1. **Age 0-20, 21-50, >51**
2. **Sex M,F,LGBTQ…**
3. **Type of diet veg, Non-veg, eggetarian, vegetarian, mixed**
4. **Native southern India, Northen india, Central india, Southern india, Eastern india**

**Main questions:-**

1. **Occupation ,** 
   1. A)white color job (govt. Employee, teacher, Banker etc.)
   2. B)stressful job like (Student, Doctor, corporates, Call centres, It sector, Management, Driver etc.)
   3. C)Laborious work
2. **Hunger** 
   1. A)regular sufficient
   2. B)regular but excessive,
   3. C)Irregular and vary each day
3. **Diet intervals and quantity**
   1. 1-2 times a day in sufficient Quantity regularly
   2. Multiple times a day in sufficient quantity
   3. Irregular pattern sometimes less sometimes in excess
4. **Sleeping hours** 
   1. A)More than 8 hours a day and regular sound sleep
   2. B)6-7 hours medium sleep
   3. C)<6 hours and Disturbed, altered sleep
5. **Type or preference with occurance**
   1. Spicy, Sour, Salty, Bitter Taste, hot and easily digestible food Fermented or boiled, cooked
   2. Mostly Sweet, somewhat Astringent, bitter, cold, semi cooked, fat contained food
   3. Sweet, Sour, Salty, hot, fat containing food, boiled, cooked is preferred
6. **Memory and learning** 
   1. A)Good Memory but slow grasping
   2. B) medium grasping but good presence of mind and problem solving as well as decison making capacity
   3. C) good grasping, easily can remember figures, names etc but short term memory
7. **Stress at workplace and Management ability**
   1. Can easily Management Stress
   2. Medium Stress Management Ability
   3. Low capacity of stress management
8. **Skin color –** 
   1. A)warm and fair (flawless) and oily
   2. B) very Fair with moles, combination skin
   3. C)olive to Brownish dark dry
9. **Height weight ratio-**
   1. BMI between 21\_25 and Above
   2. B)Between 18-21
   3. C)Below 18
10. **Digestion** 
    1. A)Takes more time for defecating but Regular
    2. B)Very good Digestion, regular
    3. C)One bowel in 2\_3 days or more
11. **Taste preference**
    1. Sweet Sour Salty
    2. B)Sweet, Bitter, Astringent
    3. C)Pungent, Bitter, Astringent
12. **Side effects of unwholesome ingestion of food**
    1. Usually regular food habit doesn’t affect the Digestion but excessive heavy and Oily food make you feel lethargic p, unenergetic, Drowsy, heaviness of stomach etc.
    2. B) overeating or hapeavy food as well as travelling and Disturbed sleep also won’t affect the Digestion much
    3. C) regular food and sleep pattern also sometimes affect the digestion and sometimes not
13. **2)Lifestyle**
14. Stress Free and comfortable life
15. Medium stress with travelling and irregular food pattern
16. Streeful worklife with excessive travelling, altered shifts of work, Irregular food and sleep pattern

