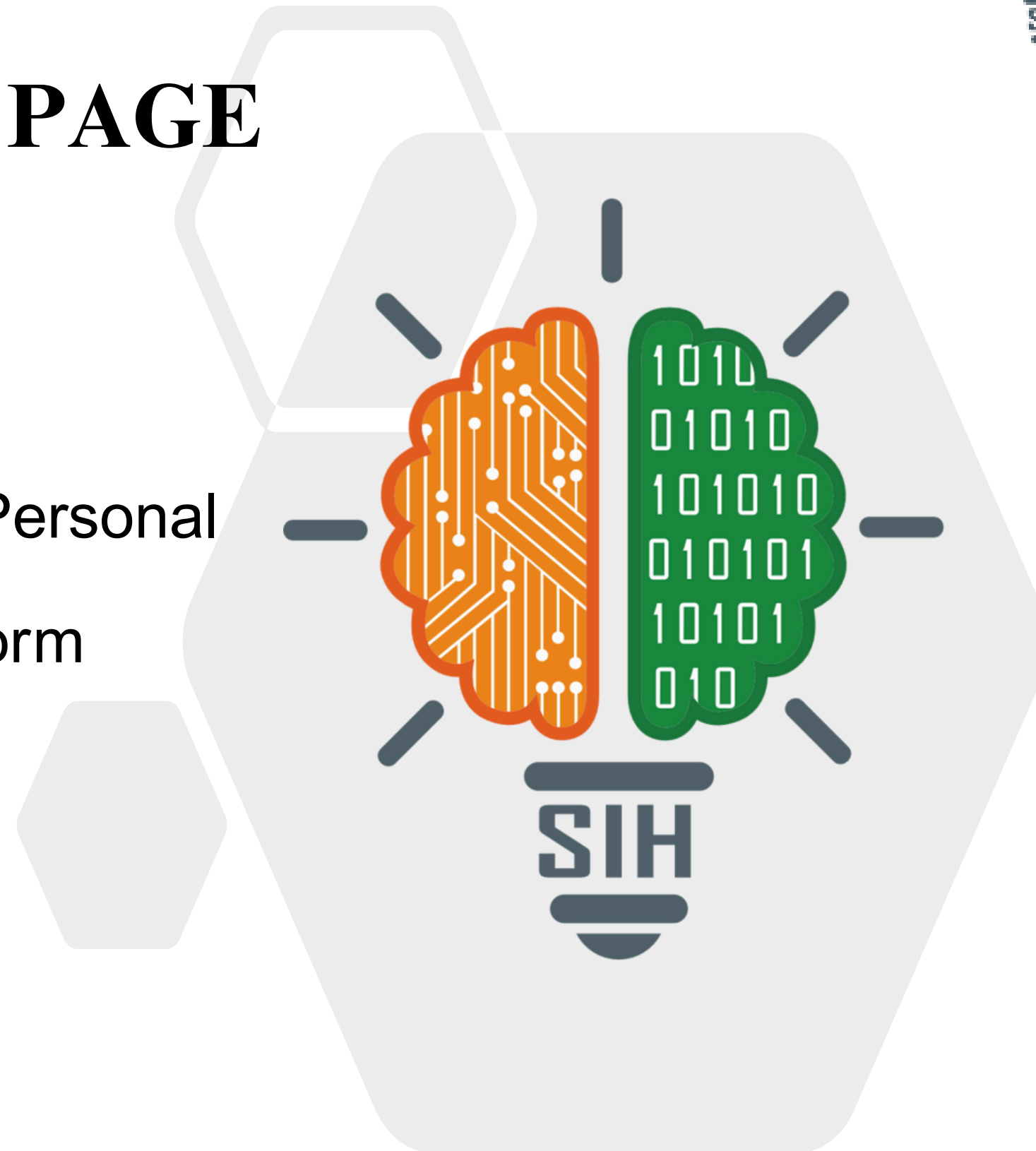


TITLE PAGE

- **Problem Statement ID** – SIH-25024
- **Problem Statement Title-** Ayurvedic Personal Dietition Platform
- **Theme-** Healthcare & Wellness
- **PS Category-** Software
- **Team ID-**
- **Team Name-** Innovista





