



# JiJivisha



SHUBHAM BHAVATU



# About Us

At JiJivisha, we believe in offering the best of Ayurveda to the world.

Our aim is to hog the spotlight and bring the "The science of life" into practicality for the larger benefit of the society.

Yes we talk about Ayurveda!

Yes we are proud of it!



# Vision & Mission

To instill the knowledge of AYURVEDA, its importance and benefits in a generation largely forgetting its worth, we came up with this application. We wish to provide public with a reason to proudly claim that we are the descendants of the country that gave AYURVEDA to the world. Our idea is basically to come up with a user-friendly app that not only caters to the domain of education but also provides health care-related insights. We are trying to cover topics like Nutrition, Lifestyle, Medicine, News and History through our app keeping “AYURVEDA”, at centerstage.





# GLOBAL MARKET SIZE



The global Ayurveda market size was valued at USD 7965.3 million in 2022 and is expected to expand at a CAGR of 13.35% during the forecast period, reaching USD 16891.5 million by 2028. With its increasing global popularity, it becomes inevitable for us to acknowledge its value and realise its worth .



# How do we help?

We are trying to provide some basic options through the app. This includes specific columns for

- 1) History
- 2) Medicine
- 3) Nutrition
- 4) Experience
- 5) News Updates



# FUTURE PLANS

At the moment, we are making a completely non-profit mobile application but we are aware of the fact that it cannot sustain as such. So in the future we plan to execute some of the following ideas

- Provide a personalized section catering to the user's needs.
- Incorporate weekly pop-up quizzes wherein winners get a chance to win goodies through companies that wish to join our cause.
- Tokens can also be provided on basis of user activity on the app.



# FIRST INTERFACE



# INTRO SCREEN



At Jijivisha we believe in offering the best of Ayurveda to the world. Our aim is to hog the spotlight and bring the "The science of life" into practicality for the larger benefit of the society. Yes we talk about Ayurveda and yes we are proud of it.

# DOMAINS WINDOW

Jump right into the enchanting  
realms of JiJivisha !!

HISTORY

MEDICINE

NUTRITION

EXPERIENCE

NEWS

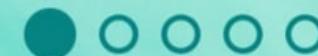
# HISTORY WINDOW



## history

If out of the box was a human, he surely would have been born in India!

Well, why not? With a history as old and golden as ours, we deserve to know some tidbits about the past.



EXPLORE



Ayurveda is attributed to Dhanvantari, the physician to the gods in Hindu mythology, who received it from Brahma. Its earliest concepts were set out in the portion of the Vedas known as the Atharvaveda (c. 2nd millennium BCE). The period of Vedic medicine lasted until about 800 BCE. The Vedas are rich in magical practices for the treatment of diseases and in charms for the expulsion of the demons traditionally supposed to cause diseases. The chief conditions mentioned are fever (takman), cough, consumption, diarrhea, dropsy (generalized edema), abscesses, seizures, tumours, and skin diseases (including leprosy).

The herbs recommended for treatment are numerous. The golden age of Indian medicine, from 800 BCE until about 1000 CE, was marked especially by the production of the medical treatises known as the Caraka-samhita and Susruta-samhita, attributed respectively to Caraka, a physician, and Susruta, a surgeon.

# MEDICINE WINDOW



**medicine**

Paying homage to the unsung Hippocrates' of our motherland, come unleash the lost gems in the field of medicine with us.

EXPLORE



- Vaman
- Virechanam
- Basti
- Nasyam
- Raktmokshanam

Ayurveda believes that each individual has its own unique body constitution like the thumbprint. It is a blend of three body types that include mental, physical and emotional aspects. These are known as 'doshas' in Ayurvedic scriptures. These Doshas are further classified as Vata, Pitta, and Kapha. Vata represents space and air. It governs all physiological movements like breathing, talking, circulation, assimilation of food, urination, menstruation etc. People who possess this dosha have fast body movement and quick thought process. Vata dosha gives force to the other two Doshas. Pitta represents fire and water. It is the biological energy that functions through organic acids, hormones, enzymes, and bile. Physiologically, Pitta controls aggression, joy, willpower and mental perception. Kapha represents water and earth. An individual dominated by this dosha is ruled by emotions like love, greed, patience, forgiveness, and attachment. It is this dosha that provides the body its physical form and structure

# NUTRITION WINDOW



**nutrition**

Personifying the all-famous “You are, what you eat” phrase, dive into the realms of AYURVEDA to get an idea about your DOSHA or body type.

