

# RishiVeda Assist

**A UX Research and Prototype Project**

Improving Communication and Workflow Efficiency in  
Panchakarma Management



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## **1.0 – ACKNOWLEDGEMENT**

We express our gratitude to **Dr. Akash Prabhune**, Faculty Associate Professor and Lead ADMIRE Centre for Advancing Digital Health and Course Coordinator of Designing and User Interface for Healthcare, IIHMR Bengaluru, for his continuous guidance, encouragement, and feedback throughout this project.

## **2.0 – ABSTRACT**

This project addresses the workflow challenges faced in managing Panchakarma treatments within Ayurvedic hospitals. *RishiVeda Assist* is proposed as a digital solution that connects doctors and therapists through a shared dashboard for real-time coordination. Using insights from user interviews, persona development, and low-fidelity prototyping, the study demonstrates how a user-centered design approach can simplify daily operations, improve communication, and enhance the overall efficiency of patient care.

## **3.0 – INTRODUCTION TO RISHIVEDA ASSIST**

In Ayurvedic hospitals, managing Panchakarma treatments often depends on manual coordination through registers, WhatsApp messages, and verbal instructions. This leads to confusion, missed sessions, and inefficient communication between doctors and therapists.

*RishiVeda Assist* is designed to address these challenges by providing a shared digital dashboard where doctors can assign treatments and therapists can update progress in real time. The app enables personalized scheduling, tracking of therapies, and better communication, helping doctors manage treatments more efficiently and reducing the manual workload involved in day-to-day coordination.

## **4.0 – PROBLEM STATEMENT**

Ayurvedic clinics rely on manual registers, WhatsApp messages, and personal notes to track Panchakarma treatments. This leads to delays, errors, and poor continuity of care between inpatient (IPD) and outpatient (OPD) follow-ups.

## **5.0 – RESEARCH OBJECTIVES**

- To identify current workflows and pain points in Panchakarma treatment scheduling and management.
- To understand how Doctor's communicate with patients and therapists.
- To explore Doctor's expectations from a digital support system or mobile application.
- To gather feature suggestions that can improve efficiency of both doctors and therapists.

## **6.0 – METHODOLOGY**

### **6.1 – Research Method:**

User Interview (Qualitative Research)

### **6.2 – Participants:**

Two Doctors and 1 Therapist from Ayurvedic clinics, each with 1 or more years of experience in Panchakarma case management.

### **6.3 – Data Collection Method:**

Semi-structured interviews conducted in online (telephonic/zoom calls), each lasting 20–30 minutes.

### **6.4 – Tools Used:**

Interview guide, observation notes, and mobile recorder (with permission).

### **6.5 – Environment:**

Conducted through phone calls, ensuring participants felt comfortable and able to share real experiences.

## **7.0 – INTERVIEW GUIDE (Question Set)**

### **Section A: Background & Workflow (Common – 6–7 minutes)**

1. Can you describe your daily role and responsibilities in managing or performing Panchakarma treatments?
2. How many patients do you typically handle in a day, and what does your daily workflow look like?
3. How do you communicate treatment details and updates within your team?
4. What methods or tools do you currently use to track treatment progress or therapy completion?
5. How do you ensure coordination between doctors, therapists, and patients during daily treatments?

### **Section B: Pain Points & Challenges (Common – 7–8 minutes)**

1. Which parts of your current workflow feel most repetitive or time-consuming?
2. Have you experienced confusion or delays due to unclear communication or scheduling errors?
3. What difficulties arise when handling multiple patients or treatments at the same time?
4. How do you manage changes or cancellations in treatment plans once the day has started?

### **Section C: Doctor-Specific Questions (6–7 minutes)**

1. How do you currently assign therapists and schedule daily therapy sessions?
2. What challenges do you face while monitoring treatment progress across multiple patients?
3. How do you record or review therapy updates shared by therapists?
4. How useful would it be for you to have a dashboard showing real-time treatment status and next-day schedules?
5. What kind of data summaries (e.g., patient progress, therapist performance) would help you in planning or decision-making?

## **Section D: Therapist-Specific Questions (6–7 minutes)**

1. How do you receive treatment instructions from doctors, and how are daily tasks usually assigned?
2. What challenges do you face in managing multiple patients or overlapping therapy sessions?
3. How do you currently record when a therapy is completed or pending?
4. Would a shared dashboard to mark treatment status and next-day schedules make your work easier? Why or why not?
5. How do you communicate feedback or observations about a patient's condition back to the doctor?

## **Section E: Technology & Tool Preferences (Common – 6–7 minutes)**

1. Have you used any digital tools or apps for managing Panchakarma treatments before? If yes, what was your experience?
2. What features would make a digital tool practical and easy for you to use daily?
3. How comfortable are you with using a mobile-based app for treatment management?
4. How important is real-time synchronization between doctor and therapist updates?
5. What concerns might you have about data entry, privacy, or ease of use in such systems?

## **Section F: Open-ended & Feedback (Common – 3–4 minutes)**

1. If you could automate one part of your daily workflow, what would it be and why?
2. What would an ideal app look like for your daily Panchakarma work?
3. Do you have any suggestions to make this system more useful or convenient for professionals like you?

