

Home Remedies – A Digital Platform

Designed and developed by

Aikyam Team 2026, Bapatla Women's Engineering College



Home Remedies is a student-led project focused on promoting health through natural, accessible, and cost-effective solutions found within the home. Operating under the motto "Health is our real wealth," the project advocates for a holistic approach to well-being that connects a healthy body with a healthy mind and soul.

Problem and Motivation

The project addresses the fact that roughly **80% of people prefer home remedies** for common, minor health issues like colds, headaches, and digestive problems. These remedies are chosen because they are:

- **Accessible** and easy to find in a typical kitchen.
- **Cost-effective** compared to professional medical treatments.
- **Perceived as safer** alternatives to pharmaceutical products for day-to-day ailments.

Solution

The team developed a website titled "**YOUR HOME-REMEDIES**" to serve as a foundation for a healthy life. The platform focuses on two main areas:

- **A Healthy Home Environment:** The site provides guidance on improving physical and mental health by managing air quality (reducing toxins like VOCs from furniture and paint), ensuring proper ventilation, and organizing spaces to reduce stress.
- **Natural Materials and Ingredients:** The platform highlights the medicinal uses of common household spices and herbs, such as **ginger, garlic, turmeric, cloves, cinnamon, and black pepper**.

Links

[Project presentation](#)

[Project video](#)

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