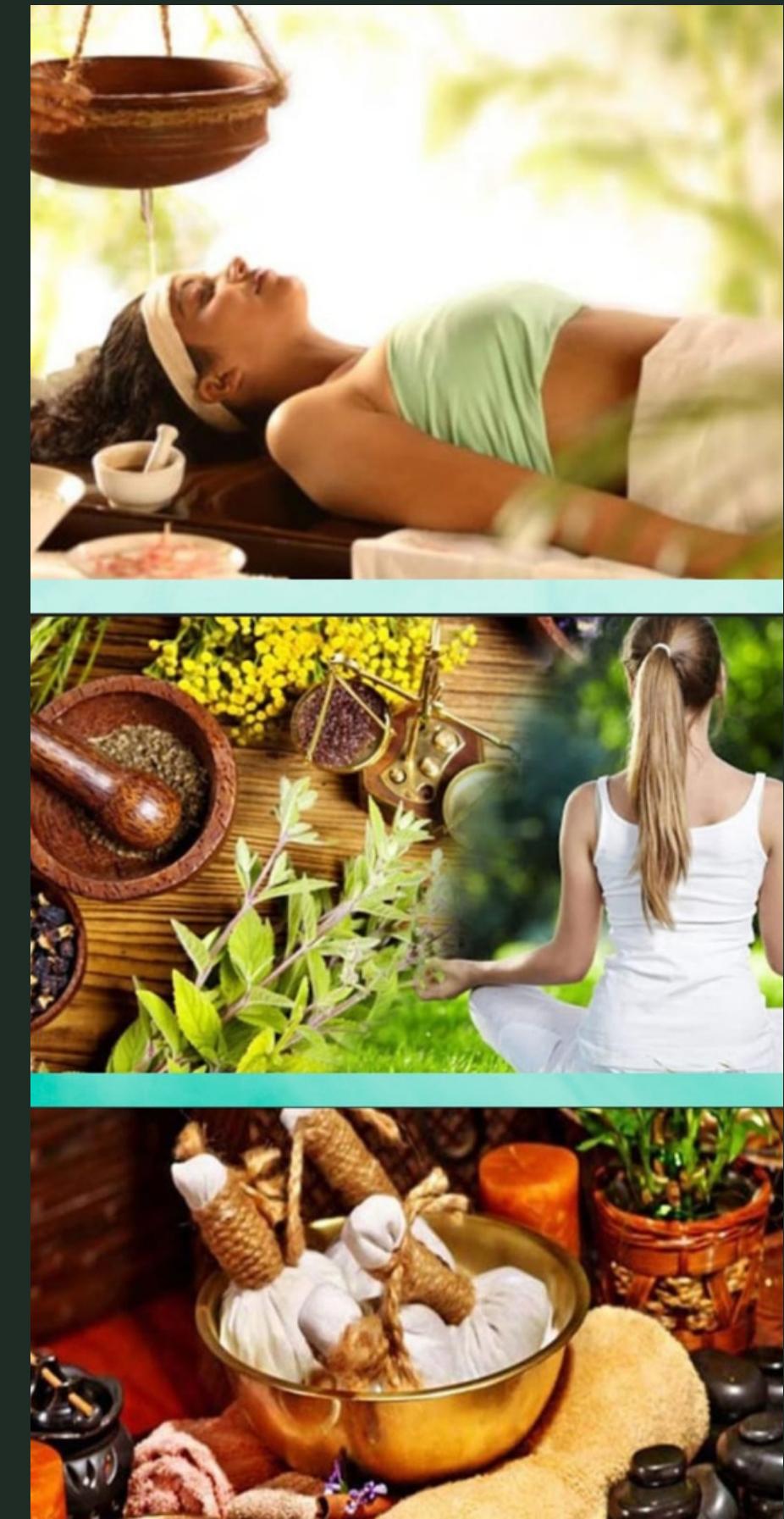
