A-Z NATURAL REMEDIES

ONLINE MOBILE ANDROID

APP USER GUIDE

Makers of the App

B. Sandhya Rani - 14co205

D. Tejaswi   - 14co211

P. Mounika   - 14co231

Contents

A-Z NATURAL REMEDIES

Preface

About this Guide

This document provides information about the services and functions available with our Mobile Android App (referred to simply as "the app" in the remainder of this document) and how to access them.

A-Z NATURAL REMEDIES

Audience

This guide is intended for the people who want to use their Android smart phone as an advisor of various natural remedies which include the following features basically.

- Know information about the causes and symptoms of several diseases,
- Access various natural remedies for several diseases,
- Immediate first aid for sudden accidents,
- Instructions on healthy routine,
- Few healthy recipes,
- Nutrition Details,
- Speak to us (the makers) directly and clarify their doubts

This app can be used by people of all age groups, with respect to the diseases for which they want to know the remedies about or any of the above mentioned features.

A-Z NATURAL REMEDIES

Typographic Conventions

Unless otherwise noted, this document uses the following typographic conventions to help you locate and identify the information.

Bold Text   identifies new names, emphasis and titles.

Bold Italic Text identifies button names and other items that you can click or touch in the

Graphical user interface or press on a phone's keyboard.

A-Z NATURAL REMEDIES

Hardware and Software Requirements

You must use specific minimum hardware and software to use this natural health app.

For best experience, you should use the recommended software and hardware.

As it is primarily a mobile app, we recommend that you update your device's operating system.

Device	Browser	Current Version	Upgrade Link
Android	NA	4.4	http://www.android.com/versions/kit-kat-4-4

Note:

This app requires your Android device to be connected to the Internet. If you have never set up the Wi-Fi connection for your device, refer to the documentation for your Android device.

A-Z NATURAL REMEDIES

Getting Started

Opening the A-Z Natural Remedies app

    To open the natural health care app

        Locate the natural health care app (fig.a) on your smart phone or tablet and tap it to open.

fig.a.

Signing up for the first time (if you are not a user)

  Once you have the application downloaded on your android device, you are ready to sign up and become a user.

To sign in for the first time:

1. On your mobile device, launch the application. When you click on your app the fig.b will be displayed.

fig.b.

2. Initially a screen appears as shown in the fig.1.

A-Z NATURAL REMEDIES
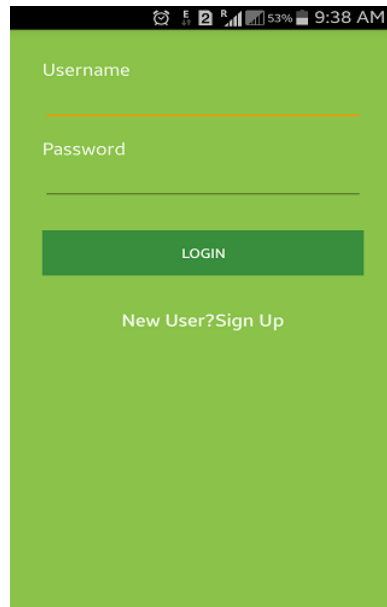
fig.1

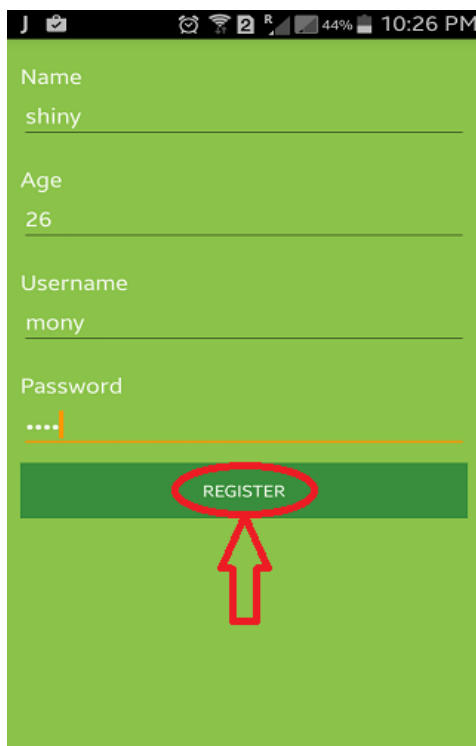3. Since you are a new user, click on *New User? Sign Up* button as in fig.1.1
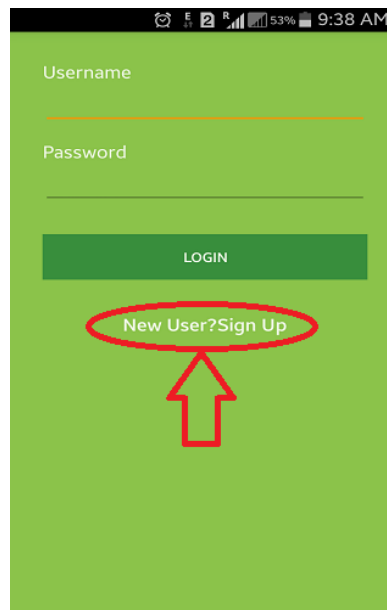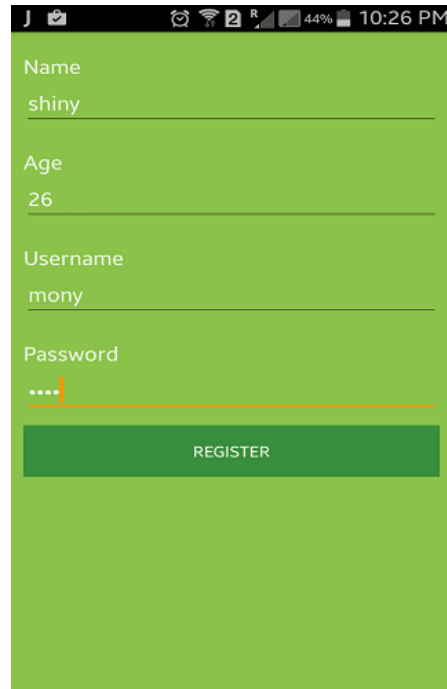
fig.1.1

