AYURNUTRI AI: AN AI-DRIVEN AYURVEDIC DIET AND WELLNESS PLATFORM

Gomathi M
B.E Student (Third Year)
Dept. of Computer Science and Engineering
Francis Xavier Engineering College – Tirunelveli,
Tamil Nadu, India
gomathi.ug.23.cs@francisxavier.ac.in

Hazeena S
B.E Student (Third Year)
Dept. of Computer Science and Engineering
Francis Xavier Engineering College – Tirunelveli,
Tamil Nadu, India
hazeena.ug.23.cs@francisxavier.ac.in

Bharathi S
B.E Student (Third Year)
Dept. of Computer Science and Engineering
Francis Xavier Engineering College – Tirunelveli
Tamil Nadu, India
bharathi.ug.23.cs@francisxavier.ac.in

Mrs. J. BrigilQurinus (M.E)
Assistant Professor
Dept. of Computer Science and Engineering
Francis Xavier Engineering College – Tirunelveli
Tamil Nadu, India
brigilqurinus@francisxavier.ac.in

ABSTRACT:

The way people live is making them sick with things like being overweight feeling stressed, having digestion and their bodies being out of balance.We need to find ways to take care of peoples health that are just for them and can help before they get sick.Most apps that tell you what to eat and how to exercise just give you advice based on how many calories you eat they do not think about the kind of body you have or where you live or old ways of taking care of your health like Ayurveda.This project is, about making something called AyurNutri AI it is a way to eat and be well that uses old Ayurvedic ideas and new computer techniques.AyurNutri AI tries to figure out what kind of body you have this is called your dosha it can be Vata or Pitta or Kapha it does this by looking at how you're feeling what you do every day and what your fitness tracker says about you like how many steps you take, your heart rate and how you sleep.Then it makes an eating plan just for you it does this by thinking about the weather what you say about the plan and what happened in the past.The AyurNutri AI system also helps you find doctors near you so you can go see them.This solution helps people take care of themselves before they get sick it helps them be healthier. It is a way for lots of people to get the help they need to be well.

AyurNutri AI is a way to take care of your health and it uses Ayurvedic ideas and Artificial Intelligence to do this.The goal of AyurNutri AI is to help people have lifestyles and to give them a way to get personalized help that is easy to get to.

KEYWORDS:

Ayurveda, Dosha Prediction, AI Healthcare, Personalized Diet, Preventive Healthcare, Machine Learning, Wearable Data, Smart Healthcare System

I.INTRODUCTION:

The way people live is making them sick with things like being overweight feeling stressed, having digestion and their bodies being out of balance.We need to find ways to take care of peoples health that are just for them and can help before they get sick.

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This project is, about making something called AyurNutri AI it is a way to eat and be well that uses old Ayurvedic ideas and new computer techniques.AyurNutri AI tries to figure out what kind of body you have this is called your dosha it can be Vata or Pitta or Kapha it does this by looking at how you're feeling what you do every day and what your fitness tracker says about you like how many steps you take, your heart rate and how you sleep.
Then it makes an eating plan just for you it does this by thinking about the weather what you say about the plan and what happened in the past.The AyurNutri AI system also helps you find doctors near you so you can go see them.
This solution helps people take care of themselves before they get sick it helps them be healthier. It is a way for lots of people to get the help they need to be well.AyurNutri AI is a way to take care of your health and it uses Ayurvedic ideas and Artificial Intelligence to do this.
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II.PROPOSED SYSTEM:

The AyurNutri AI system is a healthcare platform that helps people. It gives users personalized diet and wellness recommendations. This is based on principles and it uses modern machine learning methods. The AyurNutri AI system wants to combine knowledge with new technology. It does this to give users health guidance that's just for them. Other diet apps usually give advice.. The AyurNutri AI system is different. It looks at what makes each user unique. Then it gives them their plan for better health results. The AyurNutri AI system is, about helping users get the best health results possible with the AyurNutri AI system.

1.User Data Collection:

The system begins by gathering information, about the user. This includes symptoms, eating habits, daily routine sleep patterns, exercise levels and location.All these details help us understand the users health and lifestyle.The platform has a user- interface making it easy for users to enter their information.Collecting user data is important because it helps improve the systems predictions and recommendations.The accurate the user data the better the system can provide relevant results.

2. Data Processing and Analysis:

When we get all the data we need to clean it up to make sure it is correct and ready to be looked at. This means we put the data in order deal with any information and make sure everything is, in the right format for the machine learning model to use. Good data processing makes the system work better and give accurate results. Data Processing is really important because it helps the system understand the data. Data Processing and Analysis is what makes the system smart.