**Issues which Are common (not questions)**

1. Anorexia - Loss of appetite, decreased Hunger, Bitter Taste of mouth, feeling of fullness in stomach
2. Indigestion - feeling of lethargic, Drowsy, heaviness of stomach, headache and uneasiness, undesired to start any work
3. Nausea & vomiting- vomiting induced during travelling, morning sickness during pregnancy
4. Diarrhoea - Food poisoning or diarrhoea bcz of Irregular eating or excessive travelling as well as heat stroke
5. Bloating / Abdominal pain - Gas or flatulence with obstruction of belching and flatus and excessive chest pain after consuming beans, light diet or remains empty stomach for long time with sometimes headache and dizziness and audible fast heartbeats
6. Irritable bowel syndrome - feeling urge of defecation directly after meal or anytime when there is anxiety generally present in people who has anger issues
7. Headache - headache especially To the peripheral regions of eyeball and temporal lobe resulted because of excessive crying, lack of Sleep, not taken food for long time, anxiety, Stress etc..
8. Seasonal and allergic flu - Mostly troubles when there is improper sleep, Irregular Diet, season change, Contact with allergens, suddenn Contact of sunlight etc...
9. Productive cough - troubles after having too much Rain, Cold wind during travelling, excessive Sweet consuming, having cold water headache during winters and sseasonal changes during March- April
10. Cold & Dry coughing - Infectious Cold and Itchy throat with dry coughing, Tonsillitis, infection of Pharynx or larynx etc..
11. Menstrual cramps - Excessive menstrual cramps especially on the first day on menses when there is very less bleesing but cramps subside on the next day when flow is sufficiently normal
12. Sore throat :- Discomfort in throat after infectious Cold, excessive rough and dry Food consumption, excessive talking especially if your Profession is of teacher, lawyer, Doctor etc...
13. Acidity with Indigestion:- burning sensation In chest or abdomen which doesn’t subside even after taking Cold and sweet substances Like milk, banana, ice cream etc.. infact such food will even worsen the condition & also symptoms of acidity doesn’t have any correlation with the time and Type of meal,
14. Acidity without Indigestion- the symptoms of acidity usually subsides after consuming Cold and sweet food like ice-cream, milk, banana etc and the symptoms usually has correlation with spicy, Salty, Sour, Fermented food, etc.. generally aggravates if you lay down immediately after food
15. Bleeding diarrhoea / Bleeding piles - generally troubles when there is hard and dry stool because of fat free diet or continuous constipation and thus there is a cut in anal ring which makes painful bowel movement, post defecation burning and Bleeding with stool (fresh bleeding)
16. Thirst:- Excessive thirst because of fever, sunstroke, Indigestion, oily food consumption etc...
17. Fever:- Fever in which there is no Hunger, excessive heat in body, lack of sweating , Loss of Taste etc..
18. Burning in body - Sunstroke, excessive sweating in summer, burning after excessive alcohol consumption etc..
19. Debility or fatigue - fatigue after exhaustion bcz of work, travelling, improper sleep, excessive walking or running,
20. Need of refreshment - starving for long time, less water intake, dehydration, heat of sun or kitchen during summer etc...

**How to program this recommendation system**

const productSymptoms = {

Anorexia: ["15-b", "15-c", "6-c", "9-a", "16-a"],

Indigestion: ["16-a", "6-c", "7-c", "9-b", "17-b", "17-c", "14-c"],

"Nausea & Vomiting": ["9-b", "17-c", "16-c"],

Diarrhoea: ["6-c", "7-c", "16-a", "17-c"],

"Bloating / Abdominal pain": ["6-c", "7-c", "8-c", "9-a", "14-a", "17-a"],

"Irritable Bowel Syndrome": ["6-c", "11-c", "14-c", "17-c"],

Headache: ["8-c", "13-c", "14-c", "15-b", "16-a", "17-b", "17-c"],

"Seasonal and Allergic Flu": ["4-d", "8-c", "16-a", "14-c"],

"Productive Cough": ["6-b", "8-a", "9-c", "13-b", "15-c"],

"Cold & Dry Coughing": ["8-c", "12-b", "16-a", "17-c"],

"Menstrual Cramps": ["5-b", "11-c", "14-c"],

"Sore Throat": ["7-b", "8-b", "9-c", "16-c"],

"Acidity with Indigestion": ["6-c", "9-a", "15-c", "17-a"],

"Acidity without Indigestion": ["5-a", "9-b", "15-a", "17-c"],

"Bleeding Diarrhoea / Bleeding Piles": ["13-c", "14-a", "14-c", "15-b"],

Thirst: ["7-c", "9-b", "16-c", "17-c"],

Fever: ["8-c", "11-b", "15-a", "16-b"],

"Burning in Body": ["11-b", "12-c", "13-b", "15-a"],

"Debility or Fatigue": ["7-c", "8-c", "10-c", "17-a"],

"Need of Refreshment": ["5-b", "10-a", "13-a", "16-c"],

};

**Where for e.g., 8-c means question 8 and option c selected**

**Where questions are the ones in the bold with the options**

**So just give me the productSymptoms with the changes so I can understand when to recommend which product. Make changes in the contents of product issues wherever needed.**