



e-ISSN:2582-7219



# INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH IN SCIENCE, ENGINEERING AND TECHNOLOGY

Volume 5, Issue 6, June 2022



INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA

Impact Factor: 7.54



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# Ayurvedic Treatment App

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**ABSTRACT:** Ayurveda or ayurvedic remedy is a machine of conventional remedy local to Indians and is a shape of opportunity remedy. Ayurvedic Therapy is taken via way of means of controlling meals behaviour taking essential meals for curing the disorder and controlling everyday lifestyles style. Ayurvedic treatments at the moment are broadly well-known in the course of the world. Ayurveda has capacity to deal with many continual disorder which includes cancer, diabetes, arthritis, and asthma, which are untreatable in present day remedy. Most of the components for remedy may be discovered in home. So, the medicine does now no longer price lots and effortlessly done. This has minimal opportunities of aspect outcomes examine to fashionable remedy. So, it is able to be taken into consideration secure remedy. Our app presents you with a few smooth healing procedures of maximum not unusual place sicknesses in actual lifestyles. Every possible keep cash with the aid of using the use of this app. Our app is used to provide remedies for only small diseases like cough, fever, constipation, etc.

**KEYWORDS :** Ayurveda treatment, BMI calculator, Symptoms, Hospital location, herbal plants.

## I. INTRODUCTION

Ayurveda the technology of lifestyles or toughness is the holistic opportunity technology from India and its far greater than 5000 years old. It is thought to be the oldest restoration technology in existence, forming the inspiration for all others. The approach used to discover this information of herbs, foods and surgical operations are captivating and varied[1].

Ayurveda, the Conventional Indian medicinal gadget stays the maximum historical but residing tradition with sound philosophical and experimental basis. It is understood to be whole clinical gadget that comprised physical, psychological, philosophical, ethical, and non secular health.

The proposed software facilitates human beings to put together domestic and ayurvedic treatment for health associated issues. It additionally avoids different dangerous and aspect impact of the English medicines. Ayurveda or Ayurvedic medicine is a device of conventional medication local to Indians and is a shape of opportunity medication. Ayurveda makes using plant life primarily based totally medication and treatments. Designing an ayurvedic treatment gadget to serve the human beings in a high manner is a vital key at the back of motivating this project. This could assist the suffers to looks for the treatments easily[2].

Ayurveda Remedy System is software program advanced that's used to serve the human beings in higher manner. Here affected person look for treatments which may be organized at domestic and might get properly soon. The gift gadget has the power to view all treatments for a fitness associated issue. Our app presents a room for locating easy domestic primarily based totally and Ayurveda associated treatments for typically going on fitness problems like cold, cough etc. The self-healing concept, the usage of natural remedy is similarly critical on this Indian traditional system of medicine. The World Health Organisation estimates that, at present greater than 80% of the world's populace is based on conventional recuperation modalities and herbals for number one fitness care and wellness. Ayurvedic remedy desires to govern meals addiction through taking essential meals for curing the disease. Ayurveda treatments at the moment are broadly popular at some point of the world. The ingredients for the treatment found in home easily. So, the medication is not much costly.

Our Proposed System has several advantages:

- Userfriendly.
- Display results for related disease.
- Costefficient.



## II. LITERATURE SURVEY

Sarawut Bussasadee[3] proposed a cellular utility for fitness monitoring-Inside Me-that can assist customers to become greater privy to their fitness. This utility pursuits to tune person's exercising sports and reveal and examine person's fitness condition. It additionally offers a few commands and recommendations to the person for preserving and enhancing his or her fitness. Moreover, it presents an evaluation of the hazard that the person may also have any such diseases: coronary sickness and diabetes. Input facts are amassed from numerous reassets such as questionnaire, clinical check-up record, and wearable device. The hazard evaluation is executed via way of means of device learning algorithms.

