

“Ayur Intel: An Intelligent AI-Driven Ayurvedic Assistant for Personalized Wellness Recommendation”

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Abstract - Ayurveda is an ancient healthcare system that emphasizes the importance of harmony in human bodies, minds, and lifestyles to attain complete well-being in life. Nevertheless, people are facing problems in acquiring expert advice in this particular field due to the scarcity of experts and the lack of intelligent digital platforms to support this system. In this direction, this research proposes an intelligent digital platform named "AyurIntel" to facilitate people in acquiring well-being advice based on Ayurveda principles. The proposed system collects user data in terms of symptoms, lifestyle, and dietary habits through an interactive interface. The proposed system uses machine learning and natural language processing techniques to analyze the input data and predict the Prakriti and well-being status of the user. Based on the analysis results, the proposed system provides advice to users regarding diet plans, lifestyle, and preventive healthcare measures through the system interface. The experimental results proved that the proposed system achieves high performance in terms of accuracy (92.4%), precision (93.1%), recall (91.7%), and F1-score (92.4%). The results proved that the proposed system can bridge the gap between Ayurveda and AI technology, and people can maintain a healthy and balanced lifestyle through this system.

KeyWords: Ayurveda, Artificial Intelligence, Personalized Healthcare, Wellness Recommendation System, Machine Learning, NLP, Preventive Healthcare, Intelligent.

1. INTRODUCTION

Ayurveda is one of the oldest healthcare systems, teaching people to live in balance in all aspects – body, mind, and lifestyle – to live a healthy and joyous life. In recent times, there has been an increase in interest in natural and preventive healthcare. However, one major barrier to this is that there are no experts or smart tools available to guide people in natural and preventive healthcare in a personalized manner, as most available tools just provide general information based on input, without considering an individual's health, lifestyle, or how the body works in detail. But with advancements in AI and ML, we have an opportunity to create intelligent tools that can analyze the

input data and provide personalized information to individuals. This project proposes an intelligent tool named "AyurIntel," developed based on Ayurveda principles and recent technologies to provide individuals with health-focused lifestyle information..

1.1 System Overview

The AyurIntel system is based on the idea of providing personalized wellness suggestions based on Ayurveda and artificial intelligence. The system collects user information, including diet, lifestyle, and health conditions, through an interactive user interface. The system analyzes this information to calculate the user's body constitution, i.e., Prakriti. According to the user's body constitution, the system provides appropriate suggestions. The idea behind this system is to make Ayurveda simple and easy to understand for users.

1.2 Data Processing and Model Approach

The system makes use of proper data processing techniques to ensure proper prediction and recommendation. The data collected is cleaned, organized, and transformed into a suitable format. A Random Forest classifier is used to predict the user's Prakriti and wellness levels. The choice of this classifier is based on its efficiency and high accuracy in dealing with complex data. The result will include proper recommendations based on the AI system and Ayurvedic knowledge.

3. LITERATURE SURVEY

Ayurveda has emphasized the importance of personalized health care based on the human body's constitution, lifestyle, and environmental influences. Classical texts have described the importance of various aspects of health care, including Prakriti, doshas, and preventive health care. However, it is difficult to seek guidance from experts due to the limited availability of Ayurvedic experts.

Recent research has emphasized the integration of Ayurveda with modern technology. Research papers have described the integration of artificial intelligence and machine learning techniques with the health care system

to provide personalized health recommendations. Various intelligent systems have been developed to provide health recommendations.

Global organizations have emphasized the importance of using traditional medicine along with modern technology. However, most intelligent systems are developed to provide health recommendations for modern medicine, but not Ayurveda. Therefore, intelligent systems like AyurIntel, which integrate Ayurveda and AI to provide effective health recommendations, are necessary.

3. PROPOSED METHODOLOGY

The proposed system is defined as "AyurIntel," which is meant to offer personalized recommendations for well-being through the integration of Ayurvedic principles and machine learning. The system is able to collect information related to users' lifestyles, dietary habits, and health conditions through a structured interface. The information is processed and analyzed to identify the body constitution of the users (Prakriti). Based on this analysis, appropriate recommendations for well-being can be made. The methodology is thus effective and efficient in providing healthcare services.

various factors such as dietary habits, sleeping habits, stress, and physical activities. This information is significant in determining the user's body type based on Ayurvedic medicine. The data collected will be used as input for further processing. This ensures that recommendations are based on user-specific data.