## 8.0 – PARTICIPANTS DETAILS

Participant	Role	Experience	Location	Interview Mode	Duration
1	Junior Physician	1 year	Bengaluru	Online	25 min
2	Senior Physician	8 years	Kerala	Online	30 min
3	Senior Therapist	6 years	Kerala	Online	20 min

## 9.0 – INSIGHTS

### 9.1 – Workflow Inefficiencies

- Doctors still rely on physical registers and WhatsApp groups to record daily therapy progress.
- There is no common platform for both doctors and therapists to view or update therapy schedules.
- Daily coordination consumes significant time, as doctors need to confirm treatment completion and next-day planning manually.

“

“Every morning, I must call each therapist and cross-check which therapies are done. A shared dashboard could solve this completely.”

— Doctor

”

## 9.2 - Communication Gaps

- Therapists and doctors lack a unified communication channel for therapy updates.
- There's no clear record of whether therapies were completed on time.
- Next-day scheduling often depends on verbal communication, leading to missed or duplicated entries.
- Post-discharge follow-ups are still handled informally, making continuity of care difficult.

## 9.3 - App Feature Expectations

- Strong demand for a **shared digital dashboard** that both doctors and therapists can access.
- Need for an interface where therapists can **mark treatments as completed**, and **assign time slots** for the next day.
- Doctors want instant access to **patient history and therapy logs** for review and follow-up.
- The system should be **simple, secure, and mobile-friendly** for real-time updates.

“

“If I could see all patient therapies and therapist updates in one place, it would make coordination so much smoother.”

— Doctor

”

## 10.0 ANALYSIS AND INTERPRETATIONS

The interviews highlight a clear need for a collaborative digital platform that connects doctors and therapists in managing Panchakarma treatments. Current workflows depend on fragmented manual systems, leading to time loss, errors, and difficulty in tracking progress.

### ***Interpretation of Insights:***

Doctors require real-time visibility and transparency in therapy updates, while therapists need an easy way to record completion and schedule upcoming sessions. A shared dashboard model can centralize all patient data, reducing reliance on registers and messaging apps. Quick access to treatment history supports better decision-making and follow-ups.

### ***Implications for App Design:***

The system should support dual access—one interface for doctors to manage patients and another for therapists to update treatment progress. Usability and speed are key since doctors and RMOs handle multiple patients simultaneously. Data synchronization ensures accurate, real-time updates between both roles, and patient identification using unique IDs or phone numbers remains the most practical approach.

## 11.0 CONCLUSION

The research validates the need for a unified, digital solution to streamline Panchakarma management. *RishiVeda Assist* addresses this by offering a shared dashboard that enhances coordination, reduces manual effort, and improves continuity of care.

The app enables doctors to create and monitor personalized treatment plans while allowing therapists to update progress and schedule future sessions. By digitizing these interactions, *RishiVeda Assist* has the potential to make Ayurvedic practice more efficient, transparent, and organized without losing its human essence.

# **12.0 PERSONAS AND USER STORIES**

## **12.1 - User Story 1 - Doctor**

As an Ayurvedic doctor managing inpatient Panchakarma treatments, I want a live, digital dashboard that displays all my IPD patients, their treatment schedule which is editable, medicines for treatment, therapist who is assigned, their scheduled time slots, and real-time status updates, so that I can coordinate efficiently with therapists, avoid scheduling clashes, reduce manual paperwork, and ensure patient receives the right therapy on time.

### **12.1.1 - Current Situation**

The hospital software currently provided allows staff to upload case histories and treatment plans, but it is time-consuming to use and can only be accessed on hospital systems. Treatment details must be entered multiple times—first by the doctor and then again by the therapists—resulting in redundant work. Due to these inefficiencies, the team has shifted to maintaining manual registers that patients sign daily after each therapy, which are then verified by therapists and the doctor. While this ensures record-keeping, it has increased paperwork and reduced the convenience of real-time updates.

### **12.1.2 - Pain Points**

The existing system involves repetitive data entry and limited accessibility, which makes doctor work manually. Therapists are often unable to respond to calls during sessions, forcing the doctor to physically check treatment progress, causing interruptions and delays. This leads to workflow inefficiencies and longer waiting times for other patients, ultimately affecting both staff productivity and patient satisfaction.

### **12.1.3 - Proposed Solution**

A live Panchakarma dashboard system, accessible via both web and mobile platforms, can address these challenges by enabling doctors to update and view treatment status in real time and therapist view and mark as done. This system would allow therapy schedules and patient progress to be tracked digitally, significantly reducing manual data entry and paperwork. It would also improve coordination and communication between doctors and therapists, ensuring smoother workflow management and more accurate treatment delivery.

### **12.1.4 - Expected Outcome**

The introduction of a live Panchakarma dashboard would lead to streamlined treatment management, better time coordination, and reduced delays in therapy sessions. By minimizing manual tasks and providing instant access to therapy information, it would enhance both staff efficiency and the overall patient experience, creating a more organized and responsive inpatient care environment.

## 12.2 – Persona : Dr. Sam



Attribute	Details
<b>Age</b>	35 years
<b>Gender</b>	Male
<b>Occupation</b>	Senior Resident Doctor
<b>Education</b>	BAMS, Kerala
<b>Location</b>	Kerala
<b>Experience</b>	8 years in hospital-based Panchakarma management

### 12.2.1 – Background & Lifestyle

Dr. Sam works in a large Ayurvedic hospital where he manages around 15–20 Panchakarma patients daily. His mornings begin with reviewing therapy charts and assessing the duties performed by therapists. Throughout the day, he balances patient consultations, therapy supervision, and follow-ups. Most of his record-keeping and communication with staff happen through handwritten registers or WhatsApp messages.