4. Then you will be directed to a new screen asking you to fill your details one by one which include your **Name, Age, Username and Password.** To display the keyboard, simply tap an entry field or use the device keyboard as in fig.1.2

A-Z NATURAL REMEDIES
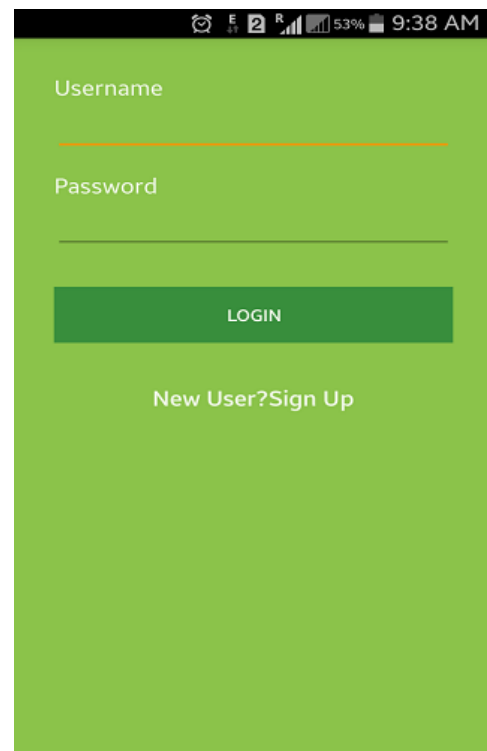
fig.1.2

5. Then click on **Register** button as in fig.1.3
6. You will be automatically redirected to the login page (fig.1.4) wherein you can login based on the instructions given later.

fig.1.3

fig.1.4

A-Z NATURAL REMEDIES

Failed Sign in attempts

You must fill all the details. Otherwise an error will be shown as shown in the fig.1.5

fig.1.5

A-Z NATURAL REMEDIES

Logging in for the first time (after you just signed up)

Once you have downloaded the application and have your user ID and password, you are now ready to sign in.

1. On your mobile device, launch the application.

2. To display the keyboard, simply tap an entry field or use the device keyboard (fig.1.6).

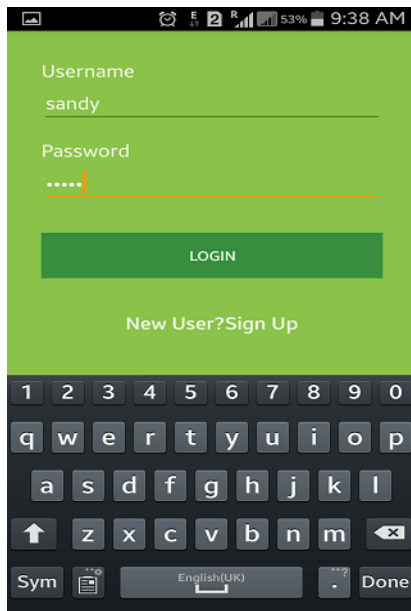3. Enter a valid Username and password and tap **LOGIN** as in fig1.7
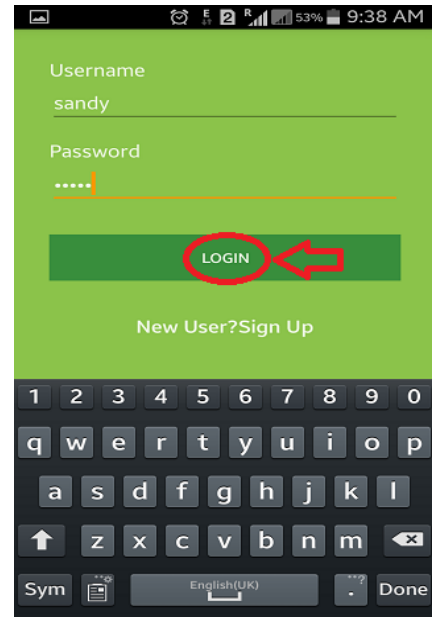

fig.1.6   fig.1.7

4. If the entry is successful, a message appears on the screen **SUCCESSFULLY LOGGED IN.**

5. In fraction of seconds you will be directed to new scrolling screen as shown in the fig.1.8 and fig 1.9

Note:

Your username and password are case-sensitive. Caps lock is off by default. After your first sign in, your Android device remembers your username.

