

# Ayurveda Health Journey

A comprehensive web application built with React.js that allows users to explore Ayurveda principles, assess their Prakruti (constitutional type), track wellness through journaling and meal plans, view personalized reports, and engage in a global community chat. The app integrates with a Node.js/Express backend for user authentication, data persistence, and API interactions.

## Features

- User Authentication: Secure registration, login, and profile management.
- Prakruti Assessment: Multi-step form for self-assessment and dosha recommendations.
- Dashboard: Displays health score, Prakruti distribution, metrics, and tips.
- Wellness Hub: Weekly meal plans, journaling, and mood tracking with insights.
- Reports: Export and compare past assessments with recommendations.
- Profile Settings: Update account details or logout.
- Community Chat: Real-time discussion board for users.
- Health Score Calculation: Weighted algorithm (40% assessments, 30% mood, 20% journal, 10% balance).
- Responsive Design: Mobile-friendly with CSS Modules and Lucide icons.
- Error Handling & Loading States: Graceful API fallback behavior.

## Tech Stack

**Frontend:** React.js (Hooks: useState, useEffect, useRef), React Router DOM, CSS Modules.

**Backend:** Node.js/Express at <http://localhost:5000>, MongoDB for data storage.

**Storage:** LocalStorage for session (email/password).

**Date Handling:** Native JavaScript Date for timestamps and calculations.

**Dependencies:** No external chart/state libraries used.

## Installation

- 1 Clone the repository: `git clone && cd ayurveda-health-journey`
- 2 Install dependencies: `npm install` (includes react, react-dom, react-router-dom, axios, lucide-react)
- 3 Set up backend: Run your Node.js server on <http://localhost:5000> with MongoDB collections (users, assessments, journal, messages).
- 4 No frontend env vars needed (hardcoded base\_url). Update for production if required.
- 5 Run the app: `npm start` (opens at <http://localhost:3000>).

## Usage

- Register/Login at /register or /login, then access the Dashboard for overview.
- Assessment: Complete 12-step form to get dosha summary (saved to backend).
- Wellness Hub: Access meal plans, journal, and insights.
- Reports: View list of assessments and compare/export data.
- Community: Post/read messages (requires login).
- Profile: Edit account details or logout.
- Sample Data: 7-day dosha meal plans, dynamic tips/reminders, dashboard health score breakdown.
- Testing: Use browser DevTools for LocalStorage and mock API responses for fallback validation.