



e-ISSN:2582-7219



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH IN SCIENCE, ENGINEERING AND TECHNOLOGY

Volume 5, Issue 9, September 2022



INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

Impact Factor: 7.54



6381 907 438



6381 907 438



ijmrset@gmail.com



www.ijmrset.com



Mobile App for Traditional Medicine

Ramya T B, Md Irshaad Hussain B

Master of Computer Applications, UBTD College of Engineering, Davanagere, India

Assistant Professor, Dept. of MCA, VTU UBTDCE, Davanagere, India

ABSTRACT: Ayurveda Treatment App is a mobile application for Android. Ayurveda is a former Indian medical practice founded on centuries-old scriptures that takes a "clean" and all-encompassing come closer to physical and mental health. Ayurvedic medicine is still one of India's oldest fitness care systems. Ayurvedic treatment incorporates by-products, diet, exercise, and lifestyle changes. Ayurveda, as we all know, is an ancient medical system that heavily relies on medicinal herbs. However, the majority of people do not recognize these medicinal plants and thus are unable to use herbs to treat ailments. Our Ayurvedic cure app, herbal plants, is designed to identify which plants are useful for which diseases and can also be used for home diagnosis. In order for people to receive treatment at home without any side-effects.

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

I. INTRODUCTION

Ayurveda, the technology of lifestyle or hardship, is India's holistic opportunity technology and is over 5,000 years old. It is thought to be the oldest restoration technology in existence and serves as an inspiration for all others. The approach used to uncover this information from herbs, foods and surgeries is intriguing and diverse[1]. Several new iPhone and mobile apps, however, enable users to make their Ayurvedic lifestyle easier and more realistic. For those who are new to Ayurveda and want to improve their diets, sleep, relationship with nature, and overall well-being, try an unconventional approach: learn more about your dosha, find interesting new recipes to support your constitution, practice yoga, learn to breathe better, and find out what bothers you by using this app.

Ayurveda, the traditional medical device of India, is still the highest historical tradition but alive with a solid philosophical and experimental foundation. This includes the entire clinical apparatus, which includes physical, mental, philosophical, ethical and moral health. The proposed software makes it easy for people to put together home and Ayurveda treatments for health problems. It also avoids other dangerous and consequence of foreign medicines. Ayurveda medicine is a form of local conventional medicine for Indians and is a substitute form of medication. Ayurveda uses plants mainly for medicines and treatments. The development of an Ayurvedic treatment device that serves the human being to a great extent is an essential key to motivating this project. This could make it easier for patients to seek treatments[2].

Ayurveda Remedy System is an advanced software program used to serve people in higher ways. Here the affected person looks for treatments that he can organize at home and that could soon have a real effect. The gift device can display all treatments for a fitness-related problem. Our application provides a space to find simple at home treatments totally based on Ayurveda for common physical problems like cold, cough, etc.

The concept of self-healing, the use of natural remedies, is equal significant in this traditional medicines which are of Indian origin. The Health Organization determines that more than 80% of the world's populace today rely on established recreational methods and herbs for physical care and the best of well-being. The Ayurvedic remedy seeks to control overeating by consuming essential foods to cure the disease. Ayurvedic treatments are currently widely practiced in approximately locations around the world. The ingredients for the treatment are easy to find at home. Therefore, the drug is not very expensive.

II. LITERATURE SURVEY

In 2015 population is high but the people using Ayurveda treatment is low. But in 2017 density of population is increasing with, the peoples using Ayurveda is also getting increased. Like wise every year the population will get increased, the good thing is, with the population Ayurveda preferred peoples also increasing. The year 2019 is full with



covid-19 pandemic. And 2020,2021 is also suffering due to covid. So, the huge number of people prefer Ayurveda because it can be manufactured in home ,and it is fresh and hygiene. It can be more believed than English medicine[3].