A-Z NATURAL REMEDIES

fig.1.8

fig.1.9

Failed Login attempts

If your entry was unsuccessful, it means you might have entered invalid username or password or did not fill one of those fields. You must give valid username and password. Login failed msg will be popped up as in fig.1.10
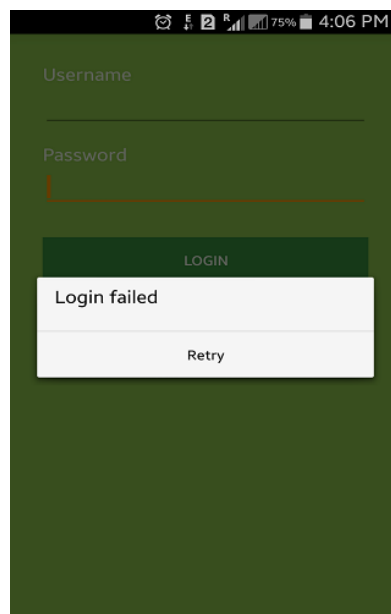

fig.1.10

A-Z NATURAL REMEDIES

Logging off

On the main screen shown below, we have an option to the top right of the screen. Tap on it to log out as in fig.1.11
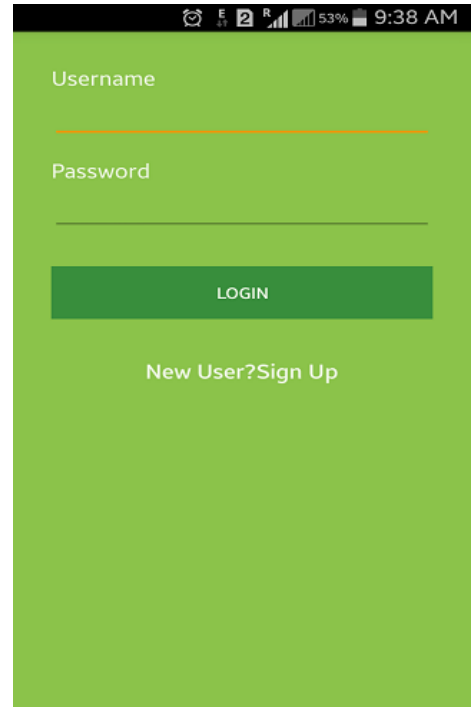

fig.1.11

fig.1.12

On logging out, you will automatically be directed to the login page (fig.1.12)

You can also log out by pressing the back button on your android device thereby you will come out of the app completely.

A-Z NATURAL REMEDIES

Managing through Various Phases

Once you are on the main screen, you can select any of the options as per your requirements, each of them having mentioned pictographically.

Diseases and Cure

- For details about diseases and their cure, tap on the **DISEASES AND CURE** button as shown in fig.2

fig. 2

- You will be directed to a new scrolling screen which has nearly 17 buttons each certifying a unique organ or a unique type of ailment as shown in the fig.2.1 and fig.2.2
- You can tap on the one that you wish to search for.

A-Z NATURAL REMEDIES

fig.2.1

fig.2.2

On tapping on **Eye Care** (fig.2.3), you will be directed to a new screen shown below in fig.2.4.

fig.2.3

fig.2.4

A-Z NATURAL REMEDIES

Click on any organ that you wish to see. A new screen with a list of diseases related to that organ will be displayed similarly.

In all the lists of diseases shown above, you can select any one of the diseases, tap on it and you will be directed to a new screen each time. A sample is shown below.

In the display of diseases list, a tap on any disease will display a new screen containing information such as causes, symptoms, home remedies, precautions with necessary images related to that disease.

For example, click on **Eye Care** (fig.2.5)**,** you will be directed to a new screen shown below fig.2.6.

fig.2.5

fig.2.6

A click on **Cataracts** disease (fig.2.7) will display a new scrolling screen with the causes, symptoms, home remedies and precautions as in fig.2.8 and fig.2.9.

A-Z NATURAL REMEDIES

fig.2.7

Causes

• Hypertension
• Diabetes
• Smoking
• Eye injury or surgery

Remedies

➤ Garlic Cloves
Consume 2-3 cloves of garlic everyday as it cleanses your lens like you have just cleaned them with soap and water.

➤ Spinach
Consume spinach daily to reverse the effects of cataract and to put it

fig.2.8

➤ Drink fresh fruit juices especially carrot.

➤ Avoid caffeine, alcohol, tobacco.

Vitamin C helps in treating the occurrences of cataract

Prevention

• Healthy eating
• Quitting smoking
• Wearing sunglasses
• Avoid steroid usage.

fig.2.9

A-Z NATURAL REMEDIES

First-Aid

- Click on **First-Aid** (fig.3) will display a new screen with all the common accidental events as shown in fig.3.1.

fig.3

fig.3.1

fig.3.2

A-Z NATURAL REMEDIES
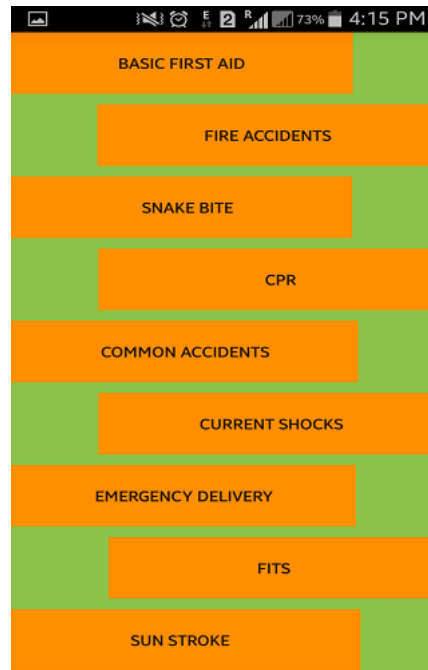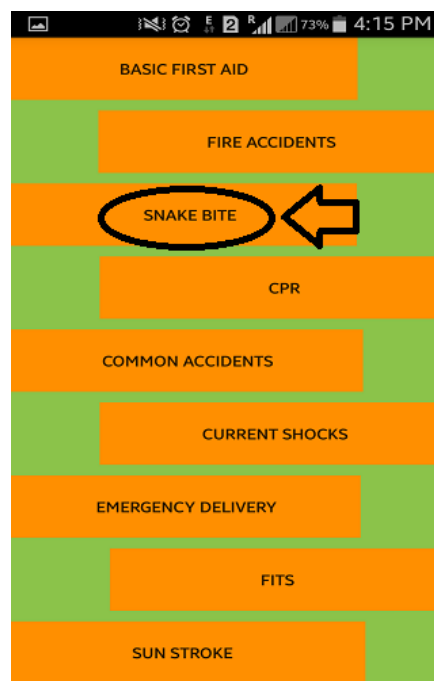
- Selection of any button (fig.3.2) in the list will lead you to a screen with all the immediate steps to follow for a particular emergency with some pics and video links as shown in fig.3.3