Proposed Solution

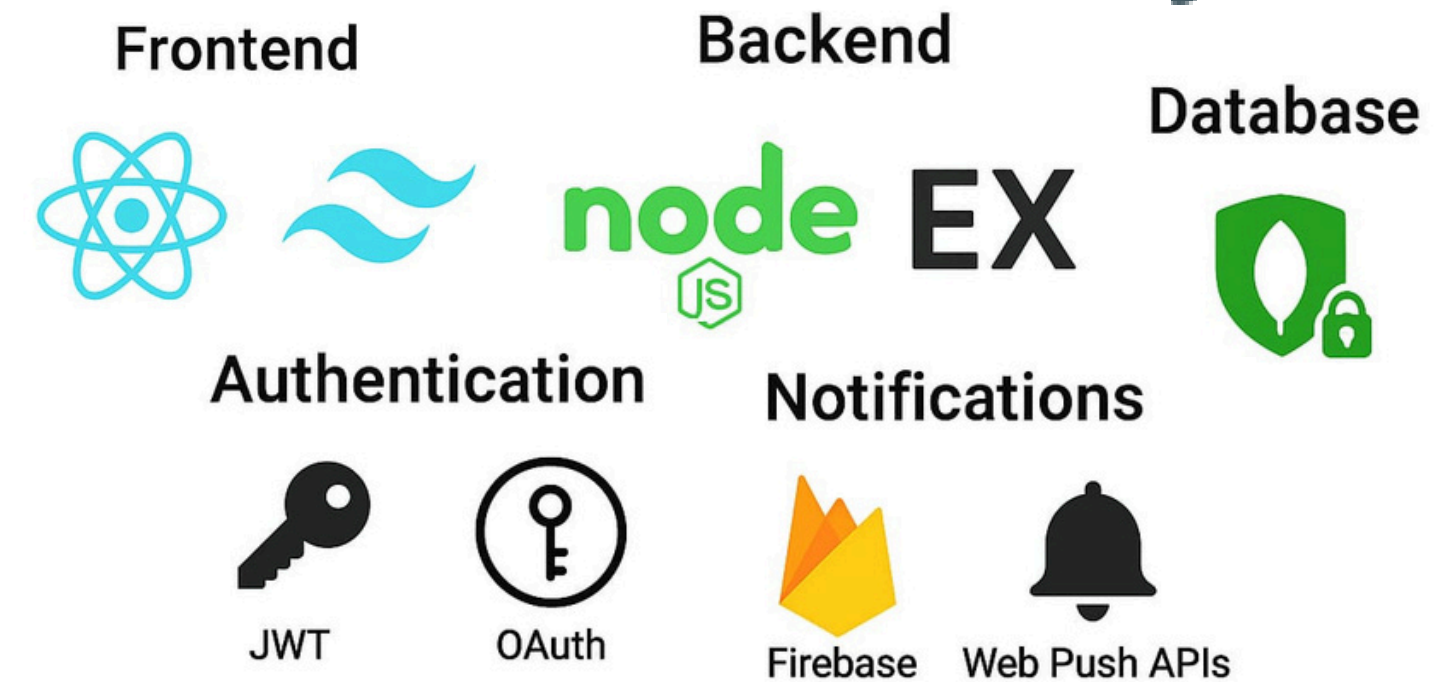
- An intelligent chatbot-based Ayurvedic diet assistant.
- Conducts a health survey & Dosha/Prakriti profiling.
- Generates personalized Ayurvedic diet plans (meals + snacks + lifestyle).
- Provides Smart Reminder System for hydration, snacks, medicines, and lifestyle habits.
- Offers Verified Ayurvedic Doctor Connect for expert consultation.
- Ensures Privacy & Secure data management.

Innovation & Uniqueness

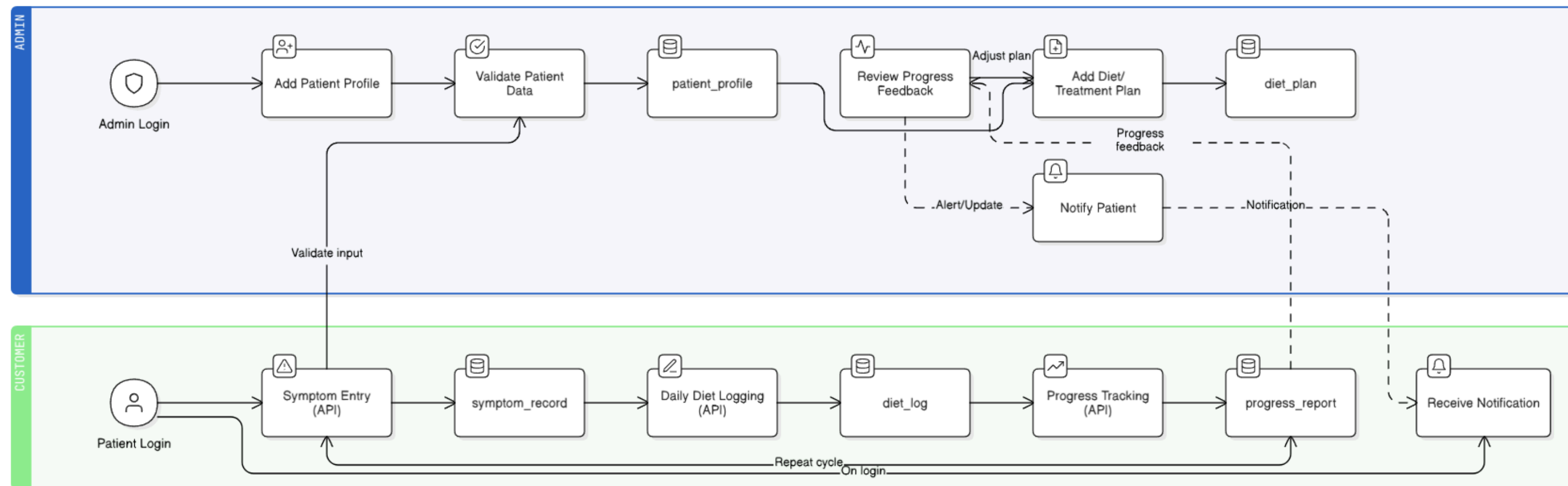
- Combines modern nutrition + Ayurveda.
- First platform to integrate chatbot + Dosha profiling + Doctor connect + Reminders.
- A scalable wellness ecosystem bridging self-care and expert care.