### 12.2.2 – Workflow & Behavior

Dr. Sam primarily uses paper-based registers and phone calls to coordinate with therapists. He often confirms therapy completion by checking with staff manually, which consumes a significant portion of his working hours. When patients or consultants suddenly request details about previous therapies, retrieving the information quickly becomes difficult due to the lack of a centralized record system.

### 12.2.3 – Goals & Needs

Dr. Sam wants a digital tool to track daily Panchakarma sessions seamlessly, without depending on phone calls or manual registers. He needs a quick and intuitive dashboard that shows which therapies are pending or completed and provides an option to reuse therapy packages for similar cases. His goal is to improve efficiency in coordination, minimize delays, and ensure all treatments are conducted as planned.

### 12.2.4 – Technology Use

**Device:** Smartphone

**Usage:** WhatsApp, Excel

**Internet Access:** Regular, with moderate digital literacy

**Preferred Interface:** A clean, simple dashboard with filters to easily switch between IPD and OPD patient views.

“

“I spend half my day coordinating and scheduling therapies. Coordinating with therapists consumes a lot of time in my day.”  
“Since treatments happen in cottages, it’s difficult to go and monitor each one personally.”

— Dr. Sam

”

### 12.2.5 –Design Insights (UX Implications)

The design should focus on providing real-time dashboard visibility for ongoing therapies. The interface must be simple and user-friendly, allowing therapists to quickly update treatment records. It should also be optimized for phone access during rounds and support dynamic changes in treatment schedules with minimal effort.

## **12.3 – User Story 2 – Therapist**

As a senior Panchakarma therapist, I want a live, easy-to-use dashboard that shows all patients' therapy schedules, time slots, and completion status so I can plan my day efficiently, avoid scheduling confusion, and ensure every treatment is delivered on time.

### **12.3.1 – Current Situation**

Therapists currently depend on handwritten registers, WhatsApp messages, and verbal instructions from doctors to organize their day. Each morning, they check multiple registers and message threads to identify which therapies to perform first. Without a centralized system, simultaneous treatment assignments often create confusion. When therapy plans change, updates may not reach the therapist in time, leading to delays or missed sessions. This manual process consumes valuable time and disrupts workflow.

### **12.3.2 – Pain Points**

The absence of an integrated digital system causes uncertainty in daily scheduling. Therapists often get incomplete or delayed updates about treatment changes. There is no simple way to mark therapies as completed or pending, and managing overlapping sessions becomes difficult. These gaps lead to miscommunication, stress, and overall inefficiency.

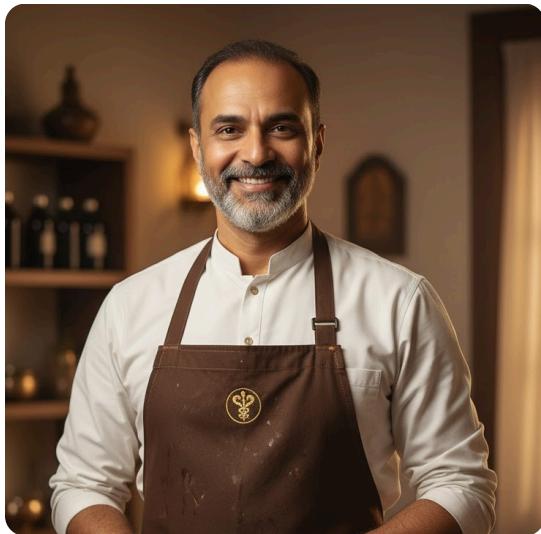
### **12.3.3 – Proposed Solution**

A mobile-friendly, real-time dashboard shared between doctors and therapists can solve these problems. It should let therapists view patient schedules, mark sessions as completed, and receive instant updates from doctors. The interface must be simple and visual, allowing quick updates without interrupting workflow. Bringing all therapy details into one view will ensure clarity, accountability, and smoother coordination.

### **12.3.4 – Expected Outcome**

A shared live dashboard will give therapists better control over their schedules and reduce dependency on phone calls and notes. Communication will become faster and more transparent, minimizing confusion and treatment delays. The tool will improve visibility of therapy progress, enhance planning efficiency, and ensure every patient receives timely care while improving teamwork and job satisfaction.

## 12.4 - Persona : Sanil – Senior Therapist



Attribute	Details
<b>Age</b>	32 years
<b>Gender</b>	Male
<b>Occupation</b>	Senior Panchakarma Therapist
<b>Education</b>	Diploma in Panchakarma Therapy (DPT)
<b>Location</b>	Kerala
<b>Experience</b>	6 years in hospital-based Panchakarma management

### 12.4.1 – Background & Lifestyle

Sanil works as the senior therapist responsible for performing and supervising various Panchakarma procedures such as Virechana, Basti, and Abhyanga. He manages 6–10 patients per day along with 6 junior therapists. Most communication between him and doctors happens through WhatsApp messages or verbal discussions in the therapy room.

He often feels that the lack of a structured digital system leads to confusion – especially when doctors assign patients simultaneously. He prefers visual clarity and well-defined schedules to avoid overlap or missed therapies.

## 12.4.2 – Goals & Needs

Sanil aims to clearly view each day's therapy schedule with patient details and time slots, allowing him to plan his work efficiently. He wants a system where he can mark therapies as completed and easily prepare for the next day's appointments. Receiving timely updates from Doctor's regarding treatment changes or cancellations is also a key requirement for him, as delays in communication often disrupt his workflow. His broader goal is to reduce dependency on WhatsApp messages and handwritten notes by using a single, organized platform that helps him manage all therapy-related tasks seamlessly.

