



International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Ayurvibes.

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ABSTRACT

AYURVIBES is a revolutionary health and wellness platform integrating Ayurvedic principles with modern technology. The system provides personalized health recommendations based on Dosha types, fitness tracking, AI-driven chatbot assistance, and smart device integration. This paper presents the system architecture, features, and benefits of AYURVIBES, highlighting its potential to improve holistic well-being.

Keywords—Ayurvibes(The best medicine for fitness of yoga and healthy diet)

I. Introduction

The Ayurveda, an ancient Indian medicinal system, emphasizes holistic well-being through the balance of Doshas: Vata, Pitta, and Kapha. With the rise of digital health solutions, there is an increasing demand for personalized health tracking that aligns with traditional wisdom. AYURVIBES integrates Ayurvedic principles with modern technology to provide a comprehensive solution for users seeking a natural and scientific approach to wellness.

Expert systems are software tools that attempt to model some aspect of human reasoning within a domain of knowledge. As a rule, expert systems rely on human experts for their knowledge, at least initially. An early success in this sub field was MYCIN, developed in the early 1970s under Edward Shortliffe. The majority of current expert systems are structured similarly to MYCIN. As such we decided to resolve the problem with the help of Artificial Intelligent techniques (AI). It is well known fact that Expert

systems are better at solving real world problems, which cannot be solved otherwise in particular Expert systems can be used to model domains with less formal knowledge. Among other AI techniques,

Finally the system has been developed as an Expert System, which models Ayurvedic classification of individuals. [3].

1.1 Problem Definition

The more we eat junk food, the craving for unhealthy stuff becomes more intense. The hidden sugar and salt content in these items can over the period of time make us obese and susceptible to many lifestyle diseases. Yoga can help support healthy eating habits. By reducing stress and promoting mindfulness, yoga can help individuals become more attuned to their bodies and make better food choices. Yoga can also aid in digestion and improve metabolism, which can help the body better process nutrients and maintain a healthy weight[4].

1.1.1 Yoga And Nutrition Relationship

It Nutrition can play a big role in keeping chronic diseases away. While we understand the importance of a healthy diet, we often crave for unhealthy foods to regulate mood swings and manage stress. We tend to munch mindlessly under stress and before we realise the entire box of cookies or a bag of chips goes into our system and begin to wreak havoc with our stress levels even more. This is a vicious cycle.

Nutrition is an intrinsic part of Yogic practices. The food we eat can have a profound impact on not only our body but mind also. Eating a well-balanced diet with sufficient nutrients is essential for maintaining energy levels, building strength and endurance, and supporting muscle recovery. [Yoga and Ayurveda](#) recommend inclusion of [Sattvic foods](#) in the daily diet which are light and healthy in nature. Foods that are vegetarian, high on antioxidants, vitamins, minerals, and freshly made are believed to work wonders for your energy levels, happiness, calmness, and bring mental clarity. Such diet also works appropriately for building stamina and flexibility to perform Yoga asanas with ease. It also helps in enhancing focus which is important for achieving the meditative state.

1.1.2 What Is Balanced Diet

Eating a balanced diet which means including all the essential food groups can have a magical effect on your health. From improved concentration levels, to reductions in aches and pains, to enhanced immunity, better moods, healthy weight to an overall sense of well-being, eating better can bring a revolutionary change in your life. A balanced diet provides all the essential nutrients that the body needs to maintain optimal health and well-being. A balanced diet should include a variety of different foods from all the major food groups in the right proportions.

1.2 Research Objectives

There comes a present study with the objectives of:

1. To make an fitness yoga and exercise for users and for the proper diet .
2. To Identify the key expectations and preferences of users regarding yoga, fitness routines, and guided sessions. [2]
3. Understand various dietary needs, including vegan, keto, gluten-free, and other personalized meal plans.
4. Assess how different yoga routines contribute to flexibility, strength, and mental well-being[1].
5. Identify target users' expectations regarding yoga, fitness, and diet planning.