3.Dosha Prediction using Machine Learning:

The main job of AyurNutri AIs machine learning model is to look at the data and guess the users dosha.The dosha can be Vata, Pitta or Kapha.This model is taught with the help of rules and data to make sure it gets the dosha right.The AyurNutri AI system automatically figures out the dosha.People can figure out their dosha without having to talk to an expert.Using this system it is more easier for people.

4. Smart Diet Suggestions:

The system makes a diet plan just for you based on your dosha. This plan is made using

rules and it tells you what foods are good for you and what you should not eat. It also gives you some tips on how to live your life to keep your dosha in balance. The goal is to help you digest food better have energy and stay healthy by eating the right foods for your body. The Personalized Diet Recommendation is about making sure you eat healthy food that is right, for you and your dosha.

5. Weather and Environmental Integration:

The system thinks about the weather and other things around us that're important in Ayurveda. It uses systems to get the current weather and changes what it suggests based on that. For example it might say to eat foods because of the time of year or the weather outside. This makes the system work better. The system looks at weather conditions. Uses this information to make good suggestions. The system is about making the best choices, for people who use it like considering the weather.

6. Location-Based Doctor Search:

AyurNutri AI has a location-based service that helps people find doctors and wellness centers near them. This feature uses OpenStreetMap. It is easy for people to use OpenStreetMap to find healthcare support in their area.AyurNutri AI location-based service reduces the effort people need to find Ayurvedic doctors.This thing is really helpful because it makes it easy for people to get advice, from doctors and wellness centers. People can just get the help they need from doctors and wellness centers without a lot of trouble. The doctors and wellness centers are there to provide people with the advice they need.

7. User Feedback-Based Learning :

The system saves what users think and their past data to get better, over time. It uses what users say. The results they get to make better suggestions in the future. This way of learning makes the system flexible and focused on users.

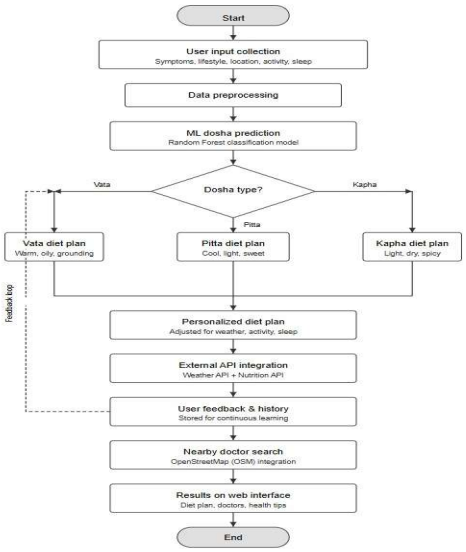
8. Friendly User Experience:

The whole platform is very easy to use. This thing is easy to look at The platform is easy to navigate so people can find what they need.The User-Friendly Interface is really important.It helps the User-Friendly Interface work well for people of all ages.This means that people can use the platform comfortably.The User-Friendly Interface is what makes it easy for everyone to use the platform.The main goal of the User-Friendly Interface is to make sure that people who are not good with technology like - technical users can use the system without having any problems, with the User-Friendly Interface.

9. System Benefits:

The proposed system has benefits. It gives personalized health advice combines Ayurveda with new AI uses data in real-time and makes it easy to find nearby doctors. It helps manage health in a way and supports a balanced life with smart solutions.

2.1FLOWCHART:



.TheAyurNutri AI system has a flowchart that shows how it turns user inputs into health recommendations.It explains all the steps our system takesfrom collecting data to giving output.Each step is crucial to ensure the analysis is reliable.The recommendations are helpful.

1. User Input: The process starts when you give us some information.You share details like your symptoms, diet, lifestyle sleep hours and eating habits.We designed our system to be easy to use so you can enter data without

hassle.Your input is vital because recommendation quality depends on provided data.

2. Data Processing: Once we receive input we process data.This involves cleaning organizing and preparing it for analysis.The system fixes information corrects mistakes and structures data properly.This step ensures the machine learning model gets data for predictions.

3. Dosha Prediction: The system uses a machine learning model to predict user dosha.The model analyzes user information to figure out dosha. Vata, Pitta or Kapha. This step is crucial because AyurNutri AI gives recommendations based on user dosha type.The machine learning model does this quickly and accurately.

4. Diet Recommendation: Based on dosha prediction AyurNutri AI gives a diet plan.The plan includes foods, foods to avoid and general eating tips following Ayurvedic principles.It shows all steps our system takes from collecting data to giving output.