Almotiri S H, Khan M A[4] ,describes the mobile health system in the context of Internet of Things (IoT). This application describes the critical developments of m-health devices consisting of compactness, IP connectivity, low power consumption and security. It discusses acquisition of mobileular health records via medical gadgets and wearable's and application of this records in monitoring numerous health conditions consisting of blood sugar level, ECG, blood-pressure, asthma, etc. Security could be very important for IoT primarily based totally m-fitness gadget. It addresses the problems of confidentiality, privacy, and protection in the context of steady m-fitness gadget. There are several measures indexed to defend the statistics of sufferers and m-fitness gadget. The m-fitness gadget will gain the sufferers in many methods along with brief diagnosis, far off tracking and domestic rehabilitation. Overall m-fitness gadget will significantly reduces healthcare value and pointlesshospitalizations.

Arvinder Pal Singh Gagneja[5] proposes mHealth for right implementation of Healthcare structures. Globally, mobile fitness (m Health) era ought to present incredible benefits to the overall public, comprising of improved fitness care system, with much less errors, decreased cost, and enhanced affected person and healthcare structures commitment. To allow mobile fitness apps and gadgets be secure and powerful it ought to be regulated that it's miles designed, and advanced nicely. Then it ought to be applied effectively through the usage of the proper algorithms. Once with inside the promote it ought to be maintained and up to date as per the converting needs. Most of all this technology should be used nicely in order that it poses no dangers to patients.

M Alloghani[6] provides a cell fitness utility meant to growth the notice ranges of dad and mom and kids approximately the weight problems dangers and assist them to sustain balanced and wholesome ingesting lifestyle. The proposed cell utility is an academic device for the assessment of interventions to save you weight problems chance ranges. The utility is primarily based totally at the Internet-of- Things approach, which allows monitoring meals intake, far off taking pictures and regular monitoring of kids information with interactive comments displayed at the cell utility.

El Khaddar[7] highlights a few snapshots of modern-day makes use of and destiny traits of diverse wi-fi communications with inside the healthcare domains, addresses their programs for e-health, states the demanding situations confronted in a ubiquitous healthcare surroundings prepared with different wi-fi technologies, and the way the ensuing troubles would possibly be addressed through growing a framework that offers a flexible and handy scientific monitoring, consultation, andhealthcare.

Ashutosh Chauhan[8] defined the superb beyond of the studies method of Ayurveda is primarily based totally at the equipment of exam referred to as Pareeksha and stimulated from the philosophical time period Pramaana, which refers back to the evidence. Theseequipment of the exam include (i) the direct observation (Pratyaksha), (ii) the inference (Anumana), and (iii) the authoritative memories or literature (Aptopadesha). The current day studies additionally relies upon on those 3 simple equipment whose efficacy has been augmented via way of means of the software of the clinical and technological revolutionary devices. These techniques of investigations were deliberate to broaden the spine of the Ayurveda machine withinside the shape simple concepts below the essentialstudies.

Semwal DK, Mishra SP, Chauhan A SemwalRB[9].Tobacco in all paperwork is risky for human fitness and prompted diverse illnesses consisting of coronary heart attacks, hypertension, strokes, pulmonary ailment and most cancers. Smoking is a main motive of lung most cancers while mouth most cancers is specially due to chewing of tobacco. Similar to the primary hand smoking, passive smoking additionally influences a wholesome human. Various studies showed the presence of approximately six hundred substances in cigarettes which produced approximately sixty ninecarcinogenic compounds after burning. Ayurveda is but useful withinside the discount of side-results of tobacco via way of means of diverse methods such as using Rasayanaconsisting of Ashwagandha, Shatavari, Bala and Ginseng.





Moreover, Yoga can assist in liberating anxiety and pressure and growth the electricity and power with out the usage of any shape of tobacco. Herein, an evidence-primarily based totally document is ready from diverse in advance vital research to conscious public for the damaging fitness results of tobacco. This document specially highlights primary statistics of using tobacco, its negative results globally and position of Ayurveda of their discount.

As Pal D and Sahu C.K[10] defined an Ayurvedic device adopts a holistic method toward fitness care through balancing the physical, intellectual and religious features of the human body. Rasa-Shastra (vedic-chemistry) is one of the components of Ayurveda, which offers with herbo- mineral/metals/non-metals arrangements known as Bhasmas. Rasayana (immunomodulation and anti-growing old quality) and yogavahi (cappotentialto goal pills to the site) are traits of a nicely made herbo-mineral/metals/non-metals preparation, which is likewise nontoxic, lightly absorbable, adaptable and digestible withinside the body.