fig.3.3.a
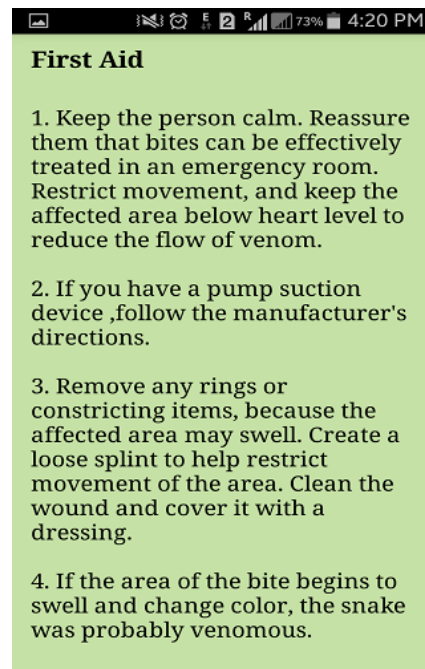
fig.3.3.b
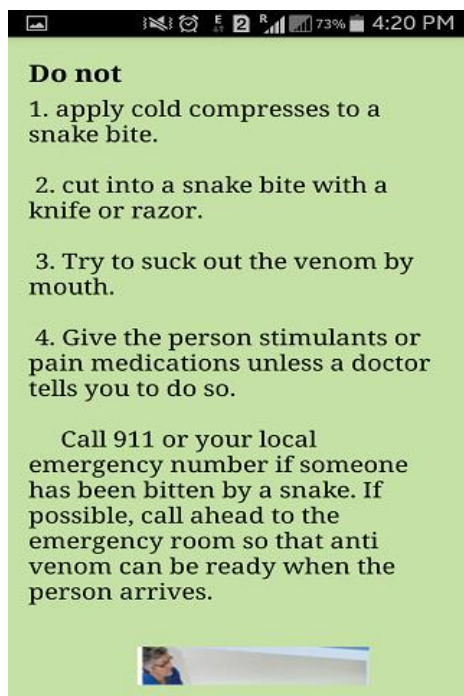
fig.3.3.c
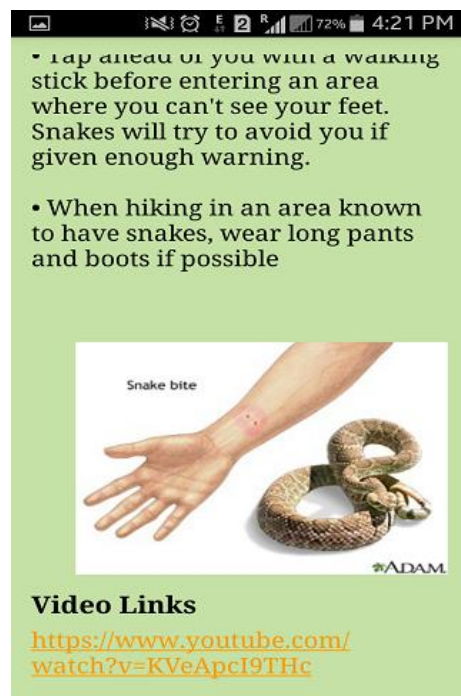
fig.3.3.d

- Click on the video link for guidance to treat the effected person immediately as in fig.3.4

A-Z NATURAL REMEDIES
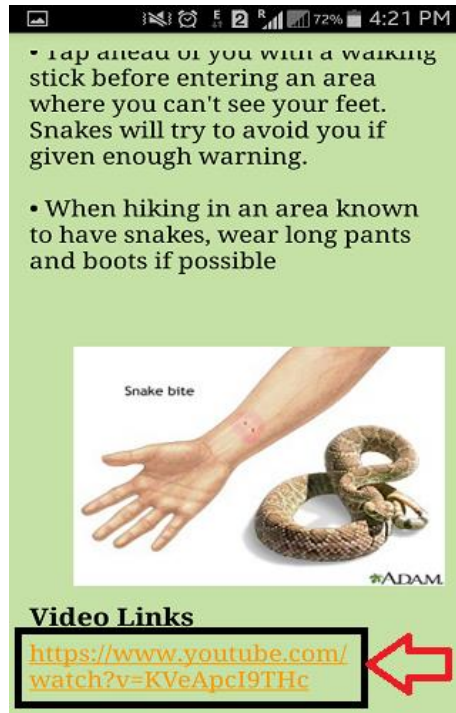
fig.3.4

- On tapping the video link, choose **YouTube** (fig.3.5) for playing this video as shown in fig.3.6

