Download and Install the App:

Visit the official website or the app store relevant to your device.
Search for the Ayush app you are referring to.
Download and install the app on your device.
Open the App:

After installation, open the app on your device.
Locate the Login Section:

Look for a "Login" or "Sign In" section within the app. This is usually on the main screen or in a menu.
Enter User ID and Password:

Enter the provided user ID and password in the designated fields.
Log In:

Once you've entered the credentials, look for a "Log In" or "Submit" button and tap it to log in.
Explore the App:

After successful login, you should have access to the features and content within the app.