

SMART INDIA HACKATHON 2025



Ayura : Ayurvedic Diet Plan Manager

- **Problem Statement ID –** SIH25024
- **Problem Statement Title-** Comprehensive Cloud-Based Practice Management & Nutrient Analysis Software for Ayurvedic Dietitians, Tailored for Ayurveda-Focused Diet Plans
- **Theme-** HealthTech
- **PS Category- Software/Hardware-** Software
- **Team ID-** 87777
- **Team Name (Registered on portal)-** Digital Dynamo



IDEA TITLE

Ayura uniquely blends scientific nutrition with Ayurvedic wisdom to automate personalized diet charts. It offers a secure, user-friendly, and scalable digital solution, bridging traditional healthcare with modern technology.



Current Problems :

- **Manual Charting:** Doctors hand-write diet plans, causing inefficiency.
- **High Error Risk:** The manual, non-specialized process compromises accuracy and consistency
- **Software Gap:** Existing software lacks Ayurvedic concepts (like Hot/Cold properties).

How to address the Problem

➤ Key Components :-

- Automated Chart Generator
- Comprehensive Patient Profile
- Integrated Food Database (The Data Engine)
- Real-Time Compliance Check & Reporting

- Eliminates manual handwritten charts, saving doctors' time.
- Bridges the gap between **Ayurveda and modern nutrition tracking**.
- Provides **scalable, digital, and paperless** solution for hospitals.
- Enhances **patient experience** with clear, easy-to-follow diet plans.
- **Support Doctors:** Offer **real-time balancing** checks for prescription accuracy.