fig.3.5

fig.3.6

A-Z NATURAL REMEDIES
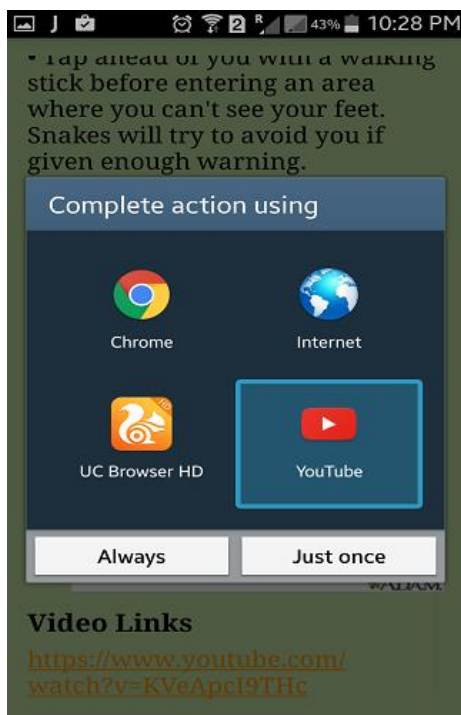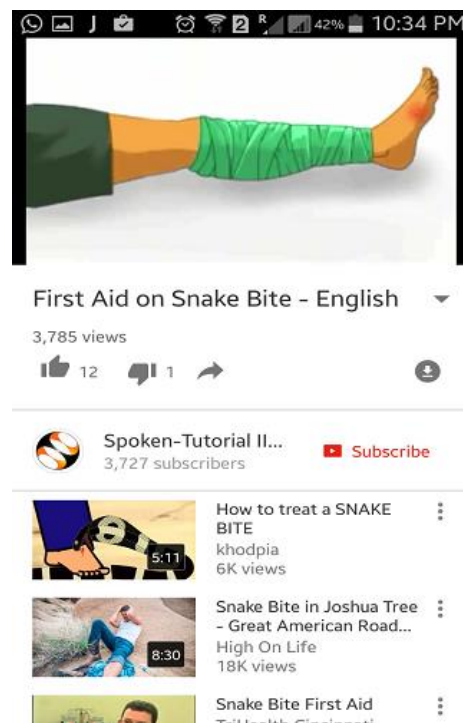
Fitness and Diet

- For details about diseases and their cure, tap on the **FINESS AND DIET** button as shown in fig.4
- A new screen in fig.4.1 will be displayed.
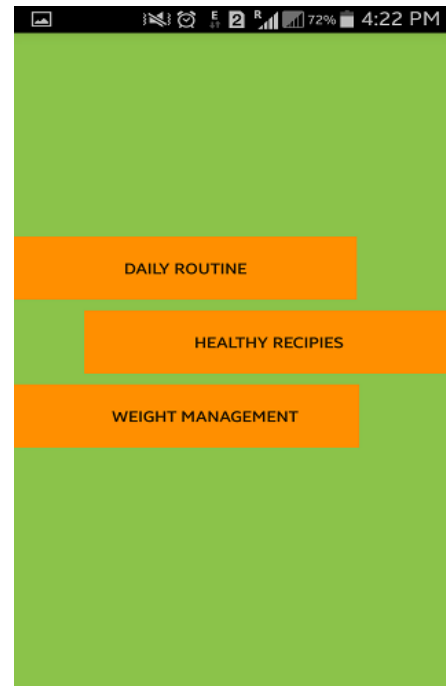
fig.4   fig.4.1

- Click on **DAILY ROUTINE** (fig.4.2), will display a new screen with options like **Daily Plan** and **Routine for Women** as in fig.4.3

fig.4.2   fig.4.3

A-Z NATURAL REMEDIES
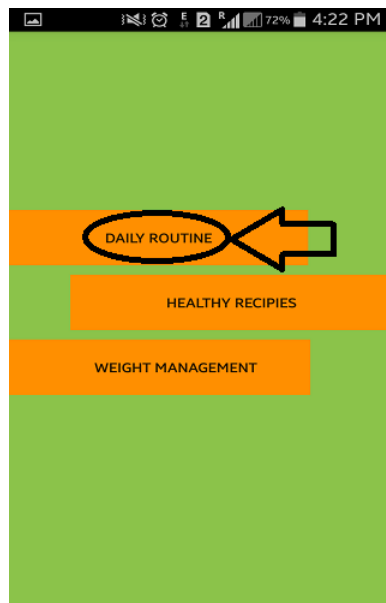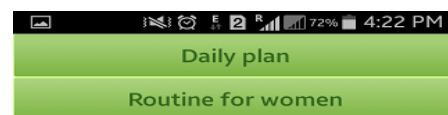
i) Click on **daily plan** (fig.4.4) will display the details as in fig.4.5
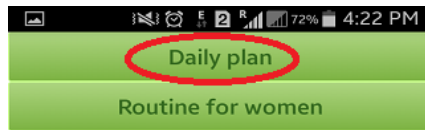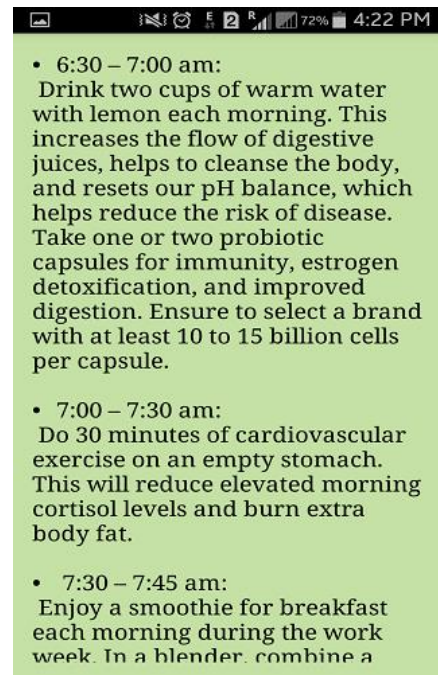
      fig.4.6   fig.4.7

ii) Click on ROUTINE FOR WOMEN (fig.4.8), will display a new screen with some health routine as in fig.4.9.

