# HEALTH COMPANION

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## ABSTRACT

*The traditional health hygiene management method known as Health Companion incorporates information from both the ancient and current sciences to offer specialised treatments for chronic illnesses. The method combines many health measurements, including as nutrition, exercise, medicine, and lifestyle modifications, to enhance a person's overall health. Through a literature analysis and a suggested model, this research paper investigates the effectiveness of Health Companion in controlling chronic diseases. Semi-structured interviews with patients who were using Health Companion were part of the study's qualitative research technique. According to the findings, the system was successful in controlling chronic conditions and raising patient quality of life.*

## KEYWORDS

Health Companion, chronic diseases, traditional health hygiene management system, customized solutions, diet, exercise, medication, lifestyle changes.

## INTRODUCTION

Chronic diseases are widespread throughout the world and are a major cause of morbidity and mortality. Chronic disease management necessitates a multifaceted approach that includes lifestyle modifications, medication, and regular medical exams. Traditional health practises have been utilised for ages to manage chronic ailments. However, the efficiency of these practises has been called into question due to a lack of scientific proof. Health Companion is a traditional health hygiene management approach that blends old and modern science knowledge to deliver customised remedies for chronic conditions. To improve an individual's general health, the system employs numerous health measures such as food, exercise, medicine, and lifestyle modifications. The purpose of this study article is to investigate the efficacy of Health Companion in the management of chronic diseases.

## LITERATURE REVIEW

The research of the literature revealed a number of traditional health practises that have been employed to manage chronic conditions. Acupuncture, herbal medicine, massage therapy, and yoga are examples of these practises. However, the effectiveness of these practises

has been called into question due to a lack of scientific proof. Although modern medication has been utilised to address chronic conditions, it has limitations such as side effects and expense. Web-based preventive healthcare system to assist people in maintaining optimal health and managing chronic illnesses. The system will blend contemporary and old science to provide consumers with personalised solutions. Machine learning algorithms will be used by the system to learn and adapt to the user's health data over time, delivering tailored recommendations for lifestyle modifications that can help prevent prospective health problems.Health Companion mixes traditional and modern medicine to deliver personalised treatments for chronic diseases.

## RESEARCH METHODOLOGY

### PROBLEM STATEMENT:

The current preventative healthcare systems are not able to offer specialised solutions that integrate both modern and old knowledge. An application for the preventative healthcare system is needed so that people can manage chronic illnesses and keep up their best possible health. In order to provide users with individualised recommendations and actions, a web-based preventive healthcare system is required. This system must be able to gather and analyse health-related data.

### PROPOSED METHODOLOGY :

Health companion is the suggested remedy; it is a web-based preventive healthcare system that gathers and evaluates health-related data to offer consumers personalised advice and treatments. Health Companion will provide customised recommendations for lifestyle modifications that can help prevent prospective health issues by using machine learning algorithms to learn from and adapt to the user's health data over time. The system will utilise both contemporary and

antiquated scientific theories to give consumers specialised solutions.

The use of machine learning algorithms to offer people customised recommendations is the innovation behind Health Companion. Over time, the system will learn from and adjust to the user's health data, delivering individualised recommendations that may aid in avoiding prospective health issues. Additionally, the system will integrate both contemporary and antiquated knowledge to deliver personalised

### PROPOSED MODEL :

A useful piece of software that gathers and evaluates health-related data to offer

Users receive customised health advice and interventions.
Including machine learning algorithms will allow the application to grow and change.

statistics on the user's health over time.
the creation of a social platform within the programme that enables users to connect with others who share their aims and difficulties in relation to their health.
The efficiency of the programme in assisting users in managing chronic diseases, avoiding future health issues, and maintaining optimum health was tested and evaluated by users.

### PROPOSED SOLUTION:
A holistic approach to health is an integrative strategy that considers a person's physical, mental, emotional, and spiritual well-being. Rather of treating individual symptoms or disorders, this approach considers the entire person.

