Ayur Aatmika

Ayur Aatmika is an all-in-one app to help and guide users to achieve good health (both physical and mental health) through an Ayurvedic approach.

We ask different questions related to body of users to determine their doshas or body type. Then we provide them with desired diet, exercises and meditation plans based on their doshas.

In Ayurvedic medicine, doshas are innate, bodily humors of which every individual is formed. These are: -

1. VATA

It is a constitution of Akash (ether or space) & Vayu (air). The most powerful of the doshas, it controls the basic bodily functions as well as the mind. This dosha influences all types of movements in the body, including prana, nerve impulses, thoughts, and body fluids.

EvenPitta and Kapha doshacannot move without Vata dosha. Vata dosha is responsible for all the movements of the body.

Characteristics

* Dry
* Rough
* Subtle
* Mobile
* Cold
* Light

1. PITTA

It is a constitution of Agni (Fire) & Jal (Water). This dosha is responsible for metabolism, digestion and hormones linked to appetite.

Pitta maintains body temperature and hormonal levels, triggers hunger and thirst and provides complexion to the skin. It sharpens the intellect and memory and enhances courage and will power.

Pitta energy in the mind is considered the mental energy necessary for will power, decision-making, courage, ambition, optimism, intelligence, and creativity.

Pitta has the following characteristics-

Characteristics

* Hot
* Light
* Sharp
* Oily
* Acidic
* Moving`

1. KAPHA

It is a constitution of Prithvi (Earth) & Agni (Fire). This dosha is responsible for strength and stability, muscle growth, weight, and the immune system.

It is a principle of stabilization and governs growth of the body and mind. Kapha dosha is responsible for the structure of the body, stability, lubrication, and fluid balance in the body.

Characteristics

Psychologically kapha provides stability, fertility, energy, patience, generosity to a human being.

States Of the Doshas

When all three doshas are present in their natural proportions they are in their baseline state. It is a state of equilibrium and denotes good health.

When a particular dosha is present in a greater-than-normal proportion or in excess, it is an increased state or aggravated state.

When a particular dosha is present in a less-than-normal proportion, it is a depleted state of dosha.

Normalcy or equilibrium of the doshas is understood with respect to their quantity, quality, and function. Bothvriddhi (increase) andksaya(decrease) in any of these aspects is an abnormality or vikriti.

Feature List

Specific Diet Charts

Our app will contain specific diet charts for a variety of diseases, body types, etc. All the dishes suggested would have a specific nutrient providing criteria to be met daily.

Speech Synthesis

Our app will also feature a speech-to-text or speech synthesis feature for ease of access. This will enable it to reach and be used by an even wider audience.

Position Recognition

Our app will feature ML based Position Recognition for suggestions as well as feedback regarding the same. This will assist the people in improving their posture.

Advertisements

One of the ways we will create revenue is through advertisements. However, the advertisements would be selective in ways such as fitness, ayurveda, etc. Which will further assist as well as boost their productivity.

Gamification

Our app would have a unique feature of coin collection known here as ayurbits. This will be earned by the users by performing their already assigned tasks, would have an expiry period, and can be used for discounts on our partnering platforms.

Depression Tips & Tricks

Our app will also feature a depression test. This will be achieved by asking the user about their mood once a day, then create a pattern and then conclude whether a person is dressed through ML. This will in turn respond with a Depression Tips cycle and further suggest the user see a therapist for the same.

Use Cases

The features bundled in this app make it ideal for all kinds of people; the ones who are lazy & lethargic, yoga lovers, stressed & unhealthy as well as fitness enthusiasts.

The ayurvedic aspect helps appeal to those who are interested in ayurveda, health care as well as fitness.

Future Scopes

Social Features

Our app will contain some social features such as building a friend circle to compete against. Ranking, referring, and some pre-defined texts to keep each other motivated and keep the competitive spirit alive.

3D Animations

Our app will feature 3D Animation assisted yoga positioning and tracking based on ML. It will help in improving postures for higher productivity as well as greater returns.