

AYURVEDIC DIGITAL WELLNESS PLATFORM

Designed and developed by
Aikyam Team 2026, Bapatla Women's Engineering College



Ayurvedic Digital Wellness Platform is designed to integrate the 5,000-year-old "Science of Life" with modern technology to address contemporary health challenges. The project aims to provide a centralized, verified source for Ayurvedic knowledge, moving away from fragmented information and synthetic products toward natural, personalized healing.

Core Pillars of the Platform

The project is built around four primary areas of wellness:

- **Ayurvedic Diet:** Offers personalized nutrition plans tailored to an individual's unique constitution and seasonal requirements.
- **Medicinal Leaves:** Provides detailed information on cornerstone Indian herbs such as **Tulsi** (immunity), **Neem** (purification), **Ashwagandha** (vitality), **Brahmi** (cognition), and **Giloy** (detoxification).
- **Health Remedies:** Features natural treatments for common ailments, including herbal formulations, yoga, breathing exercises, and meditation.
- **Hygiene Practices:** Promotes traditional daily routines (**Dincharya**) such as oil pulling, tongue scraping, and natural skincare.

Personalization Through Doshas

A key feature of the platform is its focus on **Doshas**—the three fundamental energies (Vata, Pitta, and Kapha) that govern physical and mental processes. Users interact with a **dosha quiz** on the frontend to receive guidance and recommendations specifically suited to their predominate energy type.

Mission and Future Goals

The project seeks to **empower users** with trustworthy natural healing knowledge and preserve ancient traditions. Future developments for this platform include expanding into **mobile applications**, offering **telemedicine consultations** with practitioners, and integrating with **wearable health devices** for holistic tracking.

Links

[Project presentation](#)

[Project video](#)

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