### III. RESEARCH METHODOLOGY

Research method is a manner to systematic collection, analysis, and interpretation of records to remedy a studies problem. India does now no longer want to show the validity of Ayurveda to its people, authorities, and personal clinical network due to the fact it's miles a identified conventional scientific gadget of the country.

The wonderful beyond of the studies method of Ayurveda is primarily based totally at the gear of exam regarded as Pareeksha and stimulated from the philosophical term Pramaana , which refers back to the evidence[11]. These gear of the exam include (i) the direct observation ( Pratyaksha ), (ii) the inference ( Anumana ), and (iii) the authoritative stories or literature ( Aptopadesha ). The present day studies additionally relies upon on those 3 fundamental gear whose efficacy has been augmented through the application of the clinical and technological modern devices. These strategies of investigations were deliberate to expand the spine of the Ayurveda gadget withinside the shape fundamental standards below the essential studies.

The studies method ought to be deliberate and followed accordingly. At the time of figuring out studies method in Ayurveda following matters ought to be saved in mind[12].Basic variations among Ayurveda and present day technological know-how ought to be taken into consideration while designing the studies protocols The major difficulty have to receive to the classical method of Ayurveda Research protocols ought to be designed at the fundamental principles of Ayurveda, i.e., Prakriti , Agni , Dhatu , Srotas , Rasayana , Shatkriyakala , Agnibala , Ojabala , Manobala , etc.The studies paintings ought to contain specialists each from Ayurveda and biomedical specialties The holistic and integrative method concerning frame, mind, and spirit ought to be taken into consideration for research Before beginning the medical studies; a whole understanding approximately prognosis of the ailment, substances to be used, method to be followed, and correct dosage shape is relatively needed The method of personalised remedy ought to be observed throughout treatment.

Encouragement of studies on Ayurvedic fundamental studies desires to be carried out withinside the fields of Ayurvedic physiology, pathology, pharmacology (essential and medical), and pharmaceuticals. The fundamental idea of Srotovijnana (understanding of channels) as a prime matrix of Ayurvedic biology has been highlighted each through essential and implemented understanding[13]. A residing frame is a gadget which comprised innumerable channels designed as an internal delivery gadget for a number of functions. The fitness and ailment depend upon the gadget of Srotas , that's liable to lose its characteristic through different factors which includes misguided meals and lifestyle.

Ayurveda advanced a healing era for Samshodhana (biopurification) familiarly regarded as Panchakarma therapy. Ayurveda may be higher understood thru philosophy and physics instead of present day biology due to the fact the have a look at of the overall spectrum of the Srotas can assist to outline the phenomenon of relationships in structural and useful biology[14]. Moreover, the essential idea of Ayurveda for a great fitness which includes recovery and upkeep also can be understood thru quantum theory[15,16].The essential studies in Ayurveda caters needs of the society and the scientific fraternity; the present day clinical studies has been initiated in Ayurveda withinside the area of fundamental standards. The goal of fundamental studies in Ayurveda is to discover the clinical improvements and possibilities in essential principles of Ayurveda. The essential studies consists of alternative of religion and suppositions with the clinical reasoning complimented with the data and figures. The targets of the research withinside the essential studies are classified into the human frame ( Purusha ), the ailment ( Vyadhi ), the remedy ( Aushadha ), and the proper time for action( Kriyakala)[17].



Some important factors that are accountable for trailing the Ayurveda are as following.

- Young Ayurvedic scholars, despite the fact that enthusiastic, aren't clean approximately their perspectives at the destiny of Ayurveda. Moreover, they may be now no longer even very clean that how to reveal their treasured studies outputs on Ayurveda
- Only some agencies have well-hooked up studies infrastructure for extraordinary studies in Ayurveda. Experienced researchers with expertise of current technology are required to behavior improve and exceptional studies in Ayurveda
- There is a loss of cooperation and willingness of Biomedical Scientists who're frequently unduly skeptical and convey prejudice
- More than one thousand Ayurvedic postgraduates byskip out every yr and input into the streamline of lecturers and practice. Among them, only some pick their career as researcher in Ayurveda
- Neither has the Ayurvedic coaching modified withinside the remaining 50 years nor have the textbooks enriched with new studies methodologies[18].