## 12.4.3 – Motivations

Sanil is motivated by clarity, punctuality, and smooth coordination in his daily work. He strongly believes that a practical, mobile-friendly tool displaying all patient details, therapy timings, and completion statuses on a single dashboard — shared between him and the doctor — would significantly improve efficiency. Such a system would reduce manual effort, eliminate errors caused by miscommunication, and help him focus more on patient care rather than administrative coordination.

“

“Every morning I have to check three registers and five messages to know which therapy to start first. If all that came in one screen, my work would be smoother.”

— Mr. Sanil

”

## 12.4.4 – Design Insights (UX Implications)

The design for the therapist interface should emphasize simplicity and visual clarity. It must enable quick updates of therapy completion update and next day time scheduling . A shared dashboard between doctors and therapists would help reduce confusion and communication delays. The interface should be mobile-friendly and optimized for quick use during busy therapy hours.

## 13.0 – STORY BOARDS

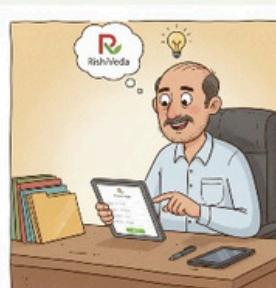
### 13.1 – DOCTOR'S EXPERIENCE (Dr. Sam)

# RishiVeda Assist – From Chaos to Coordination

#### MORNING CHAOS WITHOUT THE SYSTEM



#### PERSONALIZED DIGITAL PLANNING



#### SHARED DASHBOARD FOR DOCTOR AND THERAPIST



##### Insight:

Dr. Sam begins his day surrounded by therapy registers, WhatsApp messages, and multiple staff waiting for instructions. The manual process leads to confusion, overlapping therapy slots, and delayed patient care.

##### Action:

He realizes there's no unified view of what treatments are happening, where, or when — highlighting the urgent need for a coordinated digital system.

Insight:  
Dr. Sam logs into RishiVeda Assist and starts creating structured Panchakarma plans for his patients. The app allows therapy, diet, and medicine details to be entered easily, linked to each patient's ID and phone number.

##### Action:

He quickly replaces his manual notes with digital records, realizing how effortlessly patient plans can be organized and saved for future use.

##### Insight:

Both Dr. Sam and therapist Sanil access the same synchronized dashboard that lists all IPD and OPD patients with treatment timings. Real-time updates remove communication gaps and scheduling errors.

##### Action:

Dr. Sam feels in control — he can now see who's undergoing what therapy and when, without making a single call.

#### SMOOTH COORDINATION IN ACTION

##### INSTANT SYNC



#### THERAPY TRACKING MADE EASY



#### ORGANIZED DAY OVERVIEW



##### Insight:

Dr. Sam edits a therapy timing on his tablet, and Sanil immediately sees the updated slot on his phone. Both continue their work seamlessly without confusion or delay.

##### Action:

This instant synchronization saves time and prevents therapy overlap, fostering a sense of teamwork and reliability.

##### Insight:

Sanil marks completed therapies and adds next-day schedules within the app. The updates reflect instantly in Dr. Sam's dashboard, replacing tedious phone confirmations.

##### Action:

Dr. Sam appreciates the clarity — he can now monitor daily progress in real time and plan the next day's tasks more effectively.

##### Insight:

The next morning, Dr. Sam opens RishiVeda Assist to a clean dashboard summarizing all active patients and their treatment statuses. Every team member begins the day with complete clarity.

##### Action:

A once-chaotic workflow is now efficient, coordinated, and patient-centric — reflecting how technology can streamline traditional Ayurvedic care.

## 13.2 - STORY BOARD : THERAPIST'S EXPERIENCE (Mr. Sanil)

# RishiVeda Assist – Duty Scheduler

MORNING CHAOS WITHOUT THE SYSTEM



ACCESSING THE DIGITAL DASHBOARD



REAL-TIME COORDINATION WITH THE DOCTOR



**Insight:**  
Mr. Sanil starts his day trying to decode therapy schedules scribbled in a register and fragmented WhatsApp instructions from doctors. He's unsure which patient needs which therapy first, leading to wasted time and patient waiting.

**Action:**  
He realizes that managing treatments manually creates dependency on verbal updates and increases the risk of missed or duplicated sessions.

**Insight:**  
Sanil logs into RishiVeda Assist and immediately sees his assigned patients for the day on a clear, color-coded dashboard. The display shows therapy names, timings, and room numbers assigned by the doctor.

**Action:**  
He feels instantly organized — no more confusion or delays, as every task for the day is listed in one place.

**Insight:**  
During the day, Dr. Sam modifies the timing of a therapy, and the update automatically reflects on Sanil's screen. There's no need for back-and-forth calls or repeated confirmations.

**Action:**  
Sanil adjusts his therapy flow immediately, confident that the information is always up to date and accurate.

TRACKING DAILY THERAPIES



SCHEDULING NEXT-DAY SESSIONS



A CALM, ORGANIZED WORKDAY



**Insight:**  
As each therapy is completed, Sanil marks it as "Done" in the app and adds remarks if required. The progress is instantly visible to Dr. Sam, replacing end-of-day verbal reporting.

