**Manya-** Good morning/afternoon everyone. **Myself Manya Thapliyal** and **I am Prashant Bisht**.  
Today, we are here to present our project AyurSense: An Intelligent Ayurvedic Recommendation System.

We named our project **AyurSense** because it combines the word *Ayur* from Ayurveda, which means knowledge of life, and *Sense*, which reflects intelligent understanding. Hence, AyurSense stands for making sense of Ayurveda in a modern and personalized way.

**Prashant-** In today’s fast-paced world, lifestyle-related disorders like obesity, diabetes, hypertension, and stress are becoming more and more common. This is mainly due to unhealthy eating habits, lack of physical activity, and rising stress levels.

**Manya-** Many people try quick fixes or random remedies they find online, but these solutions are usually not personalized and often don’t give effective results.

Ayurveda, the ancient Indian system of medicine, offers natural and holistic ways to maintain health. It focuses on prevention and balance.

However, Ayurveda is not always easy to access or personalized for modern lifestyles.

**Prashant-** To solve this problem, we created AyurSense — An Intelligent Ayurvedic recommendation system. It combines traditional Ayurvedic wisdom with modern technology, making health guidance simple, accessible, and user-friendly for everyone.

**Manya-** 1. Lack of awareness about Ayurveda and its benefits

"Even though Ayurveda is one of the oldest systems of medicine, many people today are not fully aware of its benefits. They often see it as outdated, without realizing how effective and natural it can actually be."

2. Generic remedies fail to provide personalized solutions

"Most remedies that people find online or hear from others are very generic. They don’t take into account the person’s individual body type, health condition, or lifestyle. As a result, they are often not very effective."

**Prashant-** 3. No accessible platform for personalized Ayurvedic guidance

"At present, there is no easily accessible platform that provides personalized Ayurvedic guidance. People either have to consult practitioners directly, which is not always convenient, or they end up relying on random sources."

4. People keep shifting to medicines or changing treatments

"Because of this lack of awareness and the absence of personalized solutions, people often rely on regular medicines or keep changing treatments frequently. This doesn’t always solve the root cause of their health problems."

**Manya-** Now let’s see some of the Objectives of our Project

To provide personalized Ayurvedic recommendations based on a user’s health quiz

Users can adopt healthy lifestyle practices without relying on chemical-based medicines or generic advice

It also bridges the gap between modern lifestyle and Ayurvedic knowledge

**Prashant-** The platform is designed to be simple, intuitive, and easy to navigate for all types of users so it is a user-friendly application.

The platform educates users about Ayurvedic principles which encourages them to explore natural and holistic approaches to health.  
By using intelligent analysis and authentic Ayurvedic knowledge, AyurSense ensures users receive effective and dependable guidance.

**Manya-** 1. User Approach

In existing systems, people mostly rely on Google, YouTube, or random online sources. Most advice is generic and not tailored to an individual’s health needs.  
With AyurSense, an AI-powered quiz analyzes user responses, and the recommendations are personalized for each user.

2. Remedies

In the existing setup, it’s difficult to find trusted and authentic Ayurvedic remedies. Users often follow incorrect or ineffective tips.  
AyurSense provides reliable and authentic remedies, including suggestions for yoga and diet tailored to the user’s health profile.

**Prashant-** 3. Accessibility

Currently, information is scattered across multiple sources, and users spend a lot of time searching and verifying it.  
AyurSense centralizes all information in one user-friendly website, making personalized guidance easily accessible anytime.

4. Awareness

In the existing system, there is generally low awareness about Ayurveda and its benefits. Many people do not know how Ayurveda can help them maintain health naturally.

In contrast, AyurSense educates users about Ayurveda and highlights the personalized benefits according to their unique health profile.

**Manya-** Now, let’s move on to the Methodology we will be following in building AyurSense

1. First, in the Requirement Analysis phase, we studied user needs and identified the common problems in existing systems, like lack of personalization and scattered information.

2.Next was the System Design stage. Here, we created the workflow, architecture, and database schema. We divided the system into modules such as Authentication, Health Quiz, and Recommendation engine.

3.Then will be the Development Phase, where we will work on the frontend using HTML, CSS, BootStrap. For the backend, we will be using Flask in Python. We will also integrate AI to generate personalized Ayurvedic recommendations.

**Prashant-** 4. After development, we will be performing Testing. Each module will be tested separately to check functionality, and we will ensure the accuracy of the recommendations generated.

5.The next step was Deployment, where we will host the project as a web application so that it could be accessed by anyone, anywhere.

6.Finally, we will focus on Feedback and Improvement. Based on user feedback, we will refine remedies, update quiz questions, and improve the overall experience.

**Manya-** Now, let’s look at the System Components of AyurSense:

1. The User , who interacts with the system by logging in and taking the health quiz.
2. The Quiz Module collects details about the user’s health, lifestyle, and preferences through a simple set of questions.
3. These responses go to the Backend, which processes the inputs and applies AI or predefined logic.

**Prashant-** 4. Then comes the Recommendation Engine, which analyzes the data and provides personalized Ayurvedic remedies, yoga asanas, and diet tips.

1. The results are shown on the Output/Dashboard, where users can easily view and follow the recommendations.
2. Finally, there is a Feedback Module, where users can submit their opinions or experiences. This helps us refine the system and improve future recommendations.

**Manya-** As part of our project, we will also make efforts towards publication.

First, we will be working on drafting a research paper that highlights the methodology, results, and overall impact of AyurSense.

Next, our target is to submit this work to reputed conferences and journals that focus on healthcare, AI, and Ayurveda.

**Prashant-** We are also taking guidance from our faculty mentors, and thinking to explore collaborations with Ayurveda practitioners to validate the recommendations.

In the future scope, we see opportunities for publishing case studies based on real user feedback, and even expanding into international digital health research platforms.

**Manya-** In conclusion, AyurSense is a personalized Ayurvedic health guidance platform that leverages AI.

It successfully bridges the gap between traditional Ayurvedic wisdom and modern digital technology.

**Prashant-** By encouraging users to adopt natural and side-effect free remedies, it reduces over-dependence on chemical-based medicines.

Through a simple and accessible web application, AyurSense builds awareness and trust in Ayurveda.

**Manya-** Looking ahead, the project can be enhanced further with mobile app integration, real-time chat with experts, and multilingual support, making it even more impactful.

For our project AyurSense, we referred to a variety of authentic sources.

Some of the important references include classical Ayurvedic texts like *The Complete Book of Ayurvedic Home Remedies* by Vasant Lad, *Charaka Samhita* by P.V. Sharma, and works by David Frawley and Premvati Tiwari.

We also relied on WHO’s Global Report on Traditional Medicine (2019), reports from the Ministry of AYUSH, ICMR lifestyle disease statistics, and the National Health Profile 2022.

On the research side, we reviewed multiple journals and studies such as *AI Applications in Ayurveda* by Patel & Desai, and the integration of Ayurveda with digital health platforms by Joshi & Dwivedi.

Additionally, Google Scholar and the Digital India initiative served as valuable resources for aligning our system with modern technology trends.

**Manya-** That concludes our presentation on AyurSense.  
Thank you everyone for listening patiently.  
We look forward to your valuable feedback and suggestions.