

HIWP Project Documentation

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1. Introduction

The AyurHealth Portal is an interactive wellness application designed to integrate Ayurvedic health principles into modern digital wellness management. The system helps users identify their body constitution (Prakriti) and provides personalized guidance for lifestyle, diet, and fitness based on Ayurveda’s Vata, Pitta, and Kapha framework. The objective is to create a simple, accessible, and data-driven wellness dashboard where users can register, track their health routines, and maintain balance through holistic living.

2. Objectives

- To design a web-based Ayurvedic wellness platform.
- To analyze a user’s body type (Prakriti).
- To generate personalized wellness recommendations.
- To enable users to log daily moods, activities, and hydration.
- To create a user-friendly and responsive single-page interface.

3. System Design

This project follows a Client-Side Web Architecture. All logic executes in the browser using JavaScript, and data is stored in LocalStorage, eliminating backend dependency.

Modules

Module	Description
Registration Module	Multi-step form for personal, health, and prakriti information.
Login Module	Verifies credentials and grants dashboard access.

Prakriti Analysis	Questionnaire-based assessment determining dosha type.
Dashboard	Displays personalized plans and wellness tracking tools.
Calendar	Monthly health tracker with activities and events.
Journal	Daily reflection and mood tracking tool.
Hydration Tracker	Visual tracker for daily water intake.

4. Implementation Details

The project is developed using HTML, CSS, and JavaScript. Bootstrap 5 is used for layout and responsiveness, while Font Awesome icons enhance the visual design.

JavaScript (hiwp.js) handles all functionalities, including registration, login, form validation, calendar generation, and wellness tracking. User data is stored in the browser's LocalStorage.

5. Key Features

- User Authentication: Registration and login system using browser storage.
- Prakriti Analysis: Questionnaire determines dominant dosha with visual feedback.
- Dashboard with Tabs: Sections for overview, diet, daily plan, and personal profile.
- Dynamic Calendar: Displays current month and highlights daily activities.
- Daily Journal & Mood Tracker: Users can log feelings and experiences daily.
- Hydration Tracker: Interactive glasses show water intake progress.
- Responsive UI: Adaptive layout for phones, tablets, and desktops.

6. Results & Output

The AyurHealth web app successfully enables users to register, view their personalized dashboard, and manage wellness data locally. Users can maintain journals, track hydration,

and explore Ayurvedic guidance. The interface is visually appealing with a green Ayurvedic theme and interactive animations.

7. Conclusion

The HIWP – AyurHealth Project demonstrates how traditional Ayurvedic concepts can be digitized through modern web technologies. It helps users understand themselves better and maintain a personalized wellness routine. The project promotes holistic health through a simple, browser-based tool.

Future enhancements could include backend integration, AI-based personalized recommendations, and a mobile app version.