

Ayurveda Health Journey

1. Introduction

Ayurveda Health Journey is a comprehensive and interactive web application designed to promote holistic wellness through the ancient science of Ayurveda. The platform empowers users to explore Ayurvedic principles, understand their unique body constitution (Prakruti), and adopt personalized lifestyle practices that support balance and health.

Developed using React.js for the frontend and Node.js/Express.js for the backend, the application ensures a seamless, secure, and dynamic user experience. It integrates user authentication, data management, and real-time API interactions to deliver a complete health-tracking and community engagement platform.

2. User Guide

Access the App:

- Open your browser and navigate to `http://localhost:3000` (after starting the dev server).
- If not logged in, you'll be redirected to `/login`.

Registration and Login:

- Register: Go to `/register`, enter a valid email and password, and click 'Register'.
- Login: At `/login`, enter your credentials. Successful login stores session data in `localStorage` and redirects to `/dashboard`.
- Security Note: Passwords are stored in `localStorage` for demo purposes. Use secure tokens in production.

Navigation:

- Use app links or browser history to switch between pages (Dashboard, Assessment, Reports, Wellness Hub, Profile, Community).

3. Key Features

Dashboard (`/dashboard`):

- Displays welcome message, health stats, and quick actions.
- Calculates a 0–100% health score based on assessments, mood, journal consistency, and Prakruti balance.
- Shows Prakruti distribution and progress bars for Vata, Pitta, Kapha.
- Provides daily tips, recent activities, and reminders.

Prakruti Assessment (/assessment):

- Multi-step form covering physical, mental, emotional, and lifestyle traits.
- Calculates dominant Prakruti via trait-matching algorithm.
- Displays personalized recommendations and stores past assessments.

Wellness Hub (/wellness-hub):

- Meal Planner based on Prakruti (e.g., Vata: warm foods).
- Journal for tracking mood, symptoms, and insights.
- Integration with latest assessment results.

Reports (/reports):

- List of all assessments with options to view details or export data.
- Displays detailed comparison of doshas and user traits.

Profile (/profile):

- Allows user to edit email and password.
- Logout clears local storage and redirects to login.

Community (/community):

- Displays messages and allows users to post and interact in real-time.

4. Developer Guide

Project Architecture

- Frontend: React.js (SPA with React Router).
- State Management: useState and useEffect hooks.
- Data Flow: Axios for API calls; localStorage for auth persistence.
- Styling: CSS Modules and Tailwind-like utilities.
- Backend: Node.js/Express with MongoDB (Mongoose).
- Icons: Lucide React.

Key Algorithms:

- Prakruti Calculation: Trait-based fuzzy matching algorithm.
- Health Score: Weighted average from user metrics.

5. Setup and Development

Prerequisites:

- Node.js 18+ installed.
- MongoDB running and connected.

Frontend Setup:

- `git clone <repo>`
- `cd ayurveda-health-journey`
- `npm install`
- `npm start` (runs at `http://localhost:3000`)

Backend Setup:

- Install dependencies: `express`, `mongoose`, `bcryptjs`.
- Define models for `User`, `Assessment`, `Journal`, `Message`.
- Run server: `node server.js` (`http://localhost:5000`)

Development Workflow:

- Hot reload on frontend.
- Use `nodemon` for backend auto-restart.
- React DevTools for debugging.

6. API Overview

Authentication:

- `POST /auth/register` – Create a new user (hashed password).
- `POST /auth/login` – Authenticate user credentials.
- `GET /auth/me` – Retrieve current user data.
- `PUT /auth/me` – Update email or password.
- `DELETE /auth/me` – Remove user account.
- `POST /auth/logout` – Client-side logout.

Assessments:

- `POST /assessments` – Create new Prakruti assessment.
- `GET /assessments` – List all user assessments.
- `GET /assessments/:id` – Retrieve a specific assessment.

