MINI PROJECT PRESENTATION

AyurMe

Ancient wisdom modern you!

Done By:

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ABSTRACT

Recent research emphasizes the significance of personalized food recommendation systems for promoting healthy eating. A novel approach integrates individual preferences with health guidelines through constrained question answering on a food knowledge base. To address the current lack of clinical support in diet apps, DIETOS (DIET Organizer System) provides personalized nutritional advice based on real-time health profiles, utilizing Calabrian foods to enhance health outcomes. Our project focuses on developing an Indian diet recommendation system featuring a variety of Indian recipes with health benefits, including Ayurvedic diet recommendations. Through real-time health profile evaluation and personalized nutritional suggestions, our platform aims to empower users to make informed dietary choices and improve their well-being.

INTRODUCTION

Amidst rising health challenges exacerbated by COVID-19 and contemporary lifestyles, a pressing need arises to prioritize preventive healthcare and overall wellness. This imperative catalyzes a transformative journey that integrates modern technology with traditional Indian cuisine and ancient Ayurvedic wisdom. The resulting comprehensive platform goes beyond dietary guidelines, offering a holistic roadmap for nourishing the body, mind, and soul. Users immerse themselves in a digital sanctuary of authentic recipes, accompanied by detailed nutritional information and preparation guidelines, facilitating the adoption of healthier eating habits. Moreover, the platform serves as a catalyst for holistic transformation, empowering individuals with mindfulness practices, stress-management techniques, and personalized wellness recommendations grounded in Ayurvedic principles. By bridging tradition with innovation, this vision unfolds as a beacon for reclaiming optimal health and well-being in an increasingly complex world..

LITERATURE SURVEY

India, one of the oldest civilizations, boasts a diverse and holistic culinary tradition rooted in wellness. The country's rich geography fosters a vast biodiversity, influencing its nutrient-rich traditional foods like dal, sabzi, and roti. Modern preferences for global dishes, such as biryani and pizza, often overlook these nutritious staples, risking health benefits. Chronic diseases, exacerbated by unhealthy lifestyles and irregular eating habits, underscore the need for dietary awareness. Our platform promotes authentic Indian recipes, emphasizing nutrition and Ayurvedic principles. We provide calorie counts, dosha analysis for personalized health insights, and traditional recipes to support overall well-being, blending ancient wisdom with modern convenience.

EXISTING SYSTEMS

1) Yummly: Yummly is a popular recipe recommendation platform that offers personalized recipe suggestions based on user preferences and dietary restrictions.

2) MyFitnessPal: MyFitnessPal is a comprehensive fitness app that includes features for tracking food intake, setting fitness goals, and analyzing nutrition. It also provides personalized diet recommendations.

3) Nutritionix: Nutritionix offers a nutrition database and API that developers can use to build apps and services for tracking food intake, analyzing nutrition, and creating meal plans.

4) Eat This Much: Eat This Much is a meal planning app that generates personalized meal plans based on user preferences, dietary goals, and nutritional needs.

5) Fitbit: Fitbit is a popular fitness tracker that includes features for tracking food intake, monitoring physical activity, and setting fitness goals. It also provides insights into nutrition and diet.

6) Whisk: Whisk is a recipe platform that offers personalized recipe recommendations, grocery list generation, and meal planning tools.

METHODOLOGY

This methodology is rooted in Ayurveda, an ancient Indian medicinal system revolving around three primary doshas: Vata, Pitta, and Kapha. Here's a breakdown:

➢ **Defining Dosha Characteristics**: The code defines traits associated with each dosha, spanning physical, mental, and emotional aspects.

➢ **Counting Characteristics in User Answers**: It iterates through the user's responses, tallying occurrences of dosha-related traits. Each match increments the count for the respective dosha.

➢ **Identifying Predominant Dosha**: After counting, the dosha with the most frequent matches is deemed the individual's predominant dosha.

➢ **Assigning Scores**: Each dosha receives a score based on the number of matching characteristics from the user's answers. The dosha with the highest score is identified as the predominant one.

The scoring formula sums up matches between user answers and dosha characteristics. The dosha with the highest score is considered the individual's predominant dosha. This approach assumes that the dosha with the most frequent characteristic matches reflects the individual's dominant energy pattern.

$$Score_{dosha} = \sum_{i=1}^{n} Match_{Dosha}(i)$$

RESULTS

WELCOME TO THE PATH OF WELLNESS

EMBRACE THE WISDOM OF AYURVEDA FOR HOLISTIC HEALTH

SIGN IN

Landing page

templatana

Sign In

raghav@gmail.com

•••••••••

👤⁺ **Sign In**

I agree to abide by templatana's Terms of Service and its Privacy Policy

If not registered yet

👤⁺ **Register**

Sign in page

Create an Account!