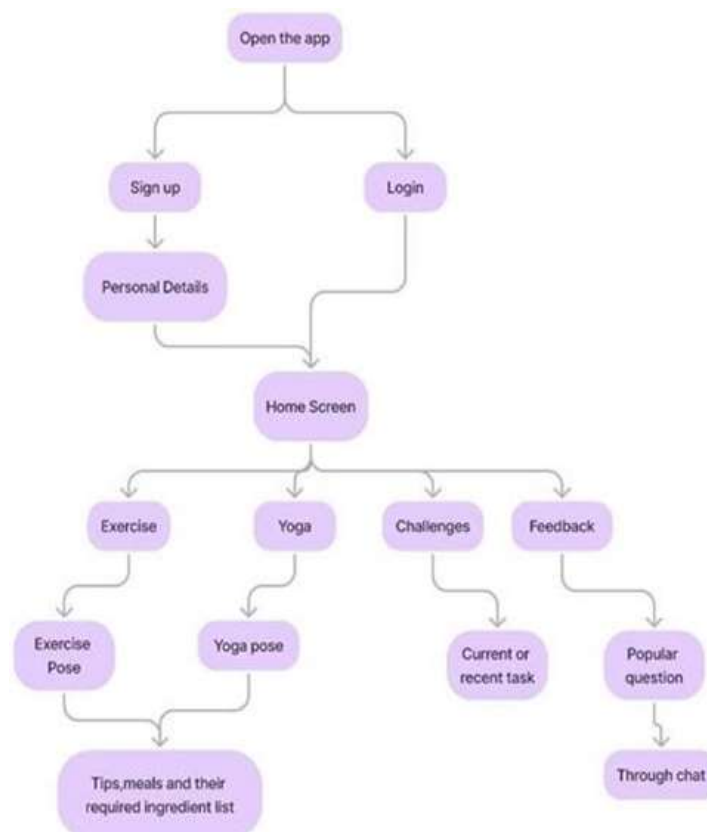
2. System Architecture

The In this era lifestyles are changed which has a negative impact on health. Eating habits are also changed due to technological advancement and easing lifestyles. Due to this risk of lifestyle is also increasing. *Yoga* and *Ayurveda Shastra* are life sciences that give importance to diet for a healthy life. Yoga gives the concept of Satvik, Rajsik, and Tamasik .

Ayurveda gives the concept importance of Ahar,Shadrasatmak Ahar, Bhojan Kala, Ahar matra, etc. Both Yoga and Ayurveda give similar concepts of diet such as Satvik Ahar, Mitahar (moderate and balanced diet), Pathya Ahar (beneficial and preferred diet), and Apathya Ahar(harmful and prohibited diet).

Also gives importance to the time of food intake, and quantity of food.

Both Hathyog and Ayurveda teach how to keep the physical body healthy, and how this health relates to our diet in our spiritual journey. So this study aims to comply with the literature regarding yogic Ahar mentioned in different Yoga and Ayurveda texts.



2.1 Software

A Mobile application developed with React Native, npm(NODE PACKAGE MANAGER) and Firebase (TensorFlow) is shown in this architectural diagram.

Here are the salient details:

React Native: React Native is an open-source framework developed by Facebook for building mobile applications using JavaScript and React.

It allows developers to create cross-platform apps for iOS and Android from a single codebase, significantly reducing development time and cost.

NPM (Node Package Manager): npm (Node Package Manager) is the default package manager for Node.js and one of the largest software registries in the world. It allows developers to easily install, manage, and share reusable code packages, making it an essential tool for JavaScript development. With npm, developers can install libraries, frameworks.

Firebase: Firebase is a comprehensive app development platform by Google that offers a suite of tools and services to help developers build, improve, and scale their mobile and web applications. Its core services include real-time NoSQL databases (Firestore and Realtime Database), authentication, cloud storage, and hosting, which enable rapid backend development.

Tensor Flow:

TensorFlow is an open-source machine learning (ML) framework developed by Google, widely used for building, training, and deploying ML models. It supports a wide range of machine learning tasks, from simple linear regressions to complex deep neural networks, enabling developers to create applications involving image recognition, natural language processing (NLP)

1. Accessing the System Open Application:

The ayurvibes administrators will begin their operations by logging in to the application-based ayurvibes. They will be able to monitor real-time operations and manage various aspects of the fitness and exercise with wonderful ease. .

1. Sign Up / Login

Sign Up: New administrators need to register an account to access the system, entering their credentials and authorization details.

Login: Returning admins can log in directly to their accounts, gaining access to entering the sign up credentials.

Once logged in, the administrator is directed to the **Admin Page**, which acts as the central control hub for fitness and exercise operational.

2. Select what type of exercise to perform

After entering the sign-up page the app will ask for few questions that it will show the list of what kind of exercise and yoga you have to perform once you have enter everything it will come to home screen and first show the exercise and yoga poses that you have enter while after log-in.

i. Home screen

When you enter the home screen you will see the exercise that you have given while after log-in after you can see there are levels for exercise and fitness for yoga first is beginners which have no experienced about yoga and exercise and then it comes to intermediate where the exercise and yoga and fitness comes with little hard poses which is medium level for users and then it the last level that is advanced level where the exercise get extremely hard and it is for experienced user who know exercise very well or do regular exercise.

ii. Diet Food

In home screen there is a diet food which is used for if user have some credentials then he can see the recipe of it's with the help of you tube videos and suggest the many diet food for it like for ex: khichdi

Turmeric milk and it tells that how much calorie it's contain.