**Action:**  
This helps Sanil stay on top of his tasks while maintaining professional accountability and transparent communication.

**Insight:**  
At the end of the day, Sanil enters next-day therapy slots directly into the dashboard. The app automatically syncs the schedule for the doctor's review.

**Action:**  
Sanil feels in control and prepared, knowing tomorrow's plan is already updated and visible to everyone.

**Insight:**  
With RishiVeda Assist, Sanil starts each day with clarity — every patient, therapy, and time slot is visible at a glance. The workflow is streamlined, and coordination with doctors happens effortlessly.

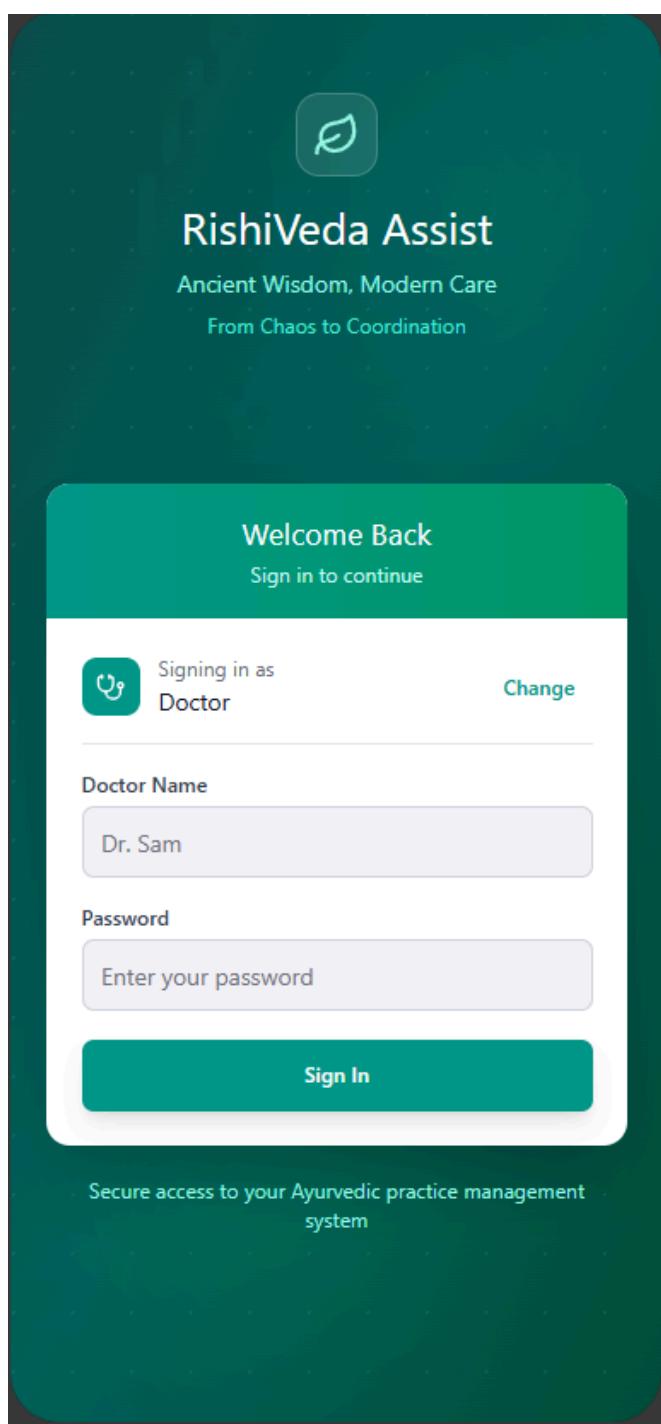
**Action:**  
He ends the day stress-free, satisfied that all therapies were completed on time and communication was smooth throughout.

## 14.0 – LOW FIDELITY DESIGN SCREENS

### 14.1 - AI Generated Design (Figma Make) Prompt given :

"Based on the storyboard of RishiVeda Assist, create a login page and a dashboard system for doctors and therapists. The login page should have two buttons to choose between Doctor and Therapist, with fields for name and password. For doctors, include a dashboard showing daily treatments with patient name, therapist name, current status, medicines, and treatment details, along with options to add or edit patients and therapists, view patient history, and see an overall date-wise summary. For therapists, create a portal where they can view assigned patients, toggle treatment status between pending, ongoing, and done, and set next-day treatment timings. Keep the layout clean, full-screen, and visually appealing with a calm Ayurvedic green theme."

## 1) Home Screen



## 2) Doctor's Portal - Daily Schedule

The Doctor's Portal shows a 'Treatment Schedule' for Saturday, November 1, 2025. It lists two patients: Rajesh Kumar and Priya Sharma. Each patient entry includes their name, gender, and a status bar indicating their current treatment status (e.g., 'In Progress' or 'Pending'). Treatment details like medicine names and duration are also listed. The portal has tabs for 'Daily', 'History', and 'Summary'.

Patient	Status	Treatment Details	Time	Duration
Rajesh Kumar	In Progress	Medicine: Ashwagandha, Triphala Treatment: Panchakarma - Abhyanga massage	09:00 AM	7 days
Priya Sharma	Pending	Medicine: Brahmi, Shankhapushpi Treatment: Shirodhara therapy	11:00 AM	5 days

Provides role based access to individual portal.

Daily Scheduler – Card-based view for doctors to add or edit patient and therapist details, showing real-time treatment status and next-day slots updated by therapists.