Ashutosh Chauhan[4] described the awesome past of the investigation technique of Ayurveda is based totally definitely on the device of evaluation called Pareeksha and exceptional from the analytical term Pramaana, provide evidence . This device of the probe include (i) the live monitoring(Pratyaksha), (ii) the reasoning (Anumana), and (iii) the reliable memory or literature (Aptopadesha). The cutting-edge day research moreover is based upon on the ones three easy device whose efficacy has been augmented through manner of method of the software program of the medical and practical progressive systems. These strategies of investigations had been concede to grow the foundation of the Ayurveda device with inside the form easy standards underneath the critical research.

Like Pal D. and Sahu C.K.[5] defined, an Ayurvedic device takes a integrative approach to medical management by balancing the natural, intellectual and religious attributes of the manlike body. Rasa-Shastra (Vedic Chemistry) is the components of Ayurveda that offers herbal-metal/non-metal arrangements known as Bhasmas. Rasayana (immune modulation) and Yogavahi (pill support potential) are hallmarks of a well-crafted -herb mineral/metal/nonmetal supplement that is also non-toxic, easily absorbable, adaptable and digestible inside the body.

Archie Cochrane's work on efficiency and effectiveness [6] and meta-analysis as a method of condense the results of shuffled trials [7] resulted in a powerful research and analysis tool in the form of 'systematic reviews,' which independent clinicians and researchers decision making. These efforts eventually resulted in the evolution of evidence-based medicine (EBM) as a new approach to bringing more rational and detailed evidence for evidence based group practice.[8].

Based on scientific evidence, The importance of observational studies cannot be overstated. Developing appropriate research methodology for complex whole-system, whole-person-centered clinical trials as an alternative to RCTs is unquestionably necessary. Scientists are already advocating for robust clinical study designs based on a personalized approach and metabolomics with a single patient [9].

As Semwal DK, Mishra SP, Chauhan A, Semwal R B[10] described ,Tobacco is dangerous to human health in all documents and causes various sickness such as thrombosis, high blood pressure, strokes, lung diseases and most cancers. Smoulder is the primary cause of most lung cancers, while mostoral cancers are mainly caused by tobacco chewing. Like primary manual smoking, passive smoking affects a healthy individual. Various studies showed the presence of approximately 600,substances in cigarettes, which produced approximately 69 bloody compounds after flaming. Ayurveda is helpful in reducing the side effects of tobacco through various methods like using rasayana which consists of Ashwagandha, Shatavari, Bala and Ginseng. In addition, yoga can help reduce anxiety and stress and increase energy and strength without any form of tobacco. This document is a fully evidence-based document of different expected key pieces of research to raise public awareness of the adverse health effects of tobacco. In particular, this document highlights the primary statistics of tobacco use, its negative results worldwide and the position of Ayurveda in relation to its discount.

Arvinder Pal Singh Gagneja[11] proposes m-Health for proper accomplishment of medical care systems. Globally, cell well-being (m Health) generation should gift extremely good advantages to the general public, include of progressed health care system, with a good deal much less errors, reduced cost, and more suitable affected man or woman and health regulations bond. To permit cell health apps and devices be steady and effectively it should be manage that it's far designed, and superior properly. Then it should be implemented successfully thru the use of the right algorithms. Once with in the sell it should be maintained and updated as in keeping with the changing requirements. Almost all of this era need to be used correctly just so it poses no threat to patients.

Ayurveda should be open to new imagination, concept and insights for uninterrupted and efficient even so ,its advance seems to have stagnated in recent centuries, resulting in chronic stagnation today. Pride in heritage and emotional attitudes rooted in past glory seem to be prevalent among professionals in the search for evidence-based research. There seems to be an obvious complacency, a opposite and opinionated attitude, and often pure sentimentality rather than a pragmatic scientific perspective. We need to understand that emotions, experiences, and proofs are not incompatible. Going modern is not a crime; it does not prevent anyone from preserving cultural identity. No tradition is a static entity;



innovation results from the evolution of traditions. For example, Charaka would not have ignored technologies like the electron microscope if they had been available in his time [12].