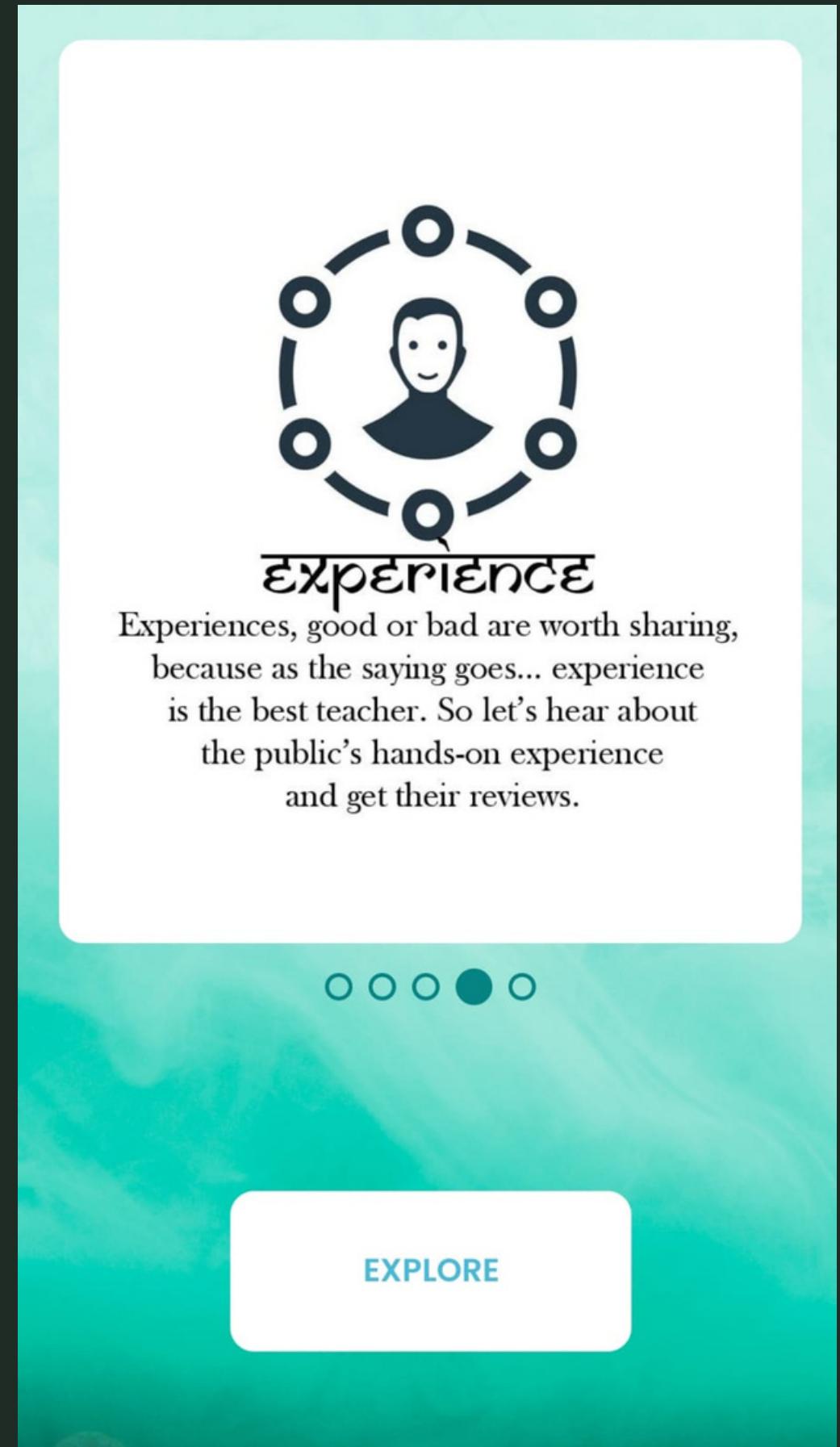
○ ○ ● ○ ○