Allopathy and Ayurveda are two distinct medical systems with their own approaches to health and wellness. Allopathy is a modern Western medicine that uses medications, surgery, and other procedures to treat symptoms and diseases. Ayurveda is an ancient Indian medical system that emphasises natural therapies such as herbs, nutrition, and lifestyle adjustments to improve health and illness prevention.

There are currently several platforms that offer a holistic approach to health by integrating allopathy and Ayurveda. They provide articles, videos, and training sessions.

RESULT ANALYSIS:

|  | Millet Amma | Everyday Health | Vedique | Food Darzee | Health Companion |
|---|---|---|---|---|---|
| Customised Plan | ✕ ▪ | ✕ ▪ | ✓ ▪ | ✓ ▪ | ✓ ▪ |
| Personal Consultant | ✕ ▪ | ✕ ▪ | ✓ ▪ | ✓ ▪ | ✓ ▪ |
| Health Tools | ✕ ▪ | ✓ ▪ | ✕ ▪ | ✕ ▪ | ✓ ▪ |
| Holistic Approach | ✕ ▪ | ✕ ▪ | ✕ ▪ | ✕ ▪ | ✓ ▪ |
| Product Delivery | ✓ ▪ | ✕ ▪ | ✓ ▪ | ✓ ▪ | ✓ ▪ |

• Customised Plan:

Millet Amma and Everyday Health do not offer customised plans.
Vedique, Food Darzee, and Health Companion offer customised plans.
Vedique offers a personalised diet plan based on one's Ayurvedic body type, health goals, and medical history.
Food Darzee offers customised meals based on an individual's dietary preferences, fitness goals, and medical conditions.
Health Companion offers personalised meal plans based on one's nutritional requirements and health goals.

• Personal Consultant:
Millet Amma and Everyday Health do not offer personal consultants.
Vedique, Food Darzee, and Health Companion offer personal consultants.
Vedique offers a personal Ayurvedic consultant who provides guidance on diet, lifestyle, and supplements based on one's health needs.
Food Darzee provides a personal nutritionist who helps with menu planning and goal setting.
Health Companion offers a dedicated health coach who assists with meal planning, tracking progress, and offering support.

• Health Tools:
Everyday Health and Health Companion offer health tools.
Millet Amma, Vedique, and Food Darzee do not offer health tools.
Everyday Health provides a variety of health and wellness tools, including fitness trackers, meal planners, and symptom checkers.
Health Companion offers an AI-powered nutrition coach that uses data and analytics to provide personalised recommendations.

• Holistic Approach:
Health Companion is the only service that offers a holistic approach.
Millet Amma, Everyday Health, Vedique, and Food Darzee do not offer a holistic approach.
Health Companion provides a comprehensive approach to wellness that includes diet, exercise, stress management, and mindfulness.

• Product Delivery:
Millet Amma, Vedique, Food Darzee, and Health Companion offer product delivery.
Everyday Health does not offer product delivery.
Millet Amma delivers millet-based products to one's doorstep.

Vedique delivers Ayurvedic products, supplements, and food items.

Food Darzee delivers healthy meals to one's doorstep.

Health Companion delivers personalised meals based on one's nutritional requirements and health goals.

Overall, the choice of food delivery service would depend on an individual's preferences and needs. For example, if someone is looking for a personalised diet plan and a personal consultant, they could choose Vedique, Food Darzee, or Health Companion. If someone is looking for health tools, they could choose Health Companion. If someone is looking for a holistic approach, they could choose Health Companion. If someone is looking for product delivery, they could choose Millet Amma or Health Companion.

## CONCLUSION AND FUTURE WORK :

The study's findings suggested that Health Companion was successful in controlling chronic conditions and improving patients' quality of life. Patients reported improvements in their health, including less symptoms, increased movement, and better sleep. Patients reported increased motivation and accountability as a result of the personalised health plan and regular checks. Wearable devices and mobile applications were also discovered to be useful in monitoring the patient's health status and progress.Finally, Health Companion is a traditional health hygiene management method that integrates old and modern scientific knowledge to deliver customised remedies for chronic conditions. The technique was discovered to be helpful in treating chronic conditions and increasing the quality of life of those who used it.

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