Journal:

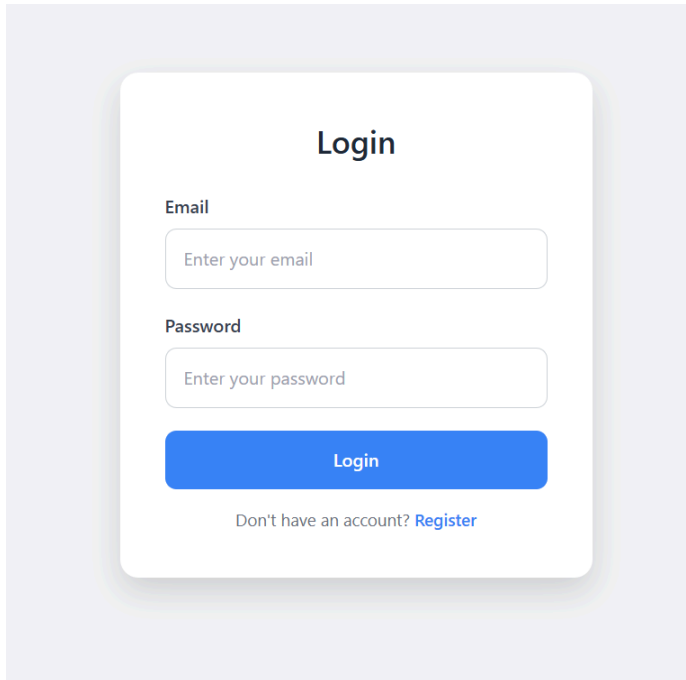
- `POST /journal` – Create a wellness journal entry.
- `GET /journal` – List all journal entries.
- `PUT /journal/:id` – Update existing entry.
- `DELETE /journal/:id` – Delete entry.

Messages (Community):

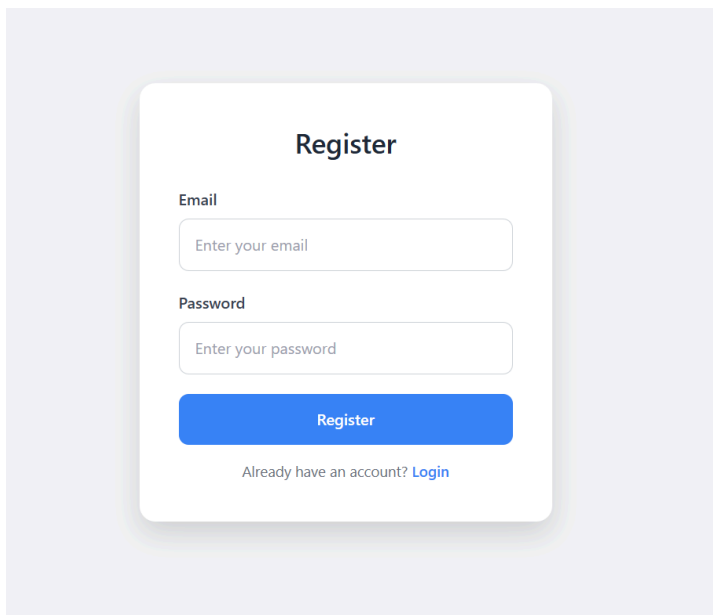
- `POST /messages` – Send new message to global chat.
- `GET /messages` – Retrieve latest 50 messages.

7. Project Screenshots

Login & Registration:



A screenshot of a login form. The form is a white rounded rectangle with a subtle drop shadow, centered on a light gray background. At the top, the word "Login" is centered in a bold, black, sans-serif font. Below it, the label "Email" is positioned to the left of a white input field with a thin gray border. The input field contains the placeholder text "Enter your email". Below the email field, the label "Password" is positioned to the left of another white input field with a thin gray border, containing the placeholder text "Enter your password". Below the password field is a solid blue button with the word "Login" centered in white. At the bottom of the form, the text "Don't have an account? [Register](#)" is displayed, with "Register" being a blue hyperlink.



