

ABSTRACT

The **AI-Based Healthcare Advisor & Tracker** is a web-based platform designed to assist users in monitoring their health, analysing symptoms, and receiving AI-driven medical insights. The system uses React.js for an intuitive user interface, Django for backend data processing, and TensorFlow/PyTorch for machine learning-based disease prediction and real-time health tracking.

The platform features an AI chatbot for health consultations, a symptom checker, integration with wearable devices (Google Fit/Apple HealthKit), and a medical record management system. Users can track vitals such as heart rate, blood pressure, and sleep patterns, set health goals, receive personalized fitness & nutrition plans, and book doctor appointments. Secure authentication is handled using Firebase Auth and health data is stored in PostgreSQL.

By combining AI with real-time tracking, this system enhances preventive healthcare, promotes self-monitoring, and improves medical decision-making, making it a valuable tool for modern digital health management.