Most of the Ayurvedic Rasayanas (Medhya, Jeevaniya, and Lekhaniaya, etc.) are primarily based totally at the natural products. Many herbs together with Ashwagandha (*Withaniasomnifera*Dunal.), Shatavari (*Asparagus racemosus*Willd.), Guduchi (*Tinosporacordifolia* (Thunb.) Miers), Amalaki (*Embellica officinalis* Gaertn.), and Bhallataka (*Semecarpusanacardium* Linn.) are famous Ayurvedic Rasayanas, which can be confirmed immunomodulators.

Adjuvants are required for a lot of vulnerable immunogenic vaccines, and Ayurvedic rasayanas can also additionally provide higher and more secure immune tablets that may be used as adjuvants in such vaccines and additionally in most cancers treatment[19].

The idea of Ayurveda remedy is broad, which heal the person as an entire while Western machine of medication has historically operated from most effective a remedy version. Now, the time has come to create a brand new version of the medicinal machine via way of means of combining each recuperation and remedy models. The price of fitness care will be accelerated fantastically via customized remedy that would be useful to are expecting disorder risk, save you development of disorder, and control remedies extra efficiently. Moreover, the trends withinside the place of pharmacogenetics and pharmacogenomics can assist the practitioner to attain the goal of customized remedy[20]. A customized remedy does now no longer imply simply the proper drug for the proper person however the proper drug for the unique disorder affecting a selected person[21]. This idea will certainly make medical trials extra green via way of means of decreasing the fee typically increases because of facet effects, and prescription of medicine the ones aren't powerful in sure genotypes[22].

#### IV. RESULTS AND COMPARISION

Some of the applications were developed based on basic concepts of Ayurveda that is prakriti,agni,Dhatu,Srotas,Rasayana,Shatkriyakala,Manobala,Agnibala etc.Our Ayurvedic treatment application was created by the use of Android Studio IDE. The gadget makes use of Android lessons particularly Implicit & Explicit Intents, Geocoder for Location Bases Services. Implicit & Explicit intents are used to name the constructed in programs to ship and acquire the data. Geocoder magnificence is used for fetching the current area of the phone or the user. Other applications which helps to know about the plants and their medications only.

Results from a 2013 medical trial in comparison Ayurvedic formulations of plant extracts in opposition to the herbal product glucosamine sulfate and the drug celecoxib in 440 humans with knee osteoarthritis. All 4 merchandise furnished comparable discounts in ache and enhancements in function. Outcomes from a small short-time period medical trial with 89 women and men recommended that a system of 5 Ayurvedic herbs might also additionally assist humans with kind 2 diabetes. However, different researchers stated insufficient take a look at designs haven't allowed researchers to expand organization conclusions approximately Ayurveda for diabetes.

A initial and small NCCIH-funded 2011 pilot take a look at with forty three humans determined that traditional and Ayurvedic remedies for rheumatoid arthritis have been in addition effective. The traditional drug examined changed into methotrexate and the Ayurvedic remedy blanketed forty natural compounds.



As discussed above many apps are introduced with respect to ayurvedic treatment. But some of them are only about medicinal plants and their uses. Some apps tells about basic concepts of ayurveda like Srotovijnana, panchakarma therapy, samshodana etc. These are only about the encouragement of research on ayurvedic fundamentals. But there is no app which contains the easy home remedy for disease , details about medicinal plants ,especially about BMI(body mass index) which tells about diet food which gives good health by considering our height and weight. Until now ,no one app includes all these facilities with user friendly system.

