HACK KRMU 5.0

- Problem Statement ID : PS6
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## Problem

- Modern diet apps provide generic plans and ignore individual body constitution, leading to ineffective nutrition management and rising lifestyle disorders.

## Solution

- AyurVeda AI digitizes Ayurvedic Prakriti assessment and combines it with AI-powered food recognition to deliver personalized, culturally relevant diet planning.

AI VEDA

# Flow of Solution

**User Registration:**

Secure profile creation to store health data.

**Prakriti Assessment:**

Questionnaire evaluates body constitution traits.

**Dosha Detection:**

Rule-based engine calculates dominant dosha (Vata / Pitta / Kapha).

**Personalized Diet Plan:**

System generates recommended meals and foods to avoid.

**AI Food Recognition:**

User uploads food image → AI detects food item.

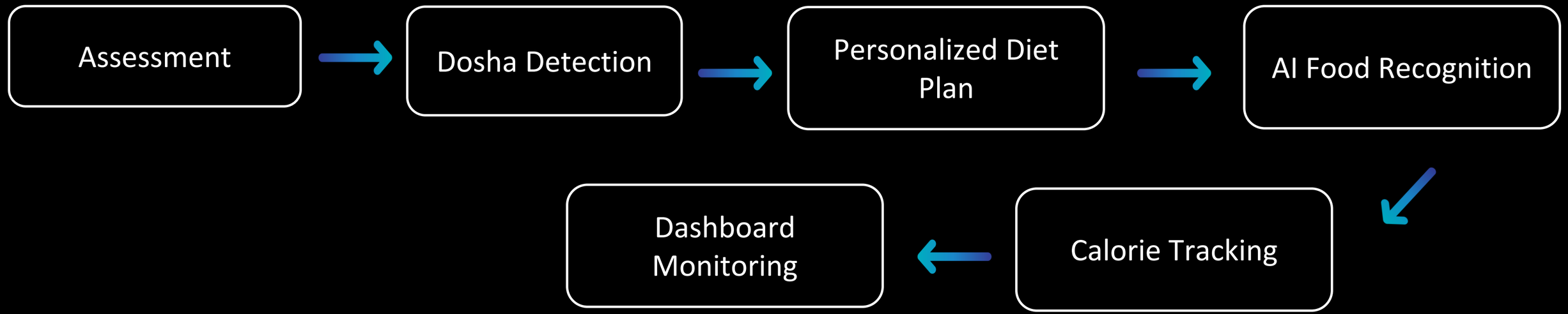
**Calorie Tracking:**

Nutrition data is mapped and logged automatically.

## TECH STACK

REACT.JS | TAILWIND CSS | NODE JS | SUPABASE | POSTGRE SQL

## APPROACH



# UNIQUENESS & INNOVATION FACTOR

1

**Personalization Based on Prakriti**
Unlike generic diet apps, our system adapts recommendations based on individual body constitution (Vata, Pitta, Kapha).

2

**Fusion of Tradition + AI**
Combines 5000-year-old Ayurvedic wisdom with modern AI-powered food recognition.

3

**End-to-End Intelligent Flow**

From assessment to real-time calorie tracking in a single integrated platform.

4

**Culturally Relevant Health Solution**
Designed specifically around Indian dietary patterns and Ayurvedic principles.

5

**Preventive Healthcare Focus**
Encourages long-term wellness rather than reactive treatment..

# FeASiBility & ChAllenGeS

## Feasibility

- Modern full-stack architecture (React, Node, MongoDB)
- Scalable and cloud-ready.
- API-based AI integration for practical implementation
- Lightweight rule-based personalization engine.

## ⚠ Challenges

- Clinical validation of Prakriti assessment.
- AI accuracy for complex Indian foods.
- Nutrition data consistency and user trust.
- Ensuring strong data privacy.

# Research & References

- Classical Ayurvedic Texts – Concepts of Prakriti and Doshas (Vata, Pitta, Kapha).
- Research studies on personalized nutrition and body constitution.
- WHO reports on rising lifestyle diseases and preventive healthcare.
- Documentation of Google Vision API for food image recognition.
- Modern research on AI-driven nutrition tracking systems.