Complete Workflow: Ayurvedic Diet Management with Hospital Integration, Mess Menu & Dashboard

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1. User Registration (Outside Hospital)

- Patient/family registers on the platform → a **unique user code** is generated.

- This code is shared with the hospital during admission/consultation.

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2. Hospital Profile Linking

- Hospital staff enters the **user code** into the system.

- The platform syncs **patient demographics & profile details** (name, age, gender, contact info, dietary habits, allergies).

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3. Mess Menu Upload/Update

- Hospital mess staff uploads/updates the **menu** (daily/weekly).

- Menu items are tagged with:

    - **Nutritional data** (calories, macros, micronutrients).

    - **Ayurvedic properties** (Rasa, Virya, Guna, Vipaka, digestibility).

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4. Vital Check & Medical History

- Nurse/medical staff fills **vital form** (BP, sugar, thyroid, cholesterol, BMI, weight, etc.).

- Records **medical history & lifestyle details** (illnesses, medications, digestion, bowel habits, water intake, sleep quality).

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5. Diet Chart Generation

- System generates a **personalized diet chart** using:

  - Patient profile + vitals.

  - **Mess Menu availability.**

  - Ayurvedic dietary principles (dosha balancing, Rasa, Virya, Guna, etc.).

- Dietitian can customize plan and substitute unavailable foods with **alternatives**.

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6. Hospital Dashboard Features

The hospital has access to a **centralized dashboard** where they can:

1. **Patient Management**

   - View **all patients enrolled** with their profiles.

   - Access medical history, vitals, dietary habits, dosha imbalance, and lifestyle details.

   - Track previous patients: dates of visits, all stored data.

2. **Diet Chart & Meal Tracking**

   - View and manage each patient's **diet plan**.

   - Tickmark whether prescribed food has been:

     - **Given** by the hospital mess staff.

- ■ **Eaten** by the patient (patient self-reporting or nurse confirmation).
  - ○ Add **remarks** (e.g., "patient skipped breakfast" / "requested lighter dinner").

3. **History & Records**

  - ○ Complete **historical data access** for each patient.
  - ○ Timeline of visits with vitals, diet charts, and progress reports.
  - ○ Export or print charts/reports for follow-ups.

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7. Diet Plan Delivery to Patient

- Patient receives diet chart via:
  - ○ **Mobile app** with real-time plan.
  - ○ **Reminders/notifications** for meals and hydration.
  - ○ **Printable handouts** for offline reference.

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8. Ongoing Monitoring & Updates

- Patients log meal adherence, symptoms, and feedback via the app.
- Nurses can confirm/tick meals in dashboard.
- Dietitians review progress and update charts if:
  - ○ Vitals change.
  - ○ Mess menu changes.
  - ○ Patient's health condition evolves.

9. Alternative Food Suggestions

- If certain prescribed foods are **not available in the mess inventory**, the **dietitian can substitute alternatives** from the food database.

- Substitutes maintain **nutritional balance** and **Ayurvedic alignment**.

✅ Now this system is **fully hospital-centric + patient-centric**:

- **Patients** → get personalized, Ayurveda-based diets + reminders.

- **Hospitals** → manage **all patients, meals, and records** via a central dashboard.

DIETICIAN WORKFLOW

Dietician Side Workflow: Ayurvedic Diet Management Platform

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1. Patient Consultation

- Patient or family member provides their **unique user code** to the dietician.

- Dietician enters the code → **patient demographics and basic profile details** are automatically fetched from the platform.

- Dietician then fills out additional information:

  - **Current health issues / symptoms**

  - **Illnesses/diseases** (acute, chronic, or lifestyle-related)

  - **Remarks / observations** from consultation

  - Lifestyle and digestion patterns

2. AI-Assisted Diet Chart Generation

- Based on the **patient profile + medical details + Ayurvedic principles**, the system generates a **personalized diet chart** using AI:

  - Takes into account **dosha balance, Rasa, Virya, Guna, Vipaka**.

  - Optimizes **nutritional balance** while being feasible with **available foods**.

  - Suggests **meal timings, portion sizes, and alternative foods**.

