

# SHIFA

Sign in with Email

Log In

Enter your name:

Enter your age:

Enter your Gender:

Enter your address:

Enter your Health Prob.



Hi Sanmay! ≡

What would you like  
to do?

🔍 Search Here

## Health Status

Nutrition

- Meal tracker
- Drink water

Workout

Burn 353 cal

Reminders

- Take pills  
before lunch

→ Yoga

→ Meditation

→ Sleep tracker



Health



Book Appointments

Notifications

# Ayurvedic Medicines

## Medicines to be taken

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

## Time of Medicines.

• \_\_\_\_\_ 22:30

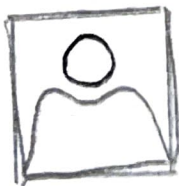
• \_\_\_\_\_ 20:00

• \_\_\_\_\_ 15:30

# COMMUNITY

Your Health Problem

Meet People with  
same age.



# EXPLORE

 Search Articles



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Trending Articles



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Bookmarks



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# PAYMENTS

Mode of Payment:

- Net Banking
- Demand draft
- Debit card.

Rewards & Cashback

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_