### 3) Doctor's Portal - Daily Summary

The screenshot shows the 'Doctor Portal' interface for Dr. Dr. Sam on November 1, 2025. It features a 'Daily' summary for Saturday, November 1, 2025. Key statistics include:

- Total treatments: 4 (Completed: 1, In Progress: 1, Pending: 2)
- Therapist Summary:
  - Sanil: 1 completed, 1 pending (2 patients)
  - Maya: 0 completed, 2 pending (2 patients)
- Treatment Distribution: Panchakarma - Abhyanga massage (Count: 1, In Progress)

### 4) Doctor's Portal - Patient History

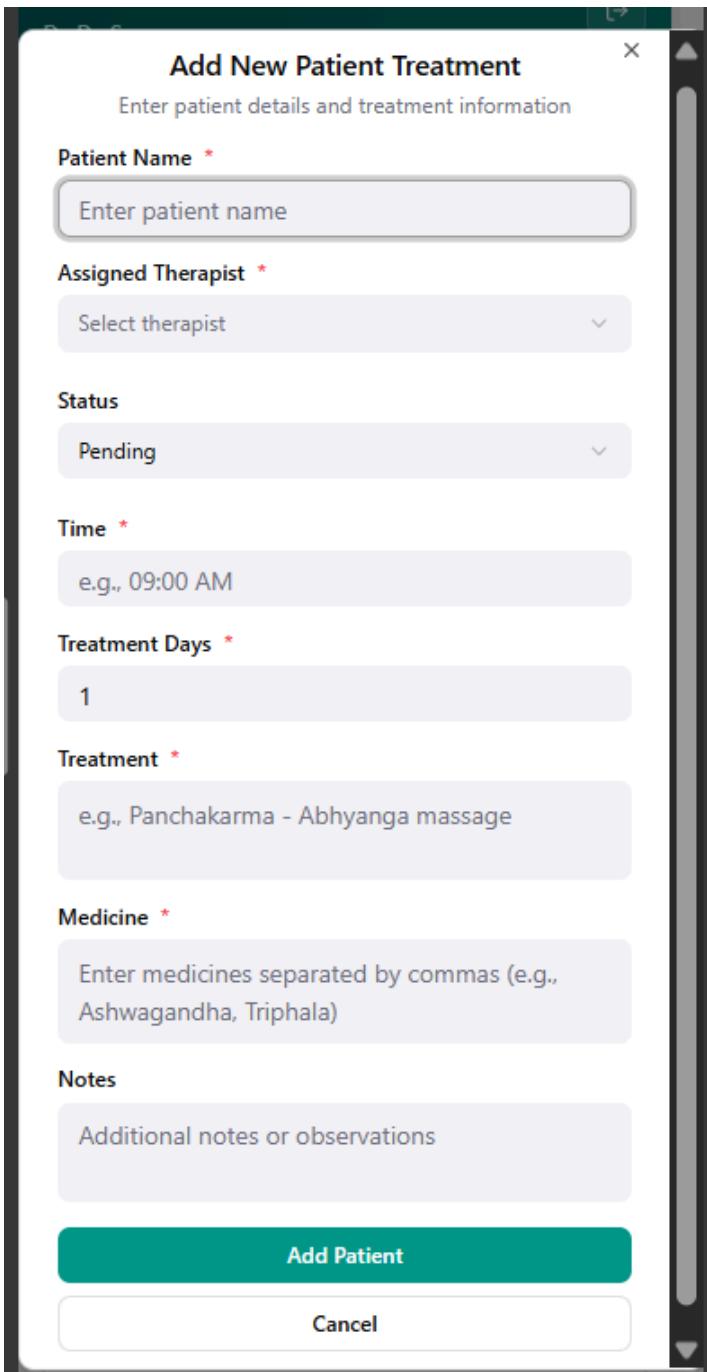
The screenshot shows the 'Doctor Portal' interface for Dr. Dr. Sam on November 1, 2025. It displays patient history for Rajesh Kumar. Treatment records are listed for three dates:

- Oct 29, 2025: Therapist: Sanil (In Progress). Treatment: Panchakarma - Abhyanga massage. Medicine: Ashwagandha, Triphala. Notes: Patient responding well to treatment.
- Oct 28, 2025: Therapist: Sanil (Completed). Treatment: Panchakarma - Abhyanga massage. Medicine: Ashwagandha, Triphala. Notes: Good progress, continue treatment.
- Oct 27, 2025: Therapist: Maya (Completed). Treatment: Panchakarma - Swedana. Medicine: Ashwagandha, Triphala, Amalaki. Notes: (partially visible)

Daily Summary – Overview of all treatments, patient progress, Therapist summary and completion status for the selected date.