      fig.4.8   fig.4.9

A-Z NATURAL REMEDIES
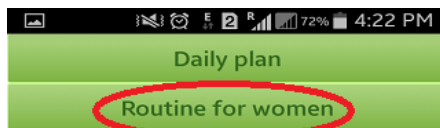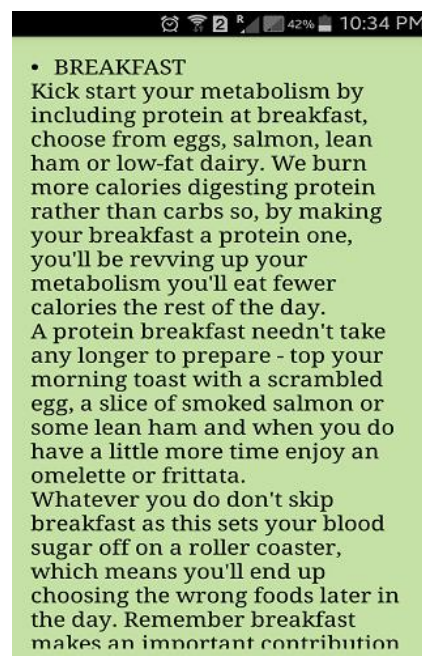
- Click on HEALTHY RECEPIES (fig.4.10), will display a new screen with a list like breakfast, lunch, snacks and dinner options (fig.4.11) in which all the healthy recipes are present.
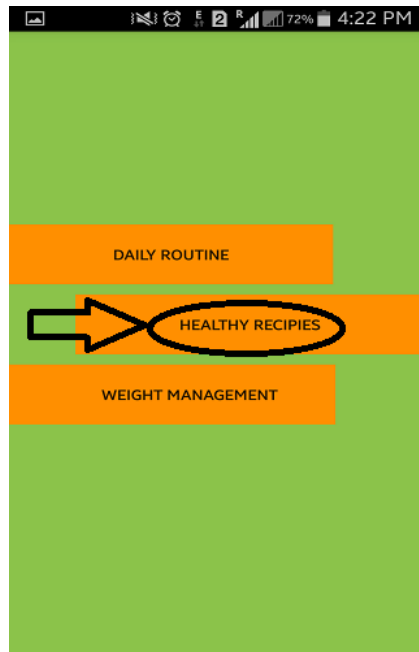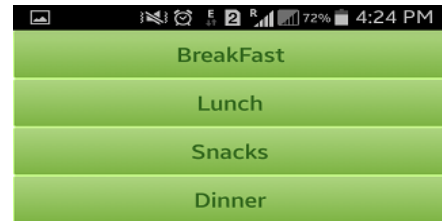

fig.4.10

fig.4.11

i)   Click on **Breakfast** (fig.4.12) to see the healthy breakfast recipes. A new screen will be displayed as shown in fig.4.13
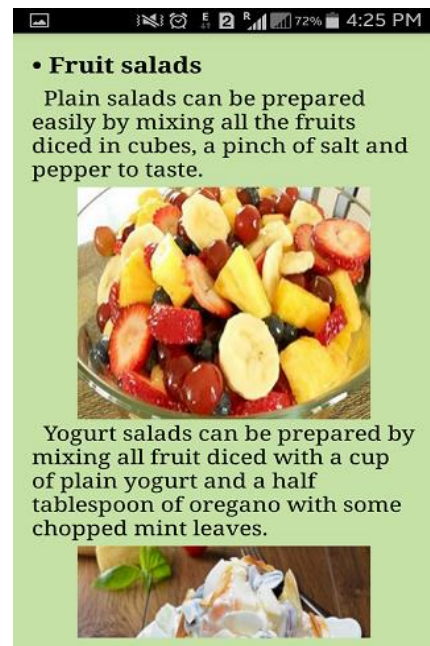