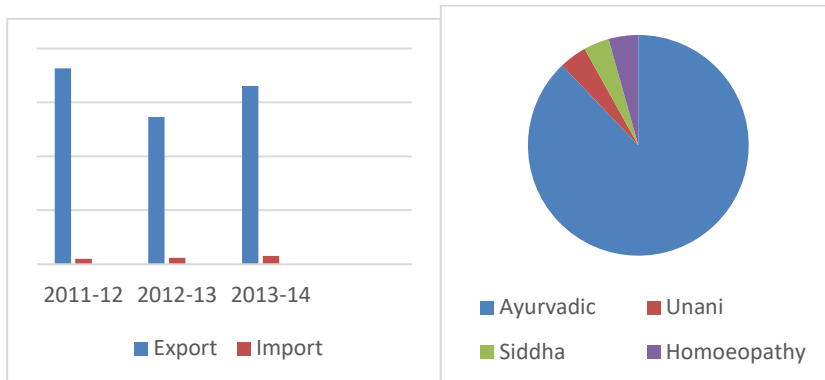


Fig 1: Export and Import of Ayush items Fig 2: Systematic Distribution of licensed Ayush medicines on 2014

Indian medicinal plants and their products also represent exports in the range of Rs. 10 billion There is a global resurgence of traditional and alternative health systems resulting in a US\$120 billion global trade in herbs, projected to reach US\$7 trillion by 2050 -dollar will reach. However, India's current share of herbal medicines in world trade is quite small.[23] There is an increasing trend in the export and import of AYUSH-related items in India. The export of AYUSH items increased at a CAGR of 30% in 2011-2012 and 2012-2013; However, it declined in 2013-2014, with the annual growth rate slowing by 36%. Similarly, the import of AYUSH products increased by 23% per year in 2011-2012 and 2012-2013 and continued to increase in 2013-2014 at a CAGR of 25%.[24][Figure 1] and [Figure 2] show the status of export and import services in India in AYUSH sector mainly related to medicinal plant resources.

Authors	Ayurvedic Diagnostic Method	Study Design	Statistical Test	Result
Ashutosh Chauhan [8]	PPAT	All the topics tested on PPAT via way of means of each the raters independently	Correlation coefficient	Correlation coefficient for kapha- 0.4074(p<0.02), pitta 0.5245(P-0.01), and vata 0.8081(p-0.001)
Sharma P V [11]	Ayurvedic disease origin, diagnosis and treatment approach for inflammatory arthritis	Ayurvedic Practitioners checked topics independently and requested to put in writing ayurvedic sickness origin, sickness diagnosis, and remedy method for every patient.	No formal statistical analysis	Cosiderable settlement practitioners agreed upon 17-21 remedy groups
Singh R H [14]	Prakriti and Vikriti	thirty minute videotaped recording of ayurvedic evaluation which include a records and restricted bodily examination changed into considered to diagnose prakriti and vikriti and give an explanation for their rational for creating a	Cross sectional comparison and thematic analytic	Overall settlement stage ranged 60-100% ,Prakriti- imply 75%, vikriti imply 86%.



		diagnosis.	methodshave been used to investigate qualitative data	
Mishra S [20]	Doshaja pulse diagnosis and body constitution diagnosis	A double-blinded, controlled, medical trial professional identified issue two times in a random order, frame charter changed into identified via way of means of pulse and remark of hand.	weighted kappa, Landis and Koch scale.	Pulse diagnosis- 0.42(mild settlement), Body charter 0.65(sizable settlement)

### V. CONCLUSION

The software is designed for the usage of the Ayurvedic treatments for the easy illnesses like cold, cough, fever, headache etc. Due to elevating clinical payments in metro cities, this clean to apply cellular app will assist in reducing the ones prices to a few extent. This software is used for small illnesses. For main illnesses it will likely be higher to seek advice from the docs earlier than going for any medicines

### VI. SCOPE & FUTURE WORKS

The software may be more desirable for day by day tracking of the user's health. The android telephones include sensors which can be expecting the coronary heart rate, blood pressure, Sugar and cholesterol. Depending at the situations the software can advocate the user to head for a checkup.

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SJIF Scientific Journal Impact Factor  
Impact Factor  
7.54

**ISSN**

INTERNATIONAL  
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