A screenshot of a registration form. The form is a white rounded rectangle with a subtle drop shadow, centered on a light gray background. At the top, the word "Register" is centered in a bold, black, sans-serif font. Below it, the label "Email" is positioned to the left of a white input field with a thin gray border. The input field contains the placeholder text "Enter your email". Below the email field, the label "Password" is positioned to the left of another white input field with a thin gray border, containing the placeholder text "Enter your password". Below the password field is a solid blue button with the word "Register" centered in white. At the bottom of the form, the text "Already have an account? [Login](#)" is displayed, with "Login" being a blue hyperlink.

Dashboard:

WellnessHub:

Ayurveda Health

Dashboard

Assessment

Reports

Wellness Hub

Community

Profile

Personalized Diet Planner

Based on your Vata Prakriti

Vata-Balancing Weekly Plan

Monday

Breakfast:

Warm oatmeal with ghee and nuts

Lunch:

Stewed vegetables with rice

Dinner:

Root vegetable soup

Focus on warm, moist foods.

Tuesday

Breakfast:

Spiced porridge with almond milk

Lunch:

Lentil stew with quinoa

Dinner:

Baked sweet potatoes with butter

Avoid raw salads; add grounding spices.

Wednesday

Breakfast:

Hot herbal tea with toast and avocado

Lunch:

Creamy pumpkin soup

Dinner:

Steamed carrots and rice

Generate Full Week

Daily Wellness Journal

Date

28-10-2025

Mood (1-10)

e.g., 7

Symptoms

e.g., Fatigue, good digestion


Notes & Reflections

How did grounding activities affect your energy today?

Community:

The screenshot displays the 'Ayurveda Health' application interface. At the top, a blue navigation bar contains the app's logo and five menu items: 'Dashboard', 'Assessment', 'Reports', 'Wellness Hub', and 'Community'. The 'Community' tab is selected and highlighted with a green border. Below the navigation bar, the main content area is titled 'Global Community Chat'. This section features a vertical list of five chat messages. Each message is contained within a white rounded rectangle with a thin blue border. The messages are as follows: 1. From 'hitu@gmail.com' at 20/10/2025, 17:50:16, with the text 'hitu thi side'. 2. From '123@gmail.com' at 20/10/2025, 17:44:49, with the text 'vjnsoiev'. 3. From '123@gmail.com' at 20/10/2025, 17:44:45, with the text 'hello'. 4. From '456@gmail.com' at 20/10/2025, 17:29:05, with the text 'what are you doing right now.'. 5. From '456@gmail.com' at 20/10/2025, 17:28:41, with the text 'how are you?'. A vertical scrollbar is visible on the right side of the chat list.

Reports :

 **Ayurveda Health**

[Dashboard](#)[Assessment](#)[Reports](#)[Wellness Hub](#)[Community](#)[Profile](#)


Prakruti Analysis - 20/10/2025

Export JSON

Back to Reports

Trait	Vata	Pitta	Kapha	My Traits
Skin Type	Dry	Oily	Balanced	Dry
Body Build	Thin	Muscular	Heavier	Thin
Hair Type	Dry, Thin	Oily, Thinning	Thick, Oily	Dry
Eyes	-	-	-	small
Mindset	Restless	Intense	Calm	Calm
Memory	Tends to Forget	Remembers Easily	Slow but long-term	Remembers Easily
Emotions	Anxious	Angry	Content	anger
Diet Preferences	Warm	Cold, spicy	Light, sweet	hot
Sleep Patterns	Light	Moderate	Deep	deep

Profile:

 **Ayurveda Health**

[Dashboard](#)[Assessment](#)[Reports](#)[Wellness Hub](#)[Community](#)

[Profile](#)

Profile Settings

Email

123@gmail.com

New Password (leave blank to keep current)

Update Profile

Logout