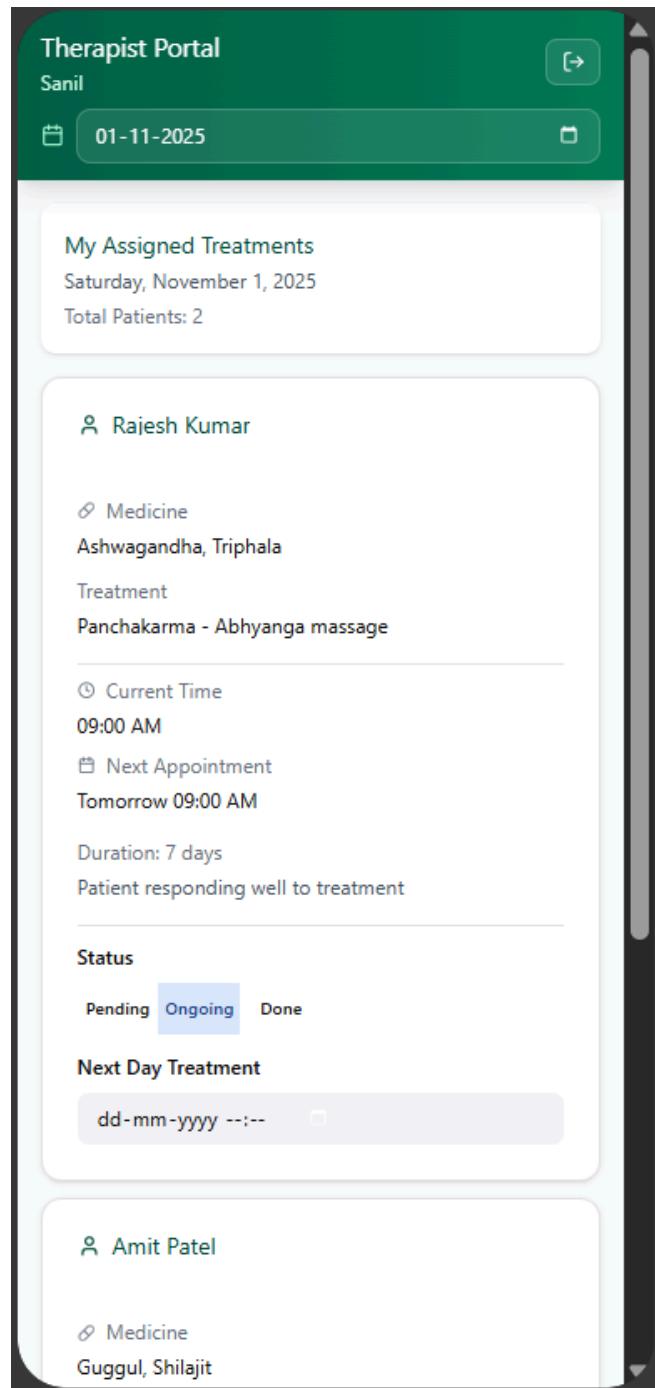
Patient History – View complete treatment records, attending therapist details, notes, and prescribed medicines for any selected date.

## 5) Doctor's Portal - Adding New Patient.



The screenshot shows the 'Add New Patient Treatment' form. It includes fields for Patient Name (with placeholder 'Enter patient name'), Assigned Therapist (with placeholder 'Select therapist'), Status (set to 'Pending'), Time (set to 'e.g., 09:00 AM'), Treatment Days (set to '1'), Treatment (placeholder 'e.g., Panchakarma - Abhyanga massage'), Medicine (placeholder 'Enter medicines separated by commas (e.g., Ashwagandha, Triphala)'), Notes (placeholder 'Additional notes or observations'), and two buttons at the bottom: 'Add Patient' (in green) and 'Cancel'.

## 6) Therapist's Portal



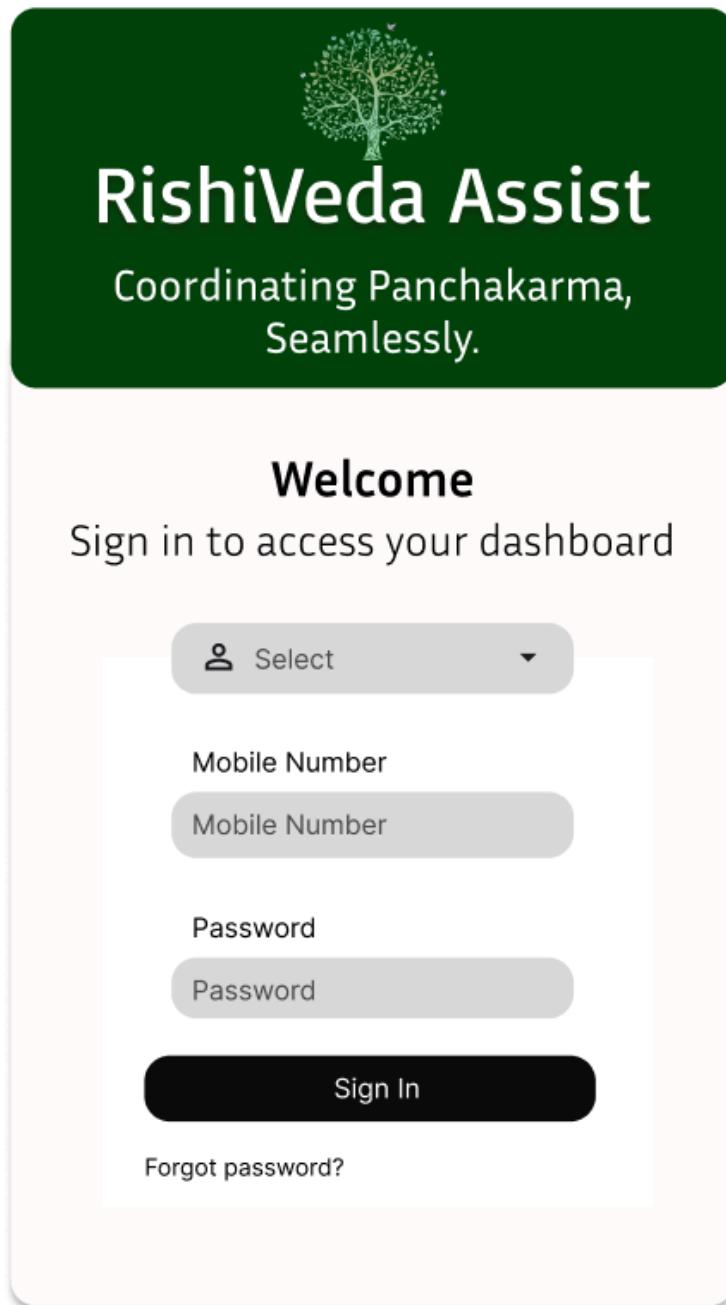
The screenshot shows the Therapist Portal interface. At the top, it displays 'Therapist Portal' and the therapist's name 'Sanil'. Below this is a date field set to '01-11-2025'. A section titled 'My Assigned Treatments' shows details for Saturday, November 1, 2025, with a total of 2 patients. Two patients are listed: 'Rajesh Kumar' and 'Amit Patel'. For Rajesh Kumar, the treatment is 'Medicine' with 'Ashwagandha, Triphala' and 'Treatment' as 'Panchakarma - Abhyanga massage'. Current time is 09:00 AM, next appointment is tomorrow at 09:00 AM, duration is 7 days, and notes mention 'Patient responding well to treatment'. The status for Rajesh Kumar is 'Ongoing'. For Amit Patel, the treatment is 'Medicine' with 'Guggul, Shilajit'. The status for Amit Patel is also 'Ongoing'. There is a date input field for 'Next Day Treatment'.

