



Ayurvedic Health Advisor

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Abstract

The rising prevalence of lifestyle-related health issues has increased the demand for preventive and holistic healthcare solutions. Ayurveda, a traditional system of medicine, emphasizes balance in daily routine, diet, and lifestyle to maintain long-term well-being. However, access to authentic Ayurvedic guidance remains limited for the general population due to lack of awareness, expert availability, and complexity of traditional concepts. This paper presents the design and implementation of an Ayurvedic Health Advisor, a digital wellness advisory system that provides personalized Ayurvedic recommendations based on user-reported symptoms, lifestyle habits, and basic Dosha assessment. The system uses a structured knowledge base and rule-based recommendation engine to deliver diet suggestions, daily routine guidance, lifestyle modifications, and safe home remedies. The platform emphasizes preventive healthcare, explainable recommendations, and ethical boundaries by advising professional consultation for serious symptoms. Experimental evaluation using test scenarios and user feedback indicates that the system provides relevant and understandable wellness guidance, demonstrating the feasibility of integrating traditional healthcare knowledge with modern digital platforms.

Keywords: Ayurveda, Ayurvedic Health Advisor, Symptom checker, Health assessment, Preventive Healthcare, Rule Based System, Digital Health

1. Introduction

Modern lifestyles characterized by irregular routines, poor dietary habits, stress, and sedentary behavior have led to a significant increase in lifestyle-related disorders. While modern medicine effectively treats acute and critical conditions, there is growing interest in preventive and holistic approaches that promote long-term wellness. Ayurveda offers a comprehensive framework focused on balance among body energies (Vata, Pitta, Kapha), diet regulation, daily routines, and natural wellness practices. Despite its relevance, access to Ayurvedic guidance is limited due to geographical constraints, lack of practitioners, and complexity of traditional terminology. In parallel, digital healthcare technologies have transformed health information delivery through mobile apps, web platforms, and AI-driven tools[3]. However, most digital health systems focus on symptom triage and diagnosis within modern medical paradigms and offer limited integration of traditional wellness knowledge. This research proposes a digital Ayurvedic Health Advisor to bridge this gap by providing accessible,

personalized, and explainable Ayurvedic wellness guidance [10].

2. Related Work

Digital symptom checker platforms and wellness applications have gained popularity for providing preliminary guidance and lifestyle recommendations. While these platforms improve accessibility, studies report variability in accuracy and limited personalization. Traditional medicine applications often provide static content without structured personalization. Research on knowledge-based healthcare systems shows that rule-based expert systems can deliver explainable recommendations for wellness use cases [7]. However, limited work exists on formalizing Ayurvedic decision logic into scalable digital advisory systems. This highlights the need for structured integration of traditional healthcare knowledge with modern system design [6].

3. System Overview And Architecture

The proposed system follows a three-tier architecture comprising a presentation layer (user interface), application layer (business logic), and data layer

(database and knowledge base). Users interact with the platform through a web or mobile interface to submit health assessments. The application layer processes inputs, performs basic Dosha assessment, and generates recommendations using a rule-based engine. The data layer stores user profiles, assessment history, recommendations, and curated Ayurvedic knowledge. The modular design supports scalability, maintainability, and future enhancements such as AI-based personalization and wearable device integration shown in Figure 1 [1],[3].

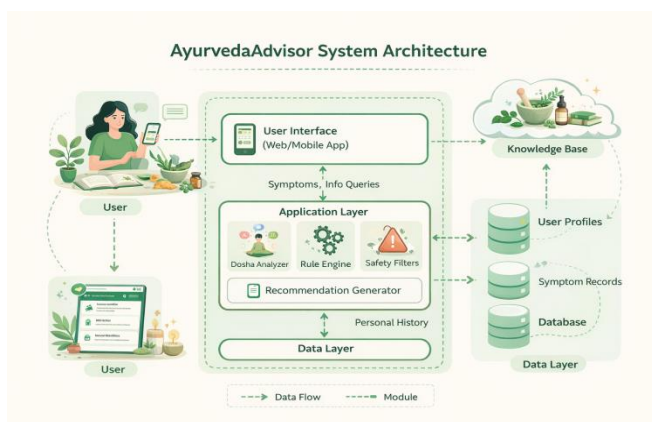


Figure 1. System Architecture

4. Methodology

The system uses a structured questionnaire to capture user symptoms, lifestyle habits, and wellness goals. A simplified Dosha assessment computes relative Vata, Pitta, and Kapha tendencies. The recommendation engine applies rule-based mappings between Dosha patterns, symptom categories, and wellness guidance derived from curated Ayurvedic sources. Recommendations are categorized into diet, daily routine, lifestyle, and safe home remedies [5]. Safety filters detect red-flag symptoms and advise professional consultation. Explainability modules provide short rationales for each recommendation to enhance trust and understanding.

5. Implementation

The platform is implemented using modern web technologies for the user interface, a server-side framework for business logic, and a relational database for structured data storage. The system includes modules for user management, health

assessment, recommendation generation, educational content delivery, and administration. Security measures include secure authentication, encrypted communication, and role-based access control. The knowledge base is curated from credible Ayurvedic sources and maintained through an admin interface with versioning and audit trails [7].

6. Results And Evaluation

Evaluation was conducted using predefined test scenarios representing common wellness concerns such as digestion discomfort, stress, and sleep irregularities. The generated recommendations were assessed for relevance, consistency with Ayurvedic principles, and safety. User feedback indicated that recommendations were understandable and actionable, with high perceived usefulness for daily wellness guidance. Performance testing showed acceptable response times under normal load conditions. Limitations were observed when user inputs were vague, leading to more generic advice, highlighting the importance of guided input and future personalization.

7. Discussion

The results demonstrate that a rule-based digital system can effectively translate Ayurvedic wellness principles into practical, user-friendly guidance[8]. The platform promotes preventive healthcare and responsible self-care through explainable recommendations and safety boundaries. However, the system's effectiveness is dependent on the quality of user inputs and the coverage of the knowledge base [9]. While not a replacement for professional consultation, the system serves as a valuable first-line wellness advisory tool that enhances awareness and accessibility of traditional healthcare knowledge.

Conclusion and Future Work

This research presented the design and implementation of an Ayurvedic Health Advisor that integrates traditional wellness principles with modern digital technologies. The system provides personalized, explainable, and safe wellness guidance, contributing to preventive healthcare awareness. Future work includes AI-based personalization, multilingual support, wearable device integration, teleconsultation features, and



mobile application development[4]. Further research can explore advanced knowledge representation and longitudinal health tracking to enhance personalization and impact [3].

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