Sarawut Bussadee[13] proposed Inside Me, a cellular fitness monitoring utility that can help clients better understand their fitness. This utility attempts to match the person's practice sports and to uncover and examine the person's physical condition. It also offers the person some commands and recommendations to maintain and improve their physical condition. In addition, the risk is assessed that the person also has one of these illness: coronary artery disease and diabetes. Input data is received from numerous resets, such as B. Questionnaires, clinical examination records and wearable devices. The risk assessment is through out using device reading algorithms.

Alloghani[14] affords a mobileular health software planned to boom the alertness stages of parents and youngsters about the burden troubles threats and comfort them to preserve proportional and healthy eating behaviour. The planned mobileular software is an educational tool for the evaluation of interventions to avoid weight troubles threat stages. The software is based totally definitely on the Internet-of- Things proposes, which permits hunting bite absorption, a ways off taking pix and everyday tracking of youngsters statistics with collective comment visible on the mobileular software.

III. RESEARCH METHODOLOGY

The research method is a way of systematically collecting, analyzing, and interpreting records to clear up a study issue. India no longer wishes to show the effectiveness of Ayurveda to its community, expert and private clinical networks as it is a well-known traditional scientific tool in the country.

The wonderful Ayurvedic study method beyond is mainly based on the examination equipment considered as Pareeksha and is inspired by the logicl term Pramaana referring to the proofs. This testing equipment includes (i) sincere conclusion (Pratyaksha), (ii) assumption (Anumana), and (iii) authorities history or article (Aptopadesha). Current studies are also based on those 3 basic gears, the effectiveness of which has been increased in through the use of modern technological and clinical equipment. These research strategies were deliberately designed to expand the backbone of the Ayurvedic device within the basic form 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[15].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 classic method of Ayurveda Research protocols ought to be intende 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 medical quality. The integrated and combining method concerning frame, brain, and energy ought to be taken into consideration for inquiry. 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 personalized remedy ought to be observed throughout treatment.

Encouragement of studies on Ayurvedic fundamental studies desires to be carried out with inside the area of Ayurvedic analysis, ecology, phytology (essential and medical), and medicine. The fundamental idea of Srotovijnana (understanding of channels) as a prime form of Ayurvedic biology has been display each through essential and implemented understanding[16]. A residing frame is a gadget which combined countless policy planned as an internal delivery gadget for a number of behaviour. 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 behaviour.

Ayurveda advanced a healing era for Samshodhana (bio purification) similarly regarded as Panchakarma analysis. Ayurveda may be higher accepted through reasoning and pure science instead of present day biology due to the fact the have a look at of the overall rainbow of the Srotas can assist to outline the incident of content in architectural and useful genetics[17]. Furthermore, the essential idea of Ayurveda for a great fitness which includes recovery and upkeep also can be appreciated through amount theory[18,19].The essential studies in Ayurveda indulge needs of the community and the scientific society; the present day clinical studies has been initiated in Ayurveda with inside 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 analysis exalted with the data and pictures. The targets of the research with inside the essential studies are classified into the personal frame (Purusha), the ailment (Vyadhi), the remedy (Aushadha), and the proper while for movement(Kriyakala)[20].

Most of the Ayurvedic Rasayanas (Medhya, Jeevaniya, and Lekhaniaya, etc.) are primarily based totally at the natural material. Various plants together with Ashwagandha (Withania somnifera Dunal.), Shatavari (Asparagus racemosus Willd.), Guduchi (Tinospora cordifolia (Thunb.) Miers), Amalaki (Embellica officinalis Gaertn.), and Bhallataka (Semecarpus anacardium Linn.) are famous Ayurvedic Rasayanas, which can be confirmed immune modulators.

Motivation are appropriate for a lot of vulnerable immunogenic antibody, 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[21].