**EXPLORE**



The headlines from every magazine scream, “Lose 10 pounds in 2 weeks, try xyz diet or supplement, the ultimate solution to turn your life around.” If these diets, fads, and trends were the answer to nutrition, weight loss, or whatever else is being promised, why haven’t they caused a positive, lasting shift in people’s health? Many people are confused about food, feel guilty, want to lose weight, eat salads indiscriminately, juice for many straight days, subsist on smoothies... and unwittingly commit apathy (unwholesome practices)! Ayurvedic nutritional concepts are

# EXPERIENCE WINDOW



# NEWS WINDOW

EXPLORE



Page 10  
INDIA'S SOCIETY  
INDIA ABROAD  
INDIA'S SOCIETY  
May 7, 1991

## Ayurveda Lifeline for healthy living

The science of Ayurveda is based on the concept of the mind and body being in balance. It is a system of medicine that aims to restore health by addressing the physical, mental, and spiritual aspects of the individual. Ayurveda has been practiced for thousands of years and continues to be a popular form of alternative medicine around the world.

Ayurveda is a holistic approach to health that considers the whole person, including their diet, exercise, and environment. It emphasizes the importance of balance and harmony between the body, mind, and spirit. Ayurveda believes that illness is caused by an imbalance of the three doshas: Vata, Pitta, and Kapha. These doshas are responsible for the functioning of all systems in the body, and Ayurveda aims to restore balance by addressing the underlying causes of disease.

Ayurveda also includes various treatments such as massage, herbal remedies, and dietary advice. It is a natural and holistic approach to health that emphasizes prevention and self-care. Ayurveda is a valuable addition to modern medicine, providing a holistic and natural approach to health and well-being.

AYURVEDA ASRAMAM  
B-100, Sundernagar Extension, Sector 10, New Delhi 110 060  
Tel.: 6541411, 6541412, 6541413, 6541414, Fax: 6541415  
The Therapeutic Powers of Ayurveda  
UNLIMITED CURATIVE POWERS OF THE BODY AND MIND ARE ACTIVATED  
IN Ayurvedic Massages are a positive approach to good health. Even if you have no problem, you can have a sit Kaphaprasana and Kapha Pranayama, or take a walk in the park. You can also do some light exercises like walking, jogging, or cycling. These activities help to activate the body's natural healing power.

Pranayama is a powerful technique that helps to regulate the breath and balance the mind. It is a simple yet effective way to improve your overall health and well-being. Ayurvedic massage is another great way to relax and relieve stress. It involves the use of oils and herbs to massage the body, which helps to promote relaxation and reduce tension. Ayurvedic massage is a holistic approach to health that considers the mind, body, and spirit as one interconnected system.

Herbal remedies are also an important part of Ayurvedic medicine. They are used to treat various conditions such as colds, flu, and infections. Herbs like ginger, turmeric, and cinnamon are commonly used in Ayurvedic medicine. These herbs have anti-inflammatory and antioxidant properties that help to reduce inflammation and fight free radicals. Ayurvedic medicine is a holistic and natural approach to health that emphasizes prevention and self-care. It is a valuable addition to modern medicine, providing a holistic and natural approach to health and well-being.

Consult Physician: Dr. (Mrs.) S. SUDHA KUMARI, F.A.M., M.D. (Ayurveda)  
Email: ayurveda@vsnl.net.in

news:

Yes, AYURVEDA is trending today and will continue to do so for years to come!

Take a sneak peek into what's brewing in the so-assumed world of herbs, pestles, and mortars.

## Centre, state to promote Ayush industry

The national Arogya fair to be held in Jaipur for the first time this month, supported by the Central Ayush ministry and Rajasthan government, is looking to bridge the gaps and open new...



## Ayurveda docs, IMA in tiff over panel inclusion



## India's traditional medicinal systems poised to make a significant leap....



## Uttarakhand allopathic doctors to get training in ayurveda





# Meet Our Team



**Oshin Sharma**

1st year B. Tech  
UnderGrad  
Electronics &  
Communication  
Engineering Dept.



**Prakriti Pal**

1st year B. Tech  
UnderGrad  
Electronics &  
Communication  
Engineering Dept.



**Rishika Sharma**

1st year B. Tech  
UnderGrad  
Material Science &  
Engineering Dept.



TEAM PORTONS



# THANK YOU

Join us on this journey!