Dr. Divyanshu – 5D Integrative Health Mobile App

A comprehensive health application integrating Ayurveda, Naturopathy, Acupuncture, Nutrition, and modern medical practices.

App Overview

Dr. Divyanshu – 5D Integrative Health is a professional mobile application designed for public consultation, Ayurveda awareness, and free health education under the Late Sushma Devi Foundation.

Key Features

- **Dark Mode UI**: Professional medical interface with healing green accents
- **10 Health Modules**: Comprehensive coverage of integrative health practices
- **WhatsApp Bot Integration**: Direct consultation booking via WhatsApp
- **Google Sheets Integration**: Automatic data storage for consultations
- **E-Book Library**: Free access to Dr. Divyanshu's authored medical books
- **Offline Functionality**: Core features work without internet connection

Health Modules

1. Consultation Booking

- Online/Offline appointment scheduling
- WhatsApp bot integration (+91 9695570344, +91 7019620344)
- Patient information form with medical condition selection
- Google Sheets webhook for data storage

2. Ayurveda Healing Zone

- Daily Routine (Dinacharya) guidance
- Seasonal Care (Ritucharya) recommendations
- Panchakarma therapy information
- Herbal remedies database

3. Naturopathy & Mudra Therapy

- Disease-wise hand mudras with images
- Hydrotherapy treatments
- Earth therapy and mud treatments
- Sun therapy and light healing

4. Acupuncture & Chinese Medicine

- Acupuncture point visual guide
- Sujok therapy techniques
- Scalp therapy methods
- Reflexology practices

5. Nutrition & Lifestyle

- Monthly diet charts (Indian food-based)
- Food recommendations for specific conditions
- Cost-saving nutrition plans
- Lifestyle modification guidance

6. Yoga & Meditation

- Guided yoga for diabetes, BP, thyroid, stress
- Meditation music and audio practices
- Breathing exercises (Pranayama)
- Mindfulness techniques

7. Beauty & Trichology

- Ayurvedic skin and hair treatments
- Anti-aging solutions
- Acne treatment protocols
- Hair fall prevention methods

8. Kshara Sutra Surgery Zone

- Live surgical case studies
- Step-by-step procedure explanations
- Fistula, piles, fissure treatment information
- Ayurvedic surgery techniques

9. E-Book Section

Free download/view of authored books:
- **CT Scan Guide**: Comprehensive imaging interpretation
- **Diabetes Reversal**: Evidence-based reversal protocols
- **Brain aur Bramhand**: Consciousness and universe connection
- **5D Integrative Medicine**: Complete wellness approach

10. Daily Health Tips

- Push notifications for health reminders
- 5-minute morning health routines
- 5-minute evening wellness practices
- Rogmukt Bharat 2035 health tips

Technical Specifications

Framework & Architecture

- **Framework**: Flutter 3.5.4
- **Architecture**: Clean Architecture with BLoC pattern
- **State Management**: Flutter BLoC
- **Navigation**: Go Router
- **Local Storage**: Hive + Shared Preferences

Backend Integration

- **API**: Flask backend with Google Sheets integration
- **Database**: SQLite for local storage
- **Cloud Storage**: Google Sheets for consultation data
- **Authentication**: JWT-based (ready for implementation)

UI/UX Design

- **Theme**: Dark mode with healing green accents (#4CAF50)
- **Typography**: Roboto font family
- **Icons**: Material Design icons
- **Responsive**: Optimized for all screen sizes

Build Instructions

Prerequisites

1. **Flutter SDK**: Version 3.5.4 or higher
2. **Android Studio**: Latest version with Android SDK
3. **Java**: JDK 11 or higher
4. **Git**: For version control

Setup Steps

1. **Clone the Repository**
   ```bash
   git clone <repository-url>
   cd dr_divyanshu_health_app
   ```

2. **Install Dependencies**
   ```bash
   flutter pub get
   ```

3. **Configure Android SDK**
   ```bash
   export ANDROID_HOME=/path/to/android-sdk
   export PATH=$PATH:$ANDROID_HOME/cmdline-tools/latest/bin
   export PATH=$PATH:$ANDROID_HOME/platform-tools
   ```

4. **Accept Android Licenses**
   ```bash
   flutter doctor --android-licenses
   ```