The idea of the Ayurvedic remedy is broad, that it heals the person as a whole, while Western medicine has historically believed in a more potent version of the remedy. Now is the time to generate a unique version of the medical machine by connecting recovery and medication portrait. The cost of healthcare is incredibly accelerated by personalized treatment, which would be helpful in preventing the risk of disease, avoiding disease development, and managing treatments more efficiently. In addition, trends within the home economics and make acquaintance locus can advice the clinician obtain the goal of personalized treatment [22].A personals cure no longer simply implies the right drug for the right person, but the legal narcotic for the unique disorder afflicting a chosen person[23].This idea will make medical try out more environmentally friendly by compressing the rate that is generally elevated due to reaction and prescriptions of drugs that are not active in certain genetics [24].

IV. IMPLEMENTATION

It's just a matter of promoting research into Ayurvedic principles. But there is no app that contains the simple home remedy for the disease, details about medicinal plants, especially BMI (Body Mass Index), which gives dietary foods that ensure good health considering our height and weight . So far, no app contains all these functions in one easy-to-use system.

There are many applications related to Ayurvedic treatment. But some of them are only about medicinal plants and their uses. Some apps talk about basics of Ayurveda like Srotovijnana, Panchakarma therapy, Samshodana etc.

Our Ayurveda app will be more helpful to people in this criteria and it will be safe in order to users information. According to national center of health statistic study, almost two-thirds of India's simple people ,who contain 70 % of the community , use Ayurveda for their primary medical care needs.

Ayurvedic treatment : It is the main page ,contains all options which are present in the application. Like Symptom checker , Diagnosis , Prescription request , Herbal plants , BMI calculator. When users click on option, it will directed to its main page.

Symptom checker : It is the option that displays a list of diseases. It is used to assess the symptoms of several prevalent disorders.

Diagnosis : It is the choice that is presented on the page. For the security of the users, it contains a login page. It will only lead users to the main page of that option after a successful login.

Prescription request :Only those who have been diagnosed may utilize this. A login page is also included. Therefore, users must login before they may access the prescription.

Herbal plants : It is another option on the main page that offers information about herbal plants. It provides all of the information on the plants and their applications.

BMI calculator : Users must provide their height in inches and centimeters as well as their weight in kilos for this option. It provides advice and displays the body's condition using this information.



Fig 4.1 Ayurvedic Treatment Page

Symptom Checker : The diseases listed on this page include appendicitis, the mumps, heart disease, dysentery, asthma, and more. These diseases offer details on the illnesses as well as their signs and symptoms. Additionally, details regarding the plants that are utilized to treat that specific disease.

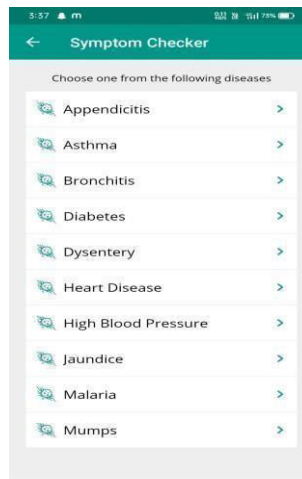


Fig 4.2 Symptom checker

BMI Calculator : BMI is a measurement of a person’s leanness or corpulence based on their height and weight , and is intended to qualify tissue mass. The value obtained from the calculation of BMI is used to categorize whether a person is normal weight , under weight , over weight , or obese depending on what range the value falls between. The patient's or user's BMI status is then shown on the subsequent page. It decides whether the patient is overweight or underweight based on this data. This can be used by users to plan a diet and keep their bodies in good shape. It will advise the user to put on weight if their BMI is underweight. It recommends diets to assist users lose weight if they are overweight.