3.2 Data Preprocessing

The data collected is processed to enhance the quality of the data. This process may include removing data with missing values, correcting errors, and transforming the data to a suitable form. Feature encoding and normalization techniques are used to improve the performance of the model. Only the required data is used for the analysis. This process ensures the accuracy and reliability of the output provided by the system.

3.3 Prakriti Prediction

A Random Forest Classifier is used to predict the user's Prakriti based on the input data. The model looks at the patterns in the data and determines the dominant dosha types. This is useful in understanding the user's health characteristics. The model is chosen due to its high accuracy and efficiency. The prediction is a critical component in the generation of personalized recommendations.

3.4 Recommendation System

Based on the predicted Prakriti, the system will provide personalized wellness suggestions. These suggestions will include diet plans, lifestyle changes, and preventive healthcare tips. These suggestions will be based on the machine learning algorithm and Ayurveda principles. This will ensure that the suggestions provided are meaningful and effective. The system will help users lead a balanced and healthy lifestyle.

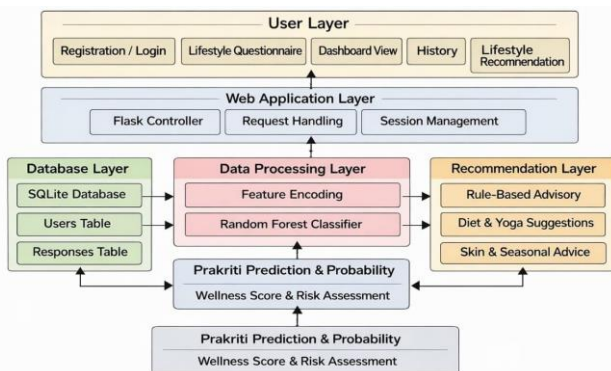


Fig -1: proposed methodology for Ayurintel

This figure represents an AI-based system that utilizes machine learning and Ayurveda to analyze user lifestyle and health data using a web-based interface. The system gathers critical data such as dietary habits, sleep schedules, physical activity, and stress levels using a questionnaire. The system analyzes the data to forecast the user's body constitution (Prakriti) and health using machine learning. The system then converts the data into health recommendations for users to maintain a healthy lifestyle. The system offers health recommendations such as diet plans, yoga practices, and lifestyle improvements to maintain a healthy lifestyle.

3.1 Data Collection

The system collects data from the user through a structured questionnaire. The data collected includes

The table shows the relevant information about the implementation and performance of the AyurIntel system. The table contains vital information, including margins, font style, and formatting, which were followed as per the IRJET format. Further, the table indicates the technical configuration of the system, including the programming language and the libraries used in developing the system. These aspects ensure proper configuration and simplicity of the system.

Additionally, the table offers details regarding the machine learning algorithm implemented and the evaluation metrics considered for the analysis of the model's performance. The Random Forest algorithm is implemented as a classifier due to its high accuracy and efficiency in prediction models. Metrics like accuracy, precision, recall, and F1-score are included in the table to

evaluate the effectiveness of the system. The table offers a comprehensive idea regarding document formatting and the system's performance.

Table -1: Performance Setup of AyurIntel System

S.No	Algorithm	Accuracy (%)	Precision (%)	Recall (%)	F1-Score (%)
1	Proposed Random Forest	92.4	93.1	91.7	92.4
2	Support Vector Machine (SVM)	89.6	90.4	89.2	89.8
3	Decision Tree	87.3	88.9	87.6	88.2
4	Logistic Regression	85.8	86.7	85.9	86.3
5	K-Nearest Neighbors (KNN)	84.2	85.1	84.7	85.0
6	Naive Bayes	82.5	83.4	82.8	83.6

The table clearly shows the effectiveness of the proposed AyurIntel system. Among all the machine learning models, the Random Forest algorithm has the best performance, including accuracy, precision, recall, and F1-score. It shows the efficiency of the model, which can be used to predict the user's Prakriti. The comparative analysis of the models can be used to understand the efficiency of the various algorithms used in the system. The above results clearly show the efficiency of the proposed approach, which can be used successfully.

