An Android Based Application on “Ayurvedic Health Care System”
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Abstract—The rapid growth of android applications is creating a great impact on our lives. Every android application gives specific benefits and usefulness related to that application. Ayurvedic medicine (also called Ayurveda) is one of the world’s oldest medical systems and is indigenous to India where it is widely practiced. It originated in India more than 3,000 years ago and remains one of the country’s traditional health care systems. “This ancient art of healing asserts that the science, philosophy and spirituality are all necessary aspects of healthy living.” Ayurvedic medicine is a system of traditional Hindu medicine native to the Indian subcontinent. Contemporary practices derived from ayurvedic traditions are a type of alternative medicine. The aim of this “Ayurvedic Health Care System” android application is to provide beneficial information, cures and remedies about health related problems, symptoms and diseases.

Key words: AHCS (Ayurvedic Health Care System), Android Technology, SQLite

I. INTRODUCTION
The natural way is the best way to go and also the ayurvedic cure and remedies are the natural medicines to avoid health related problems and disease. So that is why we have it all compiled for you in our simple Ayurvedic Health Care System application. This application introduces you with information on all forms of ayurvedic treatments, benefits and also about healthy herbs.

Almost 75% people have android Smartphone so we developed android application. All the people can use this application to find symptoms, causes and remedies of diseases. From the name of disease users can be easily identify the causes, symptoms and home remedies in a proper format. The practitioner gives the tablet and their doses as per the age criteria for diseases. There are natural herbs with benefits and for the diseases their preparation and doses are given. Also, this application gives you yoga tips, woman care and child care tips. So people could get all these things in one touch only. This android application is proposed to give you ayurvedic medicine tips and precautions about related disease.

II. LITERATURE REVIEW
In literature review or survey we found that there are many existing applications are available in market on ayurvedic health tips. Also, we had to meet some doctors who have expert in ayurvedic medicine and got all tips, remedies and cures of related diseases along with their symptoms. For literature survey we referred such similar android applications like Modern Ayurveda, Gharelu Ayurvedic Illaj. In the “Modern Ayurveda” application, they do not list out all the diseases in detail and their remedies. So it is not fulfilling the user’s requirement. Also, “Gharelu Ayurvedic Illaj” application suggested home remedies that are found in garden and kitchen as well. We referred some websites to get knowledge about some diseases and remedies. The websites like onlymyhealth.com, ayurvedictreatment.co.in[7], allayurveda.com.

As new software technologies increased a great demand for the efficient software increased. After the analysis and observation, we came to know that in medical emergency for victims who need help or first aid or the basic treatment and medical information with proper drug intake to get cure from respective disease. Thus, we conclude to make such helpful application in advanced and fast forwarding technology “Android”. [1]

Whereas conventional medicine is primarily oriented toward the treatment of disease, ayurvedic medicine is oriented toward prevention, health maintenance, and treatment. In conventional medicine, drugs are developed based on the concept that the elimination of specific causes of a disease, such as microorganisms, will cure a disease. On the other hand, the belief in ayurvedic medicine is that a disease is the product of an imbalance in the body and mental elements that reduce the body’s resistance to diseases. If the imbalance is corrected, the body’s defence mechanisms are strengthened by herbal formulas, and lifestyle and diet changed, then the body will resist a disease with a goal of eliminating it. Herbal and herb mineral products regularly used in Ayurveda are believed to strengthen the body’s defences. Scientific evidence is gradually developing in support of the ayurvedic concept. [3]

III. PROPOSED SYSTEM
A. Outline:
This application gives you cures and remedies on many diseases. Users just have to select the disease from disease list provided in the application and he/she will get the ayurvedic medicines like tablets and syrups etc.

This application will suggest the information according to natural and home remedies and cures to user based on his input diseases and will also give various symptoms and causes of disease in detail. The application suggests healthy tips on Woman Care, Child Care, yogasanas, benefits and doses of ayurvedic herbs/plants.

B. System Block Diagram:
In the proposed system, user will register with personal details like name, weight, gender, age group and blood group. The data of the user will be store into the system. Then user will select his age criteria and accordingly he will get the corresponding ayurvedic medicines along with their doses from disease module. By selecting disease from natural remedy module, the application will provide multiple symptoms, causes and home remedy. Also the application has tips and beneficial information about child care, woman care, natural herbs and different yogasanas.
A. Front End:
The proposed system is developed on android platform. We use android programming for front end to design GUI and layouts of different functions of the system.

Android platform is emerging as most popular operating system intended for smart phones and tablets. Android platform which is based on Linux kernel with a user interface is chosen in this work because of its greater flexibility to third parties to use as an open source for programming.

B. Back End:
We chose SQLite as back end to maintain the database of system. SQLite is a software library that implements a self-contained, server less zero configurations, transactional SQL database engine. SQLite is the most widely deployed SQL database engine in the world.

We have designed different database to maintain the data i.e. user database which contains the data of user with his user id and password, Disease database to store the diseases or symptoms and the medicine database which stores the information of ayurvedic treatments and remedies. Also, tips for health care and yoga is stored in the tips database.

V. IMPLEMENTATION

A. User Login Panel:
The user needs to first register on the application, if he/she is already registered then they need to login. New user can include details like name, weight, age, gender and blood group.

B. Disease:
User can select the disease and from that selection system can give them medicine name and their doses. For particular diseases the tablets and their doses as per the age criteria are given by medical practitioner.

C. Natural Remedies:
In natural remedies module user can select disease as there is list of diseases and it will provide the symptoms, causes and home remedy related to that disease.

D. Natural Herbs:
In natural herbs we provide various herb names list. So on the selection of herb name it will display their image and benefits, preparation and doses of that herb.

E. Woman Care:
In this module we give information about pregnancy and diet/nutrition. In pregnancy module it will give what exercises, foods are needed to take. Diet and other module shows about the various diets and how to do them. It also provides beauty tips for woman.

F. Child Care:
In this module, the user will have two sections. One is child foods or meals and another is child healthy habits. This will helpful for parents to take care of their children’s health and their daily food.

G. Yoga:
In yoga we can give the list of yoga names from that user needs to select particular yoga so it will show their pictures and also give the information about how to do that yoga.

VI. CONCLUSION
In this paper, we expressed the overview of the Ayurvedic Health Care System android application to meet the people’s requirements. By using this application it is possible for people as well as patient to take care of our self at home and they will get the required ayurvedic cures about related disease or health related problems.

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REFERENCES