Add New Patient – Quickly create personalized treatment schedules with medicines, therapy details, and notes for the therapist.

Therapist Portal – View doctor-assigned details, update treatment status, and schedule next-day therapy slots with ease.

## 14.2 - Manual Low-Fidelity Figma Design

### 1) Login Page



A full-screen login interface with role selection for Doctor or Therapist. Users can sign in using their mobile number and password to access personalized dashboards. The design reflects a calm Ayurvedic theme with green branding and a clean, minimal layout.

## 2) Doctor Dashboard – Daily Treatments

The screenshot shows the RishiVeda Assist Doctor Dashboard. At the top, it says "RishiVeda Assist" and "Welcome, Dr. Sam!". There is a "Logout" button with a right-pointing arrow. Below that is a date input field showing "08/17/2025" with a calendar icon and a placeholder "MM/DD/YYYY". To the right are "Add Patient" and "Add Therapist" buttons. Below the date are three navigation buttons: "Daily Treatments" (green), "Patient History" (light blue), and "Daily Summary" (light green). The main area displays three patient entries:

- Patient - Rajesh Kumar**  
Therapist - Sanil  
**Treatment**  
Day - 3 : Abhyanga with Bashpa Sweda  
**Medicine**  
Mahanarayana Taila + Kottamchukkadi Taila  
Status: **Pending** (with edit icon)
- Patient - Saraswathi Ravi**  
Therapist - Amritha  
**Treatment**  
Day - 5 : Anuvasana Basti  
**Medicine**  
Prasarini Taila - 70ml  
Status: **Ongoing** (with edit icon)  
Time - 8:00 AM Duration - 7 Days  
Remark - Concentrate on lower back.
- Patient - Mokshitha Sasi**  
Therapist - Harini  
**Treatment**  
Day - 1: Virechana  
Status: **Done** (with edit icon)  
Time - 8:00 AM Duration - 12 Days  
Remark - Ask about retention time.

The doctor's dashboard displays all scheduled treatments for the selected date, with patient details, therapist names, medicines, and treatment status. Doctors can add new patients or therapists, edit treatment details, and monitor real-time updates shared by therapists.

## 15.0 – KEY TAKEAWAY AND LEARNINGS

Working on the *RishiVeda Assist* project has been a deeply personal and rewarding experience. As an Ayurvedic doctor exploring the world of technology, I've come to appreciate how beautifully ancient wisdom can blend with modern innovation. Ayurveda has always been a science rooted in human touch, intuition, and compassion, yet much of its practice today still relies on manual coordination and paper-based systems.

Through this project, I understood how user research can truly transform everyday challenges into meaningful digital solutions. Talking to doctors and therapists gave me valuable insights into their struggles with communication and scheduling, and I wanted to create something that genuinely helps them. Developing personas, storyboards, and low-fidelity designs allowed me to turn those insights into something practical and human-centered.

It feels like a privilege to contribute to Ayurveda's evolution in a small way, by building a tool that can support doctors, simplify their work, and help them achieve better balance in their day. Seeing how technology can strengthen a system as timeless and powerful as Ayurveda has been both inspiring and fulfilling.

## 16.0 – REFERENCES AND TOOLS USED

### References

- Primary user interviews with Ayurvedic doctors and therapists managing Panchakarma treatments
- Course material and lectures by **Dr. Akash Prabhune**, IIHMR Bengaluru
- Internal documentation and insights from *RishiVeda Assist* user research report
- Online resources on Ayurvedic healthcare workflows and UX design principles

### Tools Used

- **Figma:** For manual low-fidelity wireframes and interface layout  
For AI-assisted low-fidelity screen generation
- **Canva:** For report design and visual presentation
- **Google Docs:** For documentation and report drafting
- **MS Excel / Sheets:** For organizing interview data and analysis