3. Tracker

This app track that how much water you drink in a day like and check that if you drink this much water then it is good for your health or not and there is bmc calculator also added for this functionality

4. Impact and Benefits of the System

This ayurvibes app is redefines that how we have to maintain and keep healthy our body and we have to take care of our body we get the healthy diet and we can see how much calorie is contain in that food so if there is less calorie then it is safe for our health. And it can track that how much water you drink in a day.

3. Related Work

Several studies and traditional texts have explored the interconnection between **yoga, diet, food, and exercise** in promoting holistic health. Ancient scriptures like the *Hatha Yoga Pradipika* and *Patanjali's Yoga Sutras* emphasize the role of **Ahara (diet)** in supporting yogic practices, stating that a **Sattvic diet**—rich in fresh fruits, vegetables, whole grains, and plant-based proteins—enhances mental clarity and physical endurance. Modern research corroborates this, showing that **anti-inflammatory and nutrient-dense diets** improve flexibility, muscle recovery, and overall well-being. Studies also highlight the role of **macronutrient balance** in fitness, where a combination of proteins, carbohydrates, and healthy fats optimizes energy levels and muscle performance.

4. Proposed Methodology

This proposed methodology is for ayurvedic yoga and for food diet in this proposed methodology we have created a proper yoga diet and with the you tube tutorial when the user is doing yoga but not in proper position or in a wrong position which can get harmful for the user and for there health. So that why we provide a perfect tutorial and with the limited time so that the user doesn't get any problem or issue. If the user is beginner for the yoga session then the tutorial should be of only for 30 seconds to 1 minute and the user goes to intermediate or goes for the advanced the time will be increase and this is applicable for every age if the user between 40 to 50 age the yoga session will be prepared according to their age.

This was about yoga and in search we can do exercise like push up biceps crunches for each exercise there are steps followed one by one every exercise are shown in deeply that how each step should do perfectly which is helpful for the user. Therefore we suggest the user for healthy meal tutorial that are use burn calories and reduce the body fat therefore it reduces the bad cholesterol.

Therefore we have an AI chatbot that helps the user if he want to ask anything about diet or for diet meal it will help and he will give the information about that things what will be it's benefits for your body.

5. Customer Feedback & Satisfaction

Users of a fitness and diet food app that integrates yoga and nutrition often express positive feedback regarding its effectiveness in promoting holistic well-being. Many customers appreciate the personalized yoga routines, which cater to different fitness levels and health goals, helping them improve flexibility, reduce stress, and enhance overall strength. Users also highlight the guided meditation and breathing exercises as key features that contribute to better mental clarity and relaxation. On the dietary side, customers find value in customized meal plans based on their body type, dietary preferences, and fitness objectives. The inclusion of Ayurvedic and science-backed nutrition advice is often praised for providing a natural and sustainable approach to health. Additionally, users appreciate features like calorie tracking, meal reminders, and grocery shopping lists, which make it easier to stick to a healthy lifestyle. However, some customers suggest improvements such as more diverse meal options, better integration with fitness trackers, and live yoga classes for real-time guidance. Overall, the app receives positive reviews for being a one-stop solution for yoga, fitness, and diet planning, making healthy living more accessible and convenient.

6. Scope of Future

You can't deny the fact that the scope of Ayurveda and yoga in future is beyond our expectations. Ayurveda and yoga has prospered over time because of its lengthy history. There have been occasions when people have been hesitant to use herbal medicines due to the fact that they frequently lack scientific support and inadequate research practices. Therefore yoga looks promising, with a growing demand for yoga therapy, integration with technology, focus on specialized practices for specific populations, increasing accessibility through online platforms, and a growing emphasis on sustainability and holistic wellness, opening up diverse career opportunities in various sectors like healthcare, fitness, education, and wellness retreats.

7. Acknowledgement

We are grateful to our guide, Mrs.S.A.Kshirsagar for their valuable guidance, and support at this project. We are very grateful for the availability of software such as Visual Studio Code and Android Studio, which made the process of application development easy.

The project was indeed a unique experience, for which we owe this guidance and creative applications that resulted in its realization, thank you.

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