The BMI formula is:

USC Units:

$$BMI=703*mass(lbs)/height^2(in)$$

SI, Metric Units:

$$BMI=mass(kg)/height^2(m)$$

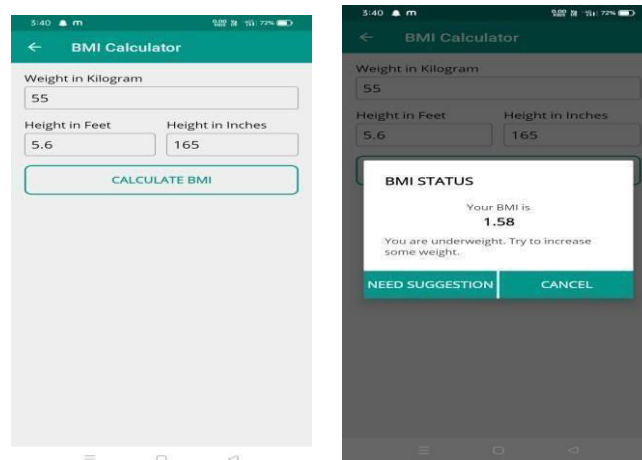


Fig 4.3 BMI calculator and its status

Diet Suggestion : This page displays the individual's weight status as overweight, underweight, or normal. It outlines what users who are overweight should do to lose weight. or the activities they need to engage in to put on weight when they are underweight. It lists a number of things they shouldn't do in addition to showing them what they should do.

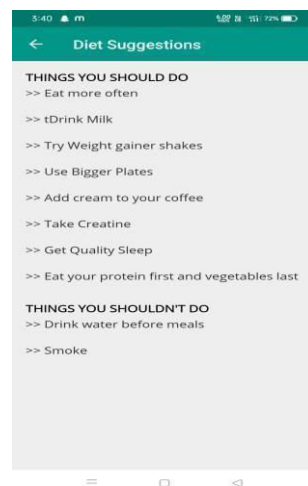


Fig 4.4 Diet Suggestion

V. RESULTS AND DISCUSSION

Our ayurveda treatment app offers customers a wide range of possibilities. As with a prescription, diagnosis, Feedback, About Ayurvedic Treatment App, Symptom Checker, Herbal Plants, BMI Calculator, About Developer Pages. These options have not yet been available in any apps.

Users initially see a page with a selection of alternatives. This page serves as the home page for many other pages. They will be taken to another connected page when they select the choice. For instance, when users select the symptom checker option, a page with a list of ailments will load. If they click on that ailment, a page with information about the symptoms will appear.

The login page is available when they click on the diagnosis page. The user must first register by providing a username, password, and email address if they haven't already. After that, he or she can log in to the diagnosis page immediately. The patient must list their four primary symptoms on this page and be able to identify the illness on their own.

They can then use the prescription request page to submit a prescription request based on this information. They can send messages through this page using Instagram , wats app , or the mail. However, the user must either have the



doctor's phone number in their contact list or have the doctor as a friend on Instagram. can send them a mail using their mail ID.

Herbal plants are another choice on the main page. Users of this option have two choices: search by plant or disease. If users choose to search by disease, it will provide a list of specific diseases along with full information about each one, including usage, dosage, etc. If users select "Search by herbal plants," it will provide details on the plant and the diseases it is used to treat.

A crucial option on the home page is the BMI calculator. Using the user's height and weight, it will calculate their body mass index. It will compute the mass using the precise formula. Although they cannot guarantee accuracy, they can guarantee that it provides a rough estimate. However, it provides the user's BMI status by applying a formula. Therefore, based on that status, the user may receive suggestions on their own. If the user is overweight, it offers advice on how to lose weight safely. Provides advice on how to put on weight if the user is underweight. Provides advice on how to maintain health in a more wholesome manner if the user is of a regular weight.

After that, the user can provide feedback on the feedback page. Additionally, users can view other users' reviews. Another choice relates to developers. Since no app should give users the choice to learn about the application's developer, it actually differs from other apps in that respect. Finally, they can learn more about the application's other options.

