

## 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.

## Technologies to be used :

### Tech Stack

#### Frontend

HTML , CSS , React , JavaScript

#### Database

MySQL

#### Build Tool

Maven

#### Framework

Spring Boot

#### Programming language

Java

#### Deployment

- AWS for scalable hosting
- Docker for containerization
- GitHub for version control
- GitLab for CI/CD

**Food Database**  
Nutrition +  
Ayurveda tags

**START**

### User Input

Age, Weight, Goals, Preferences

### BMI & Dosha Detection

BMI → Vata / Pitta / Kapha

### Rule Engine

Match foods to dosha & goals

### Meal Plan Generation

Breakfast / Lunch / Dinner + Tips

### Output

Dashboard + PDF

**STOP**

# 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



**Tools, Time,  
Skills**



**Team  
Capability**

**Can we build it ?**

## VIABILITY



**Market  
Demand**



**Revenue  
Potential**

**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.

## ➤ **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**

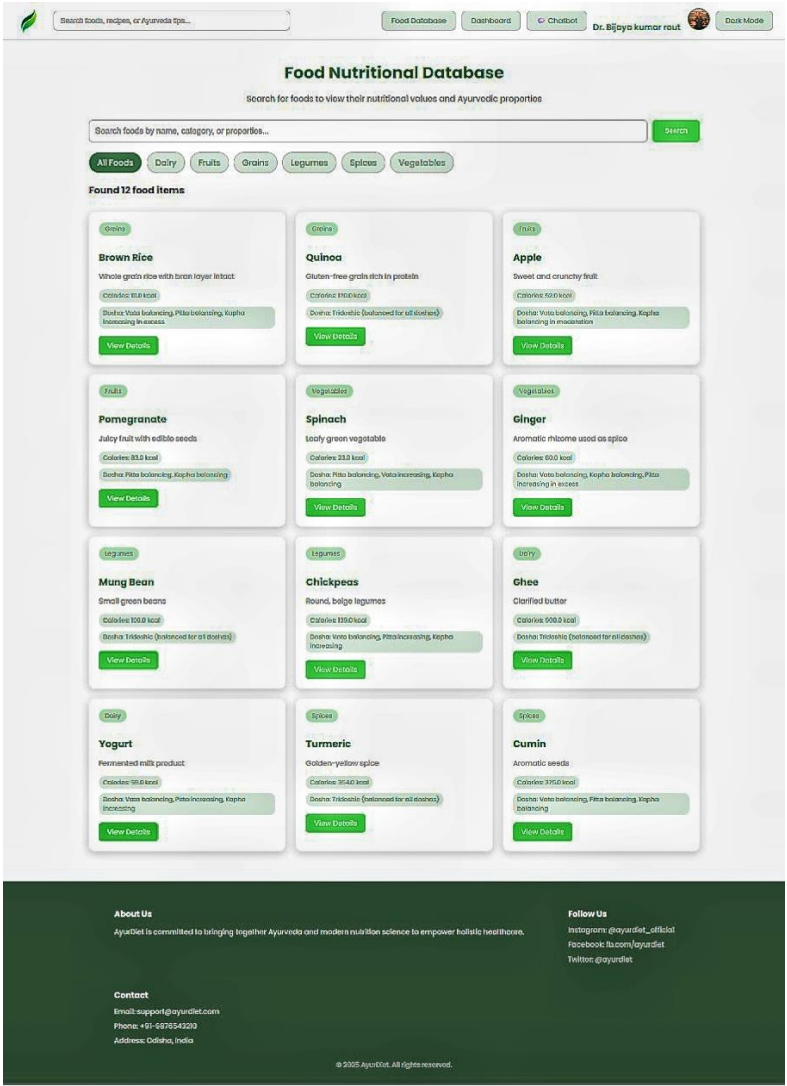
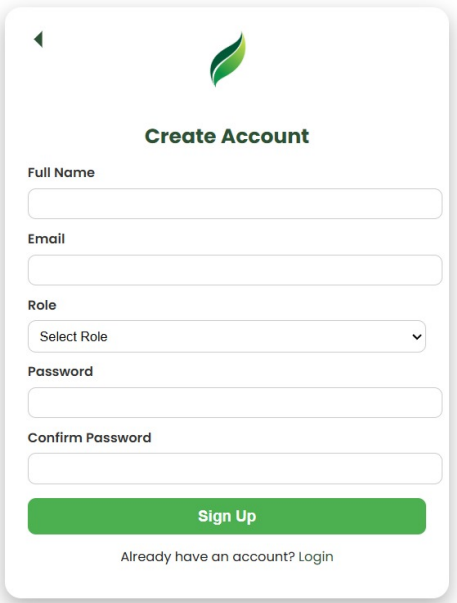
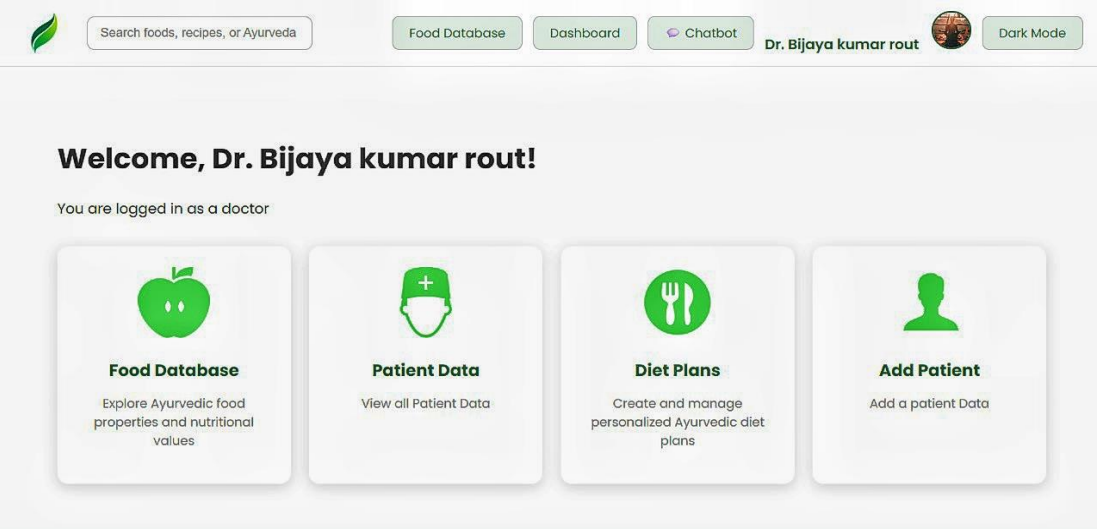
- Save Time & Money
- Create New Jobs



### **ENVIRONMENTAL**

- Local Food
- Reduces Paper Wastes

PROTOTYPE :



REFERENCES :

Ayurvedic diet practices	<a href="https://www.ayush.gov.in">https://www.ayush.gov.in</a>
Reports on global nutrition & health management	<a href="https://www.who.int/health-topics/nutrition">https://www.who.int/health-topics/nutrition</a>
AI-based personalized nutrition systems and healthcare applications	<a href="https://link.springer.com">https://link.springer.com</a>