3. Diet Chart Review & Approval

- Dietician reviews the **AI-generated diet chart**:

  - Can modify foods, portions, or Ayurvedic recommendations if needed.

  - Adds **custom advice or patient-specific notes**.

- Once satisfied, the dietician **approves the diet chart**.

4. Diet Chart Delivery

- Upon approval, the diet chart is **automatically sent to the patient** on the platform (web or mobile app).

- Patient receives:

  - Meal plan with Ayurvedic notes

  - Notifications/reminders for meals and hydration

5. Dietician Dashboard Features

1. **Patient Profile Management**

    ○ View **individual patient profiles**: demographics, vitals, health history, previous consultations.

    ○ Access all **diet plans** assigned to the patient.

2. **Consultation History & Scheduling**

    ○ Track **all attended patients** with their diet plans.

    ○ View **previous consultation dates** and **next scheduled consultation**.

    ○ Add or update follow-up dates directly in the dashboard.

3. **Policy & Guidelines Integration**

    ○ Access **Ministry of AYUSH policies** and **government-issued Ayurvedic regimes**.

    ○ Incorporate official recommendations into **diet planning**.

4. **Reports & Notes**

    ○ Add **remarks** about patient progress.

    ○ Export patient reports or diet plans for records or compliance purposes.

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6. Continuous Monitoring

● Patient feedback (adherence, symptoms, energy levels) can be monitored via the platform.

● Dietician can review feedback and **update diet plans** accordingly for the next consultation.

● AI-assisted recommendations can **re-optimize the plan** dynamically if new inputs are added.

USER WORKFLOW

User Workflow: Ayurvedic Diet Management Platform

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1. User Profile & Registration

- User (or family member) registers on the platform → a **unique user code** is generated.

- The user shares this code with either the hospital or dietician.

- Demographics, basic profile, and lifestyle information are saved to the platform.

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2. Receiving a Diet Plan

A. Diet Plan from Hospital:

- User receives diet plan automatically from the hospital.

- **Restrictions:**

  - Cannot search for alternative foods.

  - Must follow the hospital's **mess menu-based plan**.

  - Ayurvedic principles are embedded automatically.

B. Diet Plan from Dietician:

- User receives AI-assisted, dietician-reviewed diet plan.

- **Flexibility:**

  - User can **search for alternative foods** if the recommended food is unavailable.

  - All alternatives are suggested **considering Ayurvedic principles and seasonal/weather considerations** (e.g., warm foods in winter, cooling foods in summer).

3. Meal Scheduling & Notifications

- Platform sends **real-time notifications** for:

    - Meal timings (breakfast, lunch, dinner, snacks)

    - Water intake recommendations

    - Special notes (e.g., "Eat warm soup for better digestion")

4. Personalized Guidance

- Each food item is accompanied by:

    - **Ayurvedic explanation:** how it balances doshas (Vata, Pitta, Kapha)

    - **Nutritional benefits**

    - **Digestive or seasonal relevance**

- Users can **understand why each food is recommended** and how it affects their body.

5. Interactive Features

- **Personal Chatbot:**

    - Answers user questions about meals, Ayurvedic principles, and general guidance.

    - Provides reminders and motivational tips for adherence.

- **Learning Hub:**

    - Educational content about **Ayurvedic principles, dosha balancing, seasonal diets**

○ Book recommendations and articles for further learning

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6. Feedback & Tracking

- Users can log:

    ○ **Meals eaten** vs. missed

    ○ Symptoms or digestion feedback

    ○ Energy levels and overall wellbeing

- This feedback is accessible to the **dietician for follow-up adjustments**.

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7. Overall Benefits for User

- Understand the **reason behind each diet recommendation** (nutritional + Ayurvedic rationale)

- Follow **personalized, season-aware diet plans**

- Stay on track with **scheduled notifications, water intake, and reminders**

- Learn and deepen knowledge of Ayurveda while managing their health

- Have **flexibility** to adapt meals when recommended by dietician

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✅ This workflow makes the platform **user-centric, educational, and interactive**, while respecting **hospital or dietician constraints**, and ensuring adherence to **Ayurvedic principles**.