fig.4.12

fig.4.13

A-Z NATURAL REMEDIES
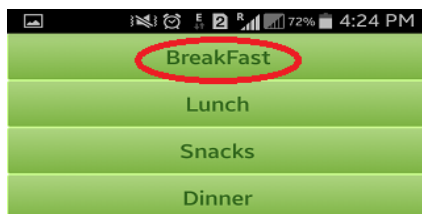
ii)   Click on **Lunch** (fig.4.14), a new screen will be displayed as shown in fig.4.15
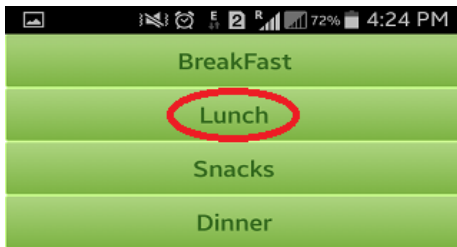
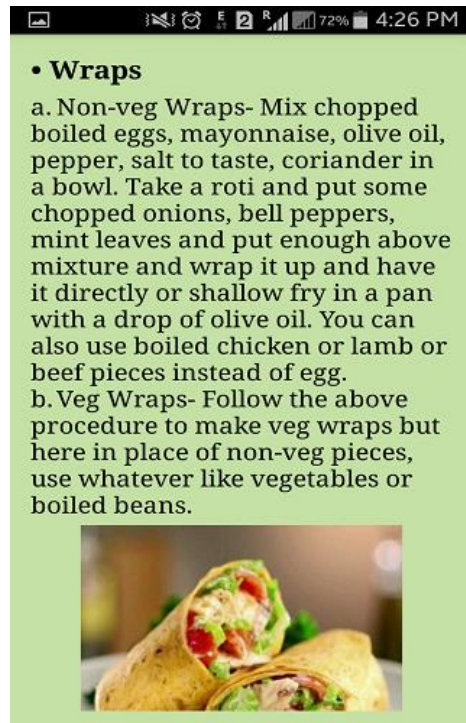   fig.4.15   fig.4.16

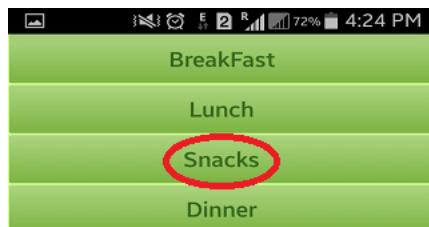iii)   Click on **Snacks** (fig.4.17)**,** will display a new screen as shown in fig.4.18
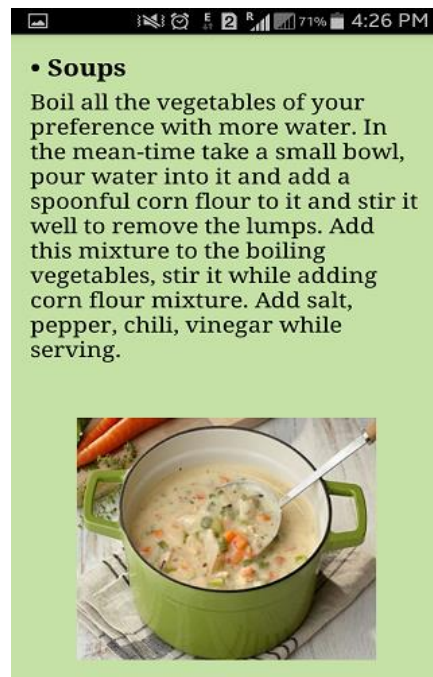

      fig.4.17   fig.4.18

A-Z NATURAL REMEDIES

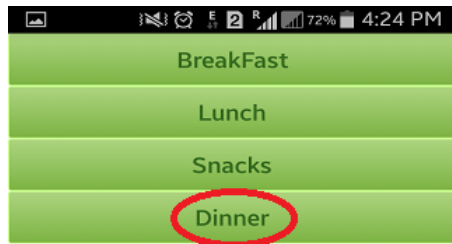iv)   Click on **Dinner** (fig.4.19), will display a new screen as shown in fig.4.20

fig.4.19	fig.4.20

- Click on **Weight Management** (fig.4.21), will display a list of weight loss and weight gain as in fig.4.22
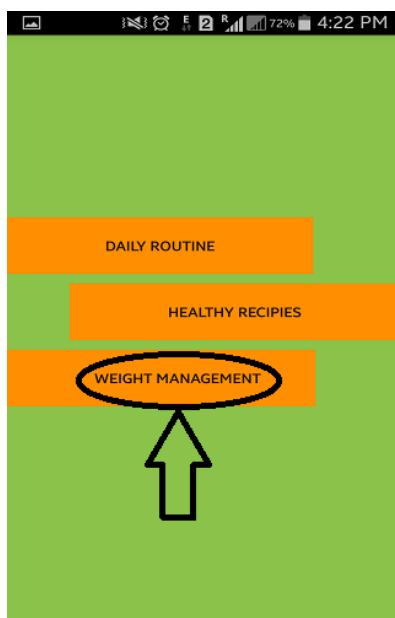

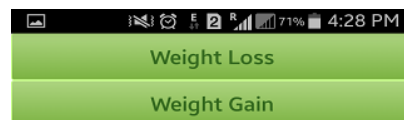|	
fig.4.21	fig.4.22

A-Z NATURAL REMEDIES

i)   Click on **Weight Loss** (fig.4.23) will display a new screen with techniques and healthy diet for reducing the weight as in fig.4.24

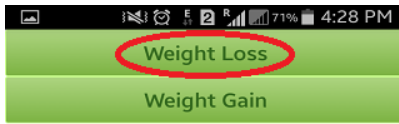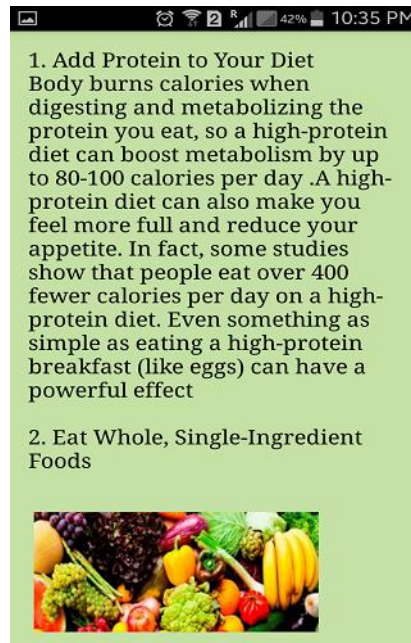   fig.4.23   fig.4.24