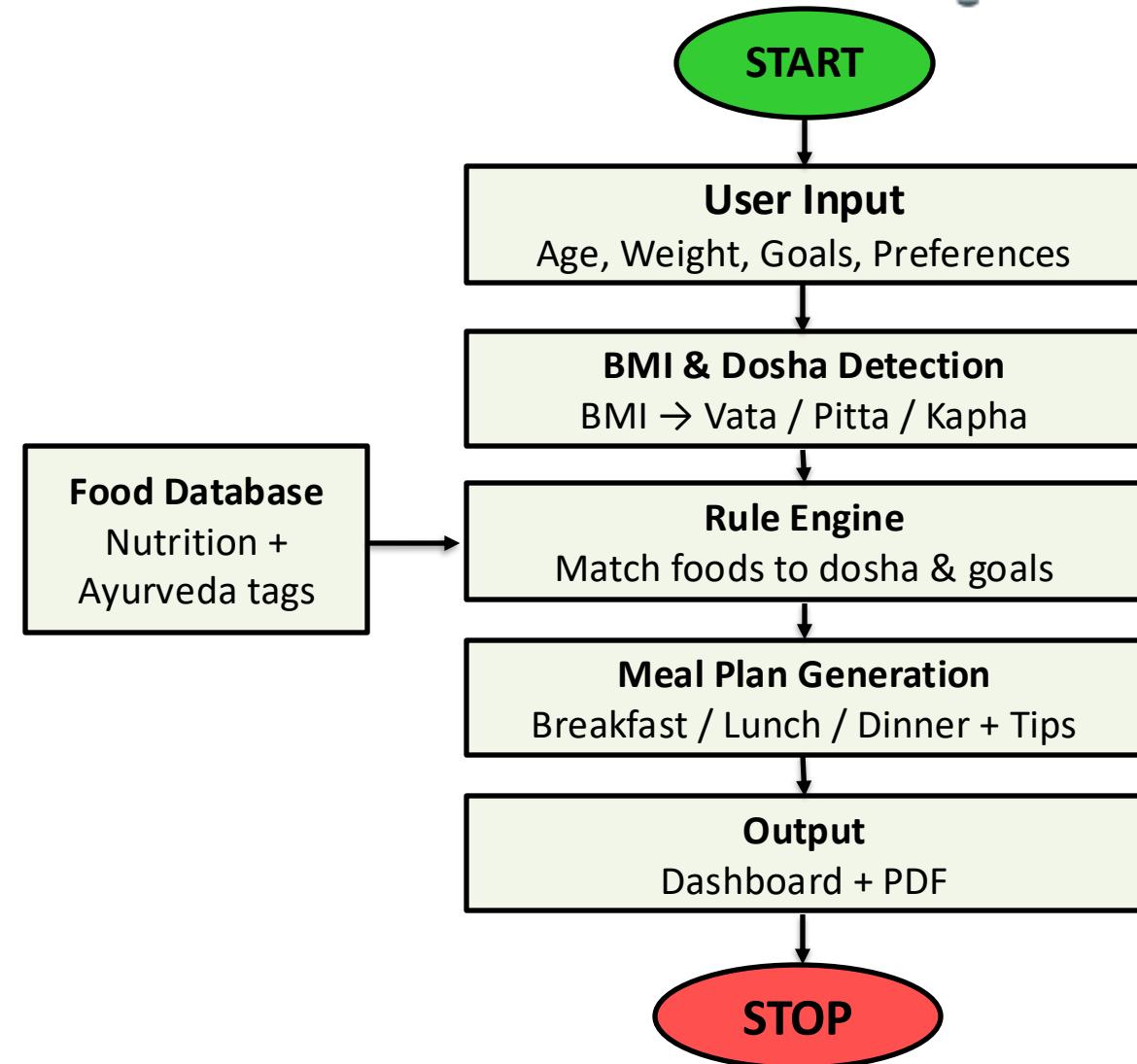
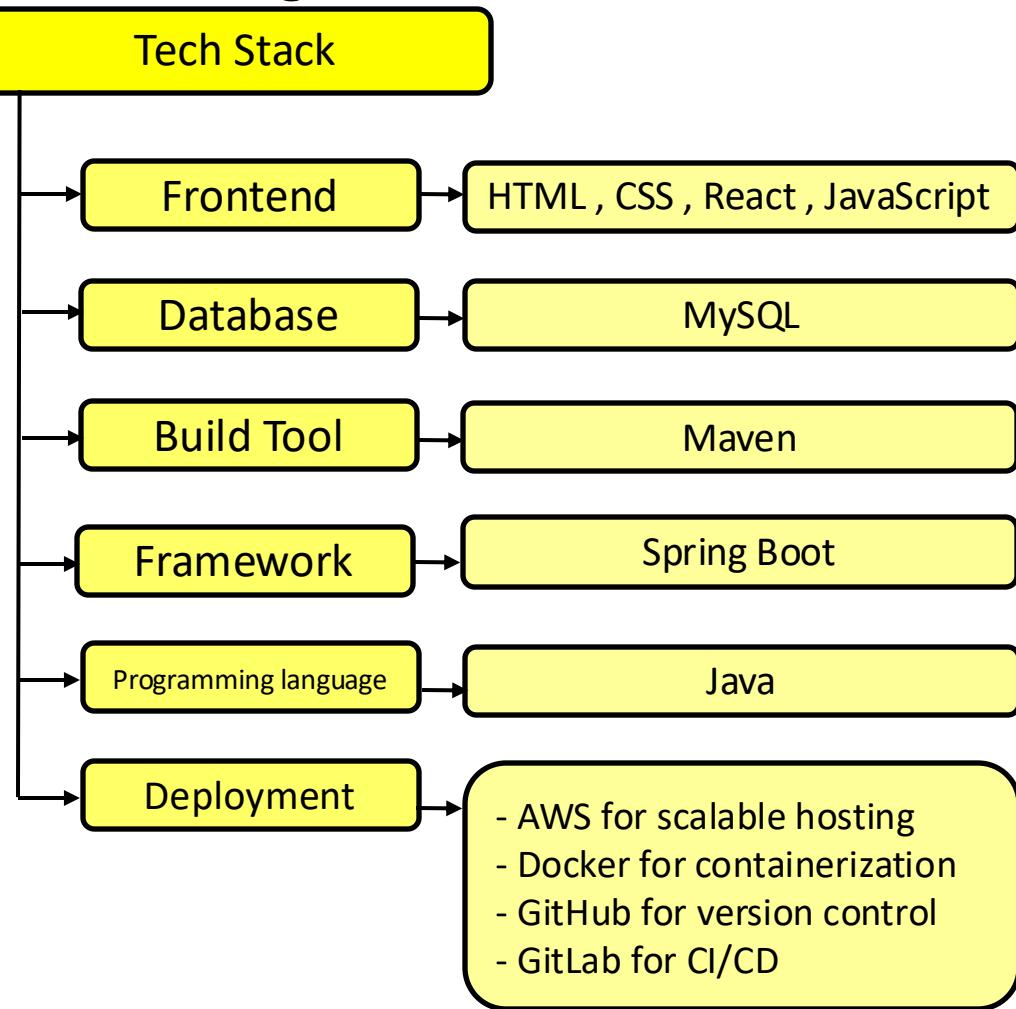
➤ Innovation and Uniqueness :-

- Integrates **scientific nutrient analysis + Ayurvedic food properties** in one tool.
 - Ensures **data privacy & compliance** with health regulations.