Technologies

- **Frontend:** React.js, Tailwind CSS
- **Backend:** Node.js, Express
- **Database:** MongoDB (secure storage with encryption)
- **Chatbot:** NLP (Dialogflow / Rasa)
- **Authentication:** JWT, OAuth
- **Notifications:** Firebase / Web Push APIs



Methodology



Feasibility

- Uses existing chatbot + database frameworks.
- Scalable to add more foods, lifestyle modules, and doctor profiles.
- Lightweight notification system easy to implement

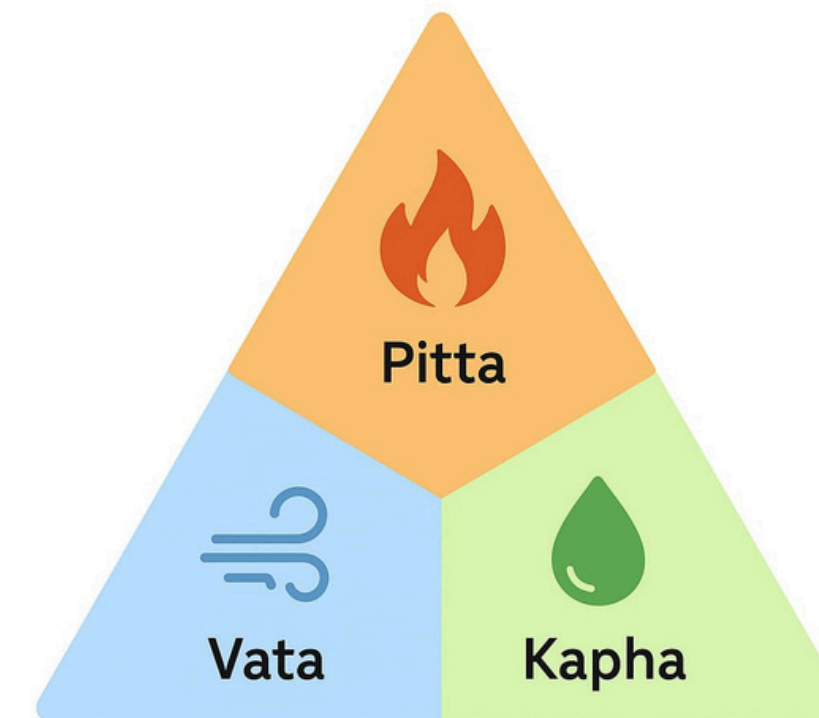
Challenges & Mitigation

- **User adoption** → Simplify UX with chatbot.
- **Data privacy** → Encrypt data, consent forms.
- **Doctor verification** → Partner with Ayurvedic institutions.

Scalability

- Can expand to mobile app + integration with hospital systems.
- Add features like regional language support and Ayurvedic recipe videos.
- Consultation through Ayurveda doctors

Ayurvedic Theory



Impact on Users

- Personalized, holistic health guidance.
- Better lifestyle adherence via reminders.
- Direct access to expert Ayurvedic doctors.

Broader Benefits

- **Social:** Promotes traditional Indian knowledge (Ayurveda).
- **Economic:** Scalable as subscription-based wellness product.
- **Healthcare:** Preventive wellness reduces hospital visits.

RESEARCH AND REFERENCES

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- **Ayurveda Chatbot Studies** – IARJSET Conference Papers, 2024.
- **National Institute of Ayurveda guidelines.**
- **Modern health app features** – Fitbit AI Coach, GOQii platform.