ii)   Click on **Weight Gain** (fig.4.25) will display a new screen with techniques and healthy diet for gaining weight in appropriate manner as shown in fig.4.26
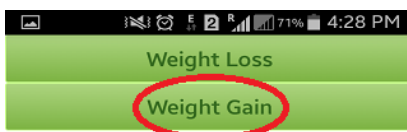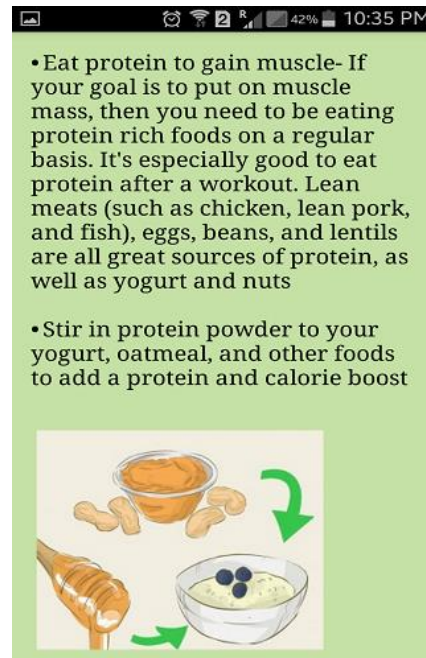

           fig.4.25   fig.4.26

A-Z NATURAL REMEDIES

WORKING TASKS

Start a Conversation

- If you have any queries, just click on **Start a Conversation** (fig.5) which will display a new screen as in fig.5.1

fig.5
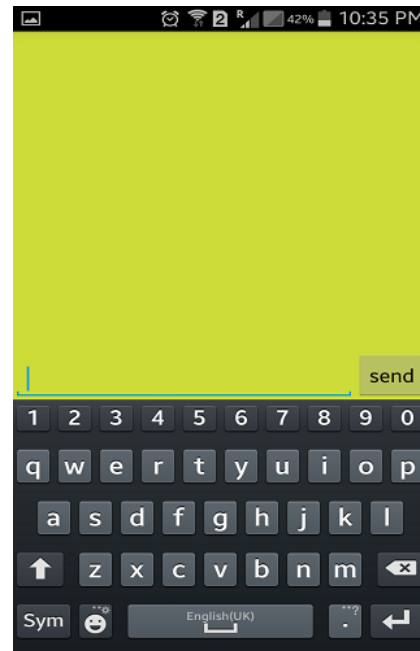

fig.5.1

A-Z NATURAL REMEDIES

- Type any query and press send as in fig.5.2. Your message will be received by the server when it started and you got connected to the server. Here you can also receive server messages as in fig.5.3.
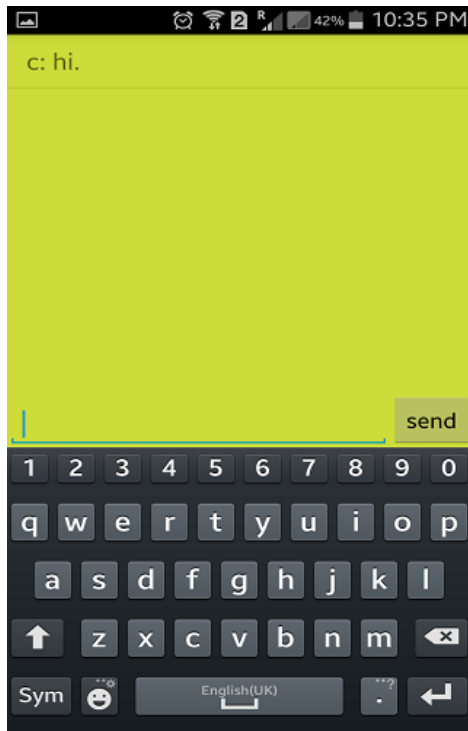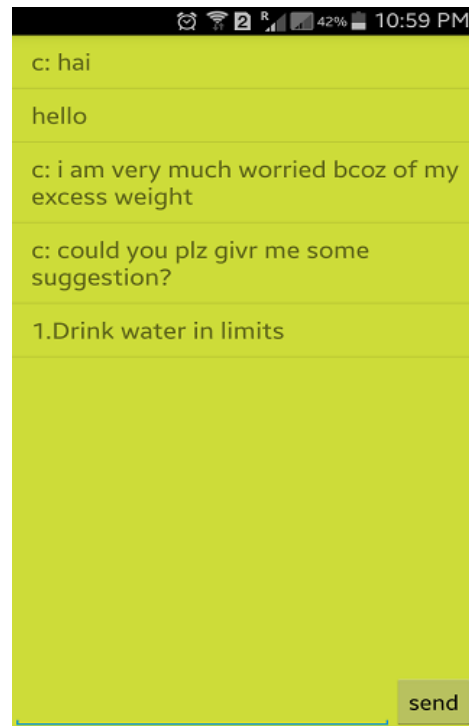

fig.5.2

fig.5.3

A-Z NATURAL REMEDIES

APPENDIX

Make sure that you are using your own device. If not then don't save your passwords.

Whatever the details asked for registering will be accessed only by the admin and other users are restricted to see others' details.

A-Z NATURAL REMEDIES