TECHNICAL APPROACH



Technologies to be used :



FEASIBILITY AND VIABILITY



FEASIBILITY

Yes , it is possible



Technically Possible: Uses proven technologies (like React , Java and MySQL) to manage all the patient and diet data.

Team Skills: A small team with developers , designer and Researcher , can build aa basic working prototype within a few weeks

FEASIBILITY



Can we build it ?

VIABILITY



Will people use it & grow?

User Impact & Growth

Yes, it become a successful product and people also use it



Useful: Hospitals and clinics need digital tools to replace handwritten charts.

Easy to Grow: The product can easily be updated for new regions and even modern hospitals.

Strong Demand: Ayurveda is growing worldwide, and people want personalized care.

Money Potential: We can charge clinics a subscription fee or integrate the software directly into hospital systems.

IMPACT AND BENEFITS



➤ **IMPACTS :**

Digital Speed: Diet plans are now fast, accurate, and fully **digital**.

Saves Doctor Time: Doctors spend less time on paperwork and **more time with patients**.

Secure Data: All patient records are safe and **private**.

Better Care: The solution combines old **Ayurveda** with new science for better health results.

Reaches Rural Areas: Makes expert care available to **more people** and remote clinics.

Eco-Friendly: Reduces **paper waste** and encourages using local, seasonal food.

➤ **ADVANTAGES**

- ✓ Fast and Accurate
- ✓ Smart Nutrition
- ✓ Automatted health & Recovery
- ✓ Clear Guidance
- ✓ Data Privacy (Secure patient records)
- ✓ Eco-Friendly Operations
- ✓ Promotes Local Economy

➤ **BENEFITS :**



SOCIAL

- Personalized Health
- Accessible Healthcare



ECONOMICS

- Save Time & Money
- Create New Jobs



ENVIRONMENTAL

- Local Food
- Reduces Paper Wastes

RESEARCH AND REFERENCES



PROTOTYPE :

Welcome, Dr. Bijaya kumar rout!

You are logged in as a doctor

- Food Database**: Explore Ayurvedic food properties and nutritional values.
- Patient Data**: View all Patient Data.
- Diet Plans**: Create and manage personalized Ayurvedic diet plans.
- Add Patient**: Add a patient Data.

Create Account

Full Name

Email

Role

Select Role

Password

Confirm Password

Sign Up

Already have an account? Login

Food Nutritional Database

Search for foods to view their nutritional values and Ayurvedic properties

Category	Food Item	Description	Ayurvedic Properties	Calories
Grains	Brown Rice	Vitamin-rich rice with bran layer intact.	Constitutes Pitta, Doctor Vata balancing, Pitta increasing, Kapha increasing in excess.	110 kcal
Grains	Quinoa	Gluten-free grain rich in proteins.	Constitutes Pitta, Doctor Tridoshic (balanced for all doshas).	110 kcal
Fruits	Pomegranate	Juicy fruit with edible seeds.	Constitutes Pitta, Doctor Vata balancing, Pitta increasing, Kapha increasing.	100 kcal
Fruits	Spinach	Leafy green vegetable.	Doctor Pitta balancing, Vata increasing, Kapha balancing.	20 kcal
Legumes	Mung Bean	Small green beans.	Constitutes Pitta, Doctor Tridoshic (balanced for all doshas).	110 kcal
Legumes	Chickpeas	Round, beige legumes.	Constitutes Pitta, Doctor Vata balancing, Pitta increasing, Kapha increasing.	110 kcal
Dairy	Yogurt	Pasteurized milk product.	Constitutes Pitta, Doctor Vata increasing, Pitta increasing, Kapha increasing.	110 kcal
Spices	Turmeric	Golden-yellow spice.	Constitutes Pitta, Doctor Tridoshic (balanced for all doshas).	110 kcal
Spices	Cumin	Aromatic seeds.	Constitutes Pitta, Doctor Vata balancing, Pitta increasing, Kapha balancing.	110 kcal

About Us

AyurDiet is committed to bringing together Ayurveda and modern nutrition science to empower holistic healthcare.

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