology are combined in an organized manner to create the AyurSense platform. Through interactive forms and surveys, the system gathers user information about lifestyle choices, health issues, and body composition.

The system uses pre-established logical mappings based on Ayurvedic ideas to process the data after it has been collected. Every system module examines particular facets of the user's health data and makes recommendations that are suitable.

For instance, the remedy module finds appropriate herbal remedies while the Dosha analysis module assesses body constitution. Further suggestions to promote general wellbeing are then offered by the yoga guide and food planner modules.

The entire methodological process consists of :-

- Gathering user feedback via surveys and forms
- Health condition identification and dosha analysis
- Creating recommendations based on Ayurvedic knowledge rules
- Providing tailored wellness advice

This methodical methodology guarantees that the system gives customers insightful and simple-to-understand health advice.

V. Expected Outcomes

It is anticipated that the addition of new wellness modules to the AyurSense platform will greatly increase the system's efficiency and usability. The platform seeks to offer a more complete digital healthcare solution by fusing lifestyle suggestions, natural remedy advice, and individualized analysis.

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Users will learn how to maintain Dosha balance through proper nutrition, lifestyle choices, and physical activity, as well as develop a deeper understanding of their body constitution. Additionally, the system promotes the use of preventive healthcare measures and natural healing techniques.

Major expected benefits include:

- Ayurvedic health advice that are more individualized
- A greater understanding of natural and preventive medical procedures
- A deeper comprehension of the body's composition and dosha balance
- Encouragement of dietary and yoga-related healthy lifestyle choices
- Greater availability of Ayurvedic wellness information via digital technologies

VI. Implementation Status (Work in Progress)

The enhanced AyurSense system is presently under development. The platform is being improved with a number of additional modules designed to offer more individualized and useful Ayurvedic health advice. By providing personalized recommendations based on Ayurvedic concepts including bodily constitution, health conditions, nutrition planning, and physical wellness activities, these elements aim to enhance the user experience.

The integration of intelligent modules that evaluate user input and offer suitable natural cures, diet programs, and wellness advice is the main focus of the current development phase. These modules are intended to enhance the system's interactivity and usefulness for users looking for natural healthcare remedies.

The following features have been implemented and are currently under testing and refinement.

Current Progress Includes:

- **Dosha Balance Analysis Module**

To assess the equilibrium of the three main Ayurvedic doshas—Vata, Pitta, and Kapha—a dosha analysis feature has been created. The system evaluates the prevalent dosha based on user responses or health indicators and offers food and lifestyle recommendations for preserving balance.

- **Health Condition Based Natural Remedies**

A module that recommends Ayurvedic natural medicines based on particular health issues is now part of the system. The platform offers suggested herbs, home treatments, and preventive advice based on Ayurvedic methods, and users can choose their health concern.

- **Personalized Ayurvedic Diet Planner**

A function for personalized diet planning has been added to help customers choose the right foods based on their body type and medical problems. The system suggests eating habits that support general wellness and preserve dosha equilibrium.

- **Yoga and Exercise Healing Guide**

A wellness guide that suggests yoga poses and easy activities to promote healing and enhance physical health is now available on the app. These recommendations are in line with Ayurvedic principles and are intended to enhance mental and physical health.

These modules show the AyurSense platform's continuous development and the endeavor to turn it from a simple educational website into a more engaging and customized Ayurvedic health support system.

VII.Future Scope

The AyurSense platform may incorporate cutting-edge technology in the future to improve user interaction and customization even more. Artificial intelligence methods could be used to enhance the precision of recommendations and more thoroughly examine user health trends.

The creation of mobile applications, integration with wearable medical technology, and the addition of new medicines, therapies, and wellness practices to the Ayurvedic knowledge library are possible further improvements.

Potential future improvements include:

- AI-based health recommendation systems
- Mobile application development
- Expansion of herbal medicine database
- Integration with digital health monitoring tools

VIII.Conclusion

The expanded AyurSense platform serves as an example of how traditional Ayurvedic medical knowledge can be successfully combined with contemporary digital technologies. The system offers a more comprehensive and useful digital health solution by including modules like Dosha balance analysis, advice on natural remedies, customized meal planning, and yoga-based wellness routines.

These improvements contribute to AyurSense's transformation from a straightforward educational platform into an all-encompassing wellness support system that encourages preventative healthcare and Ayurvedic-based healthy lifestyle habits.

IX.References

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