* Each step is very important for analysis.
* Recommendations are also crucial.

Our goal is to help you balance doshas and be healthier.The diet plan we provide is tailored to your needs making it more effective.The diet plan is based on your doshas. Helps with food choices.You get a lifestyle.The AyurNutri AI system uses time, weather and nutrition data, for recommendations.It gets this data from sources. Uses it to adjust diet suggestions.Weather affects dosha balance so the system considers this when giving recommendations.The AyurNutri AI system aims to give users the possible advice using all available data.The AyurNutri AI system and its diet plans consider user data and weather for results.The AyurNutri AI system works well by using all data it can get.

5. Weather and Nutrition Data Integration: When its cold outside some foods are good for you. When the weather is hot you should stay away from foods. Eating a diet is very important for your body. You need to know what is in the food you eat so you can get the food. This helps you stay healthy. Your body needs the food to work properly. So it is an idea to know what is, in the food you eat. This way you can get the food you need and stay healthy with a diet. Eating food is very important, for your body and can help the food keep you healthy.

6. Find a Doctor: After you get your diet plan our system can help you find a doctor. It uses where you live to show you Ayurvedic doctors and wellness centers on a map. This way you can easily find a doctor to talk to if you need help with your health. The system saves you time and effort by giving you directions to the doctors.

7. Share Your Thoughts and Save Your Progress: You can share your thoughts about the diet recommendations with us. We save your feedback and health history in our database. We use this information to make our AyurNutri AI system better. The more you use our system the better it gets at giving you advice.

8. See Your Results: We show you all your results, like your dosha type, diet recommendations and nearby Ayurvedic doctor details. We want to make sure you can follow our health advice easily. Our AyurNutri AI platform gives you the information you need to stay healthy.

Overall our process is clear and organized. Our AyurNutri AI platform works smoothly because of this process. We want to give you healthcare solutions that work for you and help you with your health.

IV.CHALLENGES &FUTURE DIRECTIONS:

Challenges:

1.Accurate Dosha Prediction: A big challenge is getting the users dominant dosha right. We use machine learning to make predictions based on what users tell us about their symptoms and lifestyle.. If the data is incomplete or not accurate our predictions can be wrong. Ayurvedic diagnosis is usually done by experts so we need to design and test our model carefully.

2. Data Quality and Availability: Our systems accuracy depends on users giving us good quality data. If users give us incomplete information our advice might not work. We need to make sure users give us data and encourage them to do so.

3. Integration of Multiple Factors: Our system looks at things like your lifestyle, the weather how much you exercise and your

health symptoms.Putting all these things into one model and making sure they work well together is really hard. We have to combine them so our advice is accurate and relevant to your life.

4. User Awareness and Understanding: Many users do not know about things like doshas. This makes it hard for them to understand and follow our advice. So we need to teach users about these concepts. We must explain them in a way.

5. Privacy and Data Security: We handle health data so keeping it secure is a concern. We must protect user information from access. We have to keep their data private using security measures, like encryption. This keeps everything.

Future Directions:

1. Ai Models: We can improve our system by using more advanced machine learning models. These models can analyze patterns better leading to more accurate dosha predictions and health advice.

2. Wearable Device Integration: In the future we can link our system with devices like smartwatches. These devices can give us real-time health data like heart rate and sleep patterns allowing for precise advice.

3. Doctor Consultation Module: We can add an online consultation feature so users can talk directly with doctors. This will improve our system by combining automated advice with opinion.

4. Mobile Application Development: Creating an app will make our platform more accessible and convenient. An app can give users notifications and reminders and easy access, to features anytime.

5. Enhanced Personalization: We can use feedback and advanced learning techniques to personalize recommendations. Our system can adjust to user preferences and health conditions over time providing accurate guidance.

V. CONCLUSION :

AyurNutri AI is a good way to get personalized healthcare. It combines Ayurveda ideas with new artificial intelligence techniques. The system figures out what kind of dosha a person has and gives them diet and lifestyle tips based on their health, daily habits and things like the weather. It also gets better over time because it learns from what users say. It helps users find doctors near them. This makes it easy for people to use. AyurNutri AI is, about stopping health problems before they start and keeping the doshas in balance. This way people can have a life and feel good for a long time. AyurNutri AI shows that old and new ideas can work together to create a healthcare system that's easy to use and really helps people. The AyurNutri AI system is an example of how traditional knowledge and new technology can work together to improve peoples lives and help them stay healthy.

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