

## **FAQ's to understand the problem statement better:**

### **1. What is the main problem we want to solve?**

Currently, Ayurvedic doctors create diet charts by hand, which is slow, error-prone, and inefficient. Existing software does not follow Ayurvedic principles properly.

### **2. Why can't we use existing diet software?**

Most existing diet software only focuses on general nutrition and calories. They don't include Ayurvedic ideas like food qualities, tastes (Rasa), and how foods affect the body's doshas.

### **3. What makes the Ayurvedic diet unique?**

It considers six tastes (sweet, sour, salty, bitter, pungent, astringent), food energies (hot/cold), digestibility, and individual body types to design diet plans that balance mind and body.

### **4. What kind of users will use this software?**

Ayurvedic doctors, dietitians, and healthcare staff who want to create patient-specific, Ayurveda-compliant diet charts faster and more accurately.

### **5. What features will the software provide?**

It will have a large food database (8000+ items), include nutrient info plus Ayurvedic food properties, manage patient profiles, automatically generate diet plans, and create printable reports.

### **6. How will the software handle different patient needs?**

Users can enter patient details like age, gender, health conditions, digestion, and lifestyle, and the software will tailor diet charts based on both Ayurveda and modern nutrition.

### **7. Why is patient data security important?**

Because the software will store personal health info, it must follow laws and use encryption to keep all patient details private and safe.

### **8. Will the software work on mobile devices?**

Yes, it should support mobile and tablets so doctors and patients can access diet plans anywhere.

### **9. Can this software connect with hospital systems?**

Yes, it should be designed to integrate with existing hospital software like electronic health records for smoother workflow.

### **10. How will this software improve Ayurvedic diet planning?**

It will save time, reduce errors, give scientifically backed nutritional info combined with Ayurveda wisdom, and make holistic dietary care easier.

## **Solution:**

### **1. User Onboarding & Authentication**

Practitioners register with credentials, complete email/admin approval, and log in securely (password/SSO + MFA). They see a personalized dashboard showing patients or system controls.

### **2. Patient Profile Setup**

Practitioners add new patient records with demographics, medical history, dosha assessment, and dietary preferences. All data is encrypted and stored for planning.

### **3. Food Database & Ayurvedic Knowledge**

Users search and filter an 8,000+ food database by name, nutrient values, or Ayurvedic properties. They view detailed nutritional and dosha information or add custom foods for expert review.

### **4. Diet-Plan Generation**

Practitioners select a patient and set plan parameters (duration, calories, taste balance). The engine auto-generates meal schedules combining nutrition needs with Ayurvedic rules. Plans can be reviewed and edited with real-time recalculations.

### **5. Plan Finalization & Reporting**

Finalized charts are locked in patient profiles and exported as PDFs or shared through email/mobile. Patients access their plans via the app with daily reminders.

### **6. Monitoring & Feedback Loop**

Patients log meals and sync wearables. Practitioners track adherence and receive alerts for imbalances. They provide feedback or adjust plans, and the system analyzes patient outcomes over time.

### **7. Administration & Maintenance**

Admins monitor system health, ensure data compliance (HIPAA), update the knowledge base, and provide user support through help centers and ticketing.