

Bringing Ayurveda to All: Enhancing Accessibility through a Chatbot

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2. Title

Bringing Ayurveda to All: Leveraging AI Chatbots to Bridge the Gap in Ayurvedic Healthcare Accessibility

1. Abstract

Ayurveda, a traditional and holistic healthcare system, is losing its prominence due to limited access to practitioners and awareness among the general public. This research introduces a digital solution: an AI-powered chatbot created using Botpress Studio. Designed to improve accessibility and awareness, the chatbot educates users about Ayurvedic herbs, treatments, general health tips, and answers queries related to Ayurveda. By integrating user-friendly technology with ancient healing wisdom, this project aims to revitalize Ayurveda, making it a viable healthcare option in the digital age. The paper explores the chatbot's development process, stakeholder involvement, survey analysis, and its impact on Ayurvedic healthcare.

2. Introduction

Ayurveda, one of the oldest systems of medicine, emphasizes holistic well-being and natural remedies. However, modern challenges such as the lack of practitioners, limited awareness, and infrastructural gaps have hindered its widespread adoption. To address these issues, "Ayurveda to All" employs AI technology to provide accessible information and guidance on Ayurveda. This project aims to empower individuals with Ayurvedic knowledge while promoting its integration into mainstream healthcare systems.

3. Problem Statement

Despite Ayurveda's historical significance, its accessibility remains a challenge. There is a scarcity of Ayurvedic practitioners, limited awareness about treatments, and a lack of standardized communication channels. This project addresses these gaps by using a chatbot to provide information, support patients, and connect them with Ayurvedic resources.

4. Methodology

- **Chatbot Development:**

- Platform: Botpress Studio.
- Features: User data collection, options for exploring herbs, treatments, FAQs, general health tips, and an exit mechanism.
- Workflow: Simple, intuitive, and interactive to ensure user engagement.

- **Survey Analysis:**

- Participants: Patients familiar with Ayurveda.
- Focus Areas: Accessibility issues, awareness levels, preferences for digital solutions, and feedback on Ayurvedic products and treatments.
- Data Collection: Online and offline surveys.

- **Stakeholder Mapping:**

Key stakeholders include patients, practitioners, hospitals, pharmaceutical companies, policymakers, educational institutions, digital health platforms, retailers, and NGOs.

- **Evaluation Metrics:**

- Usability of the chatbot.
- Awareness increase post-interaction.
- Feedback from users about the relevance and clarity of information.
- **75%** indicated that they would prefer affordable digital consultations over in-person visits.

This is our Published Ayurveda Chatbot.

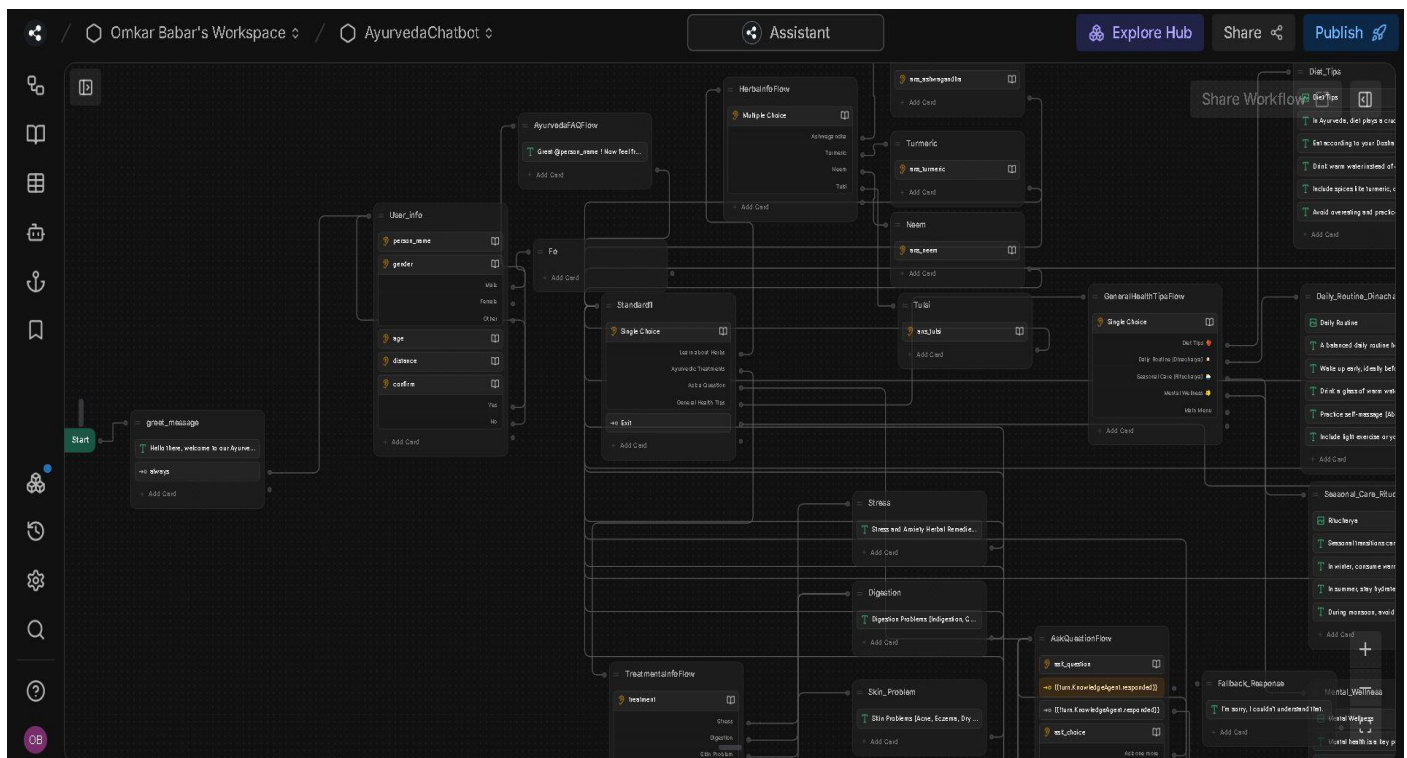
<https://cdn.botpress.cloud/webchat/v2.2/shareable.html?configUrl=https://files.bpcontent.cloud/2024/10/21/05/20241021054921-7L32P58C.json>