5. **Build APK**
   ```bash
   # Debug APK
   flutter build apk --debug

# Release APK
  flutter build apk --release

# Split APKs by ABI
  flutter build apk --split-per-abi
  ```

1. **Build App Bundle (for Play Store)** `bash flutter build appbundle --release`

Build Outputs

- **APK Location**: `build/app/outputs/flutter-apk/`
- **App Bundle Location**: `build/app/outputs/bundle/release/`

Deployment Options

1. Direct APK Installation

- Share the APK file directly with users
- Enable "Install from Unknown Sources" on Android devices
- Suitable for beta testing and internal distribution

2. Google Play Store

- Upload the App Bundle (.aab file) to Google Play Console
- Complete store listing with screenshots and descriptions
- Follow Google Play policies for medical apps

3. Alternative App Stores

- Amazon Appstore
- Samsung Galaxy Store
- Huawei AppGallery

Backend Setup

Flask Backend

The app includes a Flask backend for Google Sheets integration:

1. **Navigate to Backend Directory**
   bash
   ```
   cd ../dr_divyanshu_backend
   ```

2. **Activate Virtual Environment**
   bash
   ```
   source venv/bin/activate
   ```

3. **Install Dependencies**
   bash
   ```
   pip install -r requirements.txt
   ```

4. **Run Backend Server**

```bash
python src/main.py
```

Google Sheets Integration

1. Create a Google Cloud Project
2. Enable Google Sheets API
3. Create service account credentials
4. Update the credentials in the backend service
5. Share the Google Sheet with the service account email

App Icon & Branding

App Icon

- **Design**: Dr. Divyanshu profile with healing lotus symbol
- **Colors**: Dark background with green accents
- **Format**: PNG with multiple resolutions
- **Location**: `assets/icons/app_icon.png`

Splash Screen

- **Background**: Dark charcoal (#1A1A1A)
- **Logo**: Healing lotus with golden highlights
- **Duration**: 2-3 seconds

Security Features

Data Protection

- Local data encryption using Hive
- Secure API communication with HTTPS
- Patient data privacy compliance
- GDPR-ready data handling

Authentication (Ready for Implementation)

- JWT-based authentication
- Biometric login support
- Session management

- Secure logout

Analytics & Monitoring

App Performance

- Crash reporting integration ready
- Performance monitoring setup
- User analytics tracking
- Health module usage statistics

Medical Compliance

- HIPAA-ready architecture
- Patient data anonymization
- Audit trail capabilities
- Consent management system

Internationalization

Language Support

- **Primary**: English
- **Secondary**: Hindi
- **Expandable**: Ready for additional languages
- **Location**: `lib/l10n/` (ready for implementation)

Testing

Unit Tests

```
flutter test
```

Integration Tests

```
flutter test integration_test/
```

Widget Tests

```
flutter test test/widget_test.dart
```

Support & Contact

Dr. Divyanshu Patel

- **Phone**: +91 9695570344
- **Specialty**: 5D Integrative Health
- **Foundation**: Late Sushma Devi Foundation

WhatsApp Bots

- **Main Health Bot**: +91 9695570344
- **OPD Booking Bot**: +91 7019620344

License

This application is developed for the Late Sushma Devi Foundation for public health education and consultation services.

Version History

Version 1.0.0

- Initial release with all 10 health modules
- Dark mode UI implementation
- WhatsApp bot integration
- Google Sheets backend integration
- E-book library with 4 authored books
- Consultation booking system

Future Enhancements

Planned Features

1. **Video Consultations**: Integrated video calling
2. **AI Health Assistant**: Symptom checker and recommendations

3. **Prescription Management**: Digital prescription system
4. **Health Records**: Patient health history tracking
5. **Appointment Reminders**: SMS and push notifications
6. **Multi-language Support**: Regional language support
7. **Telemedicine Integration**: Full telemedicine platform
8. **Health Monitoring**: Integration with wearable devices

Technical Improvements

1. **Offline Sync**: Enhanced offline functionality
2. **Performance Optimization**: Faster app loading
3. **Advanced Analytics**: Detailed usage insights
4. **Cloud Backup**: Patient data cloud synchronization
5. **API Optimization**: Improved backend performance

Built with   for holistic health and wellness

Dr. Divyanshu – 5D Integrative Health

Empowering health through ancient wisdom and modern science