Name

Name

Email

Email

Password

****

Please choose a password.

Register Account

Already have an account? Login!

Register Page

Join Us on the Journey to Optimal Health
Begin your Ayurvedic journey today. Embrace a diet that's not just about eating right, it's about living right.

DOSHA CALCULATOR
know what dosha you may have

CALCULATE

CALORIE ANALYZER
analyze the calories of the food you eat

ANALYZE

FIND RECIPES
search for the Indian food you want to cook today

FIND

happy health ♡

Home page

Ayurvedic Dosha Quiz

Which best describes your anatomy?

- thin
- average
- big

How would you describe your body weight?

- low
- average
- overweight

What is the condition of your skin?

- dry, rough, cool, brownish
- soft, oily, warm, bright, red, yellow
- thick, oily, cool, pale, white

Describe your hair.

- black, dry, curled

Dosha Quiz Page

Nutrition Analyzer

Enter food data...

Analyze

Nutrition-Analyzer

Search for Recipe

Search for recipe

Search

Recipe page

Email:

raghav@gmail.com

Name:

Raghav

Food Plan

Vegetables
- **Best**: Asparagus, Beets, Carrots, Cucumber, Garlic, Green beans, Onions, Radishes, Turnips
- **Moderation**: Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celery, Eggplant, Leafy green vegetables, Mushrooms, Peas, Peppers, Potatoes, Sprouts, Tomatoes, Zucchini
- **Avoid**: Raw vegetables

Fruits
- **Best**: Apples, Apricots, Berries, Cherries, Cranberries, Papaya, Pears, Prunes, Pomegranates, Grapefruit, Lemons, Grapes, Mangoes, Melons, Oranges, Pineapples, Plums
- **Moderation**: Dates, Bananas, Coconuts, Fresh figs

Grains
- **Best**: Barley, Buckwheat, Corn, Millet, Oats, Rye, Basmati rice
- **Moderation**: Rice, Wheat

Dairy
- **Best**: Skim milk, Whole milk (small amounts), Eggs, Goat's milk, Soy milk, Camel milk
- **Moderation**: Egg yolks

Dashboard

What is AyurMe?

Ayurveda, originating over 3,000 years ago in India, is a holistic system known as the "science of life," aiming to balance mind, body, and spirit. It promotes harmony with nature and oneself, aiming to prevent illness, heal the sick, and preserve life by balancing the three doshas: Vata, Pitta, and Kapha. Ayurvedic herbs are renowned for their healing properties, improving vitality, purifying the body, boosting mental health, aiding digestion, and aiding in weight management. AyurMe is a contemporary application of Ayurvedic principles, focusing on personalized wellness routines tailored to individual needs, incorporating diet, lifestyle, and herbal remedies.

All About AyurMe

Indian recepies

FROM THE FRAGRANT BIRYANIS OF THE NORTH TO THE SPICY CURRIES OF THE SOUTH, INDIAN CUISINE IS A MOSAIC OF FLAVORS THAT

About Page

App write-Auth

Overview

Auth

Databases

Functions

Messaging

Storage

Databases

Databases   Usage

Databases   ● 1/1 created

|||Columns **4**   ≡   ::   + Create database

	DATABASE ID	NAME	CREATED	UPDATED
☐	66238c5a8c3a5152891f	Recommended Doshas	Apr 20, 2024, 15:05	Apr 20, 2024, 15:05

6 ⌄   Databases per page. Total results: 1   ‹ Prev   **1**   Next ›
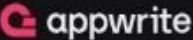
Settings

cloud.appwrite.io/console/project-65f9a1cbe05a672b7aa6/.../database-66238c5a8c3a51528...

Appwrite-Databases

CONCLUSION

The React-based Recipes App we've developed is a groundbreaking fusion of traditional Ayurvedic wisdom and modern technology. It's not just a platform for diverse recipes; it's a holistic approach to health and wellness. By integrating an Ayurveda-inspired diet recommendation system and nutritional analyzer, we've empowered users to make informed dietary choices aligned with ancient principles. Our project showcases the potential of technology to harmonize ancient wisdom with contemporary lifestyles, promoting vitality and longevity. Ultimately, our goal is to seamlessly integrate Ayurvedic principles into daily life worldwide, enhancing well-being through food choices. In summary, our Recipes App is more than just a practical tool; it's a gateway to understanding and embracing the timeless wisdom of Ayurveda, reflecting our dedication to leveraging technology for the betterment of health and wellness.

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