6. Screenshots of Frontend and Backend

➤ Backend


The screenshot displays the backend interface of the AyurvedaChatbot. The top navigation bar includes "Omkar Babar's Workspace", "AyurvedaChatbot", and buttons for "Assistant", "Explore Hub", "Share", and "Publish". The left sidebar contains icons for various functions. The main content area is titled "Knowledge Bases" and lists several databases: "Ashwagandha", "Ayurveda Book", "Default Knowledge Base", "Neem", "Treatment for other conditions", "Tulsi", and "Turmeric". Below this, there are tabs for "Variables" and "Schemas". The "Variables" tab is active, showing a list of variables under "All Variables". The right panel, titled "Ayurveda Book", shows a list of documents with their titles, sizes, and creation dates. The documents include:

- C. P. Khare_ Chandra Kant Katiyar - The modern Ayurveda _ milestones beyond the classical age (2017) (4.28MB) Created 17 days ago
- Dominik Wujastyk - The Roots of Ayurveda (Penguin Classics) (1998, Penguin Books) - libgen.li (1).pdf (11.85MB) Created 17 days ago
- Central Council for Research in Ayurveda and Siddha (India) and - Ayurvedic Management of Select G... (1.74MB) Created 17 days ago
- Todd Caldecott CIH - AHG - Ayurveda_ The Divine Science of Life (2006).pdf (13.26MB) Created 1 month ago
- (S U N Y Series in Religious Studies) Gregory P. Fields - Religious Therapeutics. Body and Health in Yo... (0.93MB) Created 1 month ago
- Ayurveda 1.pdf (6.90MB) Created 1 month ago
- www.ayurvedacollege.net (1 pages) Added 1 month ago



➤ Frontend

Daily Routine (Dinacharya) 🕒



B

A balanced daily routine helps align your body with natural rhythms. Here are some Ayurvedic tips for daily routines

B

Wake up early, ideally before sunrise.

B

Drink a glass of warm water to cleanse your system.

B

Practice self-massage (Abhyanga) with warm oil.

Back

Type your message...

⚡ by Botpress

what is use of Neem in skincare

Neem is a treasure for skincare, offering numerous benefits:

- **Natural Antiseptic:** With its antibacterial, antiviral, and antifungal properties, neem is a powerful ally in healing wounds, fighting infections, and addressing skin issues.
- **Promotes Skin and Hair Health:** Neem is effective in treating acne, eczema, and dandruff, while also encouraging vibrant hair growth.
- **Neem Paste:** By grinding fresh neem leaves into a paste and applying it to acne, rashes, or wounds, you can support quicker healing.
- **Neem Water:** Boiling neem leaves in water creates a soothing bath solution for skin infections or can be used to cleanse wounds for antiseptic benefits.
- **Neem Oil:** Combining neem oil with coconut oil and applying it to the scalp can help combat dandruff and hair fall, and it also serves as a wonderful massage oil for skin irritations or infections.

B

These applications showcase neem's remarkable versatility and effectiveness in enhancing skincare routines.

Back

Type your message...

⚡ by Botpress

7. Conclusion

The "Ayurveda to All" chatbot demonstrates the potential of AI in enhancing the accessibility and awareness of Ayurvedic healthcare. By providing instant and reliable information, it addresses the challenges of practitioner scarcity and public unawareness. This project lays the foundation for integrating traditional healthcare practices into modern digital frameworks, ensuring their relevance and sustainability for future generations.

8. References

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