REFERENCES

1. Dr.Vasanth Lad, Ayurveda the practical of self healing: A Practical guide, 2nd edition ,new delhi.
2. Nagashreee M Annigere. Ayurveda Upachara-An Android app , Research paper , Ramaiah institute of technology, Banglore ,India.
3. Population growth in India, Google.
4. Ashutosh Chauhan ,cited by 59,Ayurvedic research and methodology :Present status and future strategies(2015).
5. Pal D, Sahu CK, Haldar A . Bhasma :The Indian nanomedicine [Google Scholar].
6. Cochrane AL. *Effectiveness and efficiency: random reflections on health*. UK: Royal Society of Medicine Press; 1999. [Google Scholar]
7. L'Abbe KA, Detsky AS, O'Rourke K. Meta-analysis in clinical research. *Ann Intern Med*. 1987;107(2):224–233. [PubMed] [Google Scholar]
8. Evidence-Based Medicine Working Group Evidence-based medicine. A new approach to teaching the practice of medicine. *JAMA*. 1992;268(17):2420–2425. [PubMed] [Google Scholar]
9. van der Greef J, Hankemeier T, McBurney RN. Metabolomics-based systems biology and personalized medicine: moving towards $n = 1$ clinical trials? *Pharmacogenomics*. 2006;7(7):1087– 1094. [PubMed] [Google Scholar]
10. Semwal D K, Mishra S P, Chauhan A ,Semwal R B. Adverse health effects of tobacco and role of written material in their reduction.
11. Silva, B. M., Lopes, I. M., Rodrigues, J. J., & Ray, P. (2011).SapoFitness: A mobile health application for dietary evaluation.2011 IEEE 13th International Conference on e-Health Networking, Applications and services.
12. Patwardhan B. Envisioning AYUSH: historic opportunity for innovation and revitalization. *J Ayurveda Integr Med*. 2014;5(2):67–70. [PMC free article] [PubMed] [Google Scholar]
13. Bussadee S., Within Me: A proposal for attention mobile application.
14. M. Alloghani, A. Hussain, D. Al- Jumeily , P. Fergus, O. Abuelma'atti and H. Hamden, "A mobile health monitoring application for obesity management and control.
15. Bhushan P, Kalpana J, Arvind C. Classification of human population based on HLA gene polymorphism and the concept of Prakriti in Ayurveda. *J Altern Complement Med*. 2005;11(2):349–
16. 353. [PubMed] [Google Scholar]
17. Morandi , C Tosto , G Sartori , P Roberti di Sarsina . Advent of a hyperlink among Ayurvedaand present day fitness technological know-how: The complaints of the primary worldwide congress on ayurveda, "Ayurveda: The Meaning of Life-Awareness, Environment, and Health" March 21-22, 2009, Milan, Italy. Evid Based Complement Alternat Med 2011.
18. Singh RH. Integrative Medicine, Special Monograph. New Delhi: Choukhamba Surbharti; 2009. [Google Scholar]
19. Hankey A. The clinical fee of Ayurveda. *J Altern Complement Med*. 2005.



20. Jayasundar R. Ayurveda: A one-of-a-kind method to fitness and ailment. 2018.. [Google Scholar]
21. Sharma PV, editor. Sushruta Samhita, Sutra Sthana. Ch. 1, Ver. 22. Vol. 1. Varanasi: ChoukhambaVisvabharati; 2013.. [Google Scholar]
22. Mishra SP, Semwal DK, Chauhan A. Scenario of Ayurveda training in India: Some pointers for improvement.
23. Mishra S, Gupta AK, Kedar LM. Concept of studies technique in Ayurveda. Int Ayurvedic Med J.2013.. [Google Scholar]
24. Singh RH. Exploring problems with inside the improvement of Ayurvedic studies technique. J Ayurveda Integr Med. 2010.[Google Scholar]
25. Gupta PD. genetics, pharmacogenomics and ayurgenomics for made to order medicine: A paradigm shift. Indian J Pharm Sci. 2015;77:135–41.[Google Scholar]



INNO SPACE
SJIF Scientific Journal Impact Factor
Impact Factor
7.54

ISSN

INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH IN SCIENCE, ENGINEERING AND TECHNOLOGY

| Mobile No: +91-6381907438 | Whatsapp: +91-6381907438 | ijmrset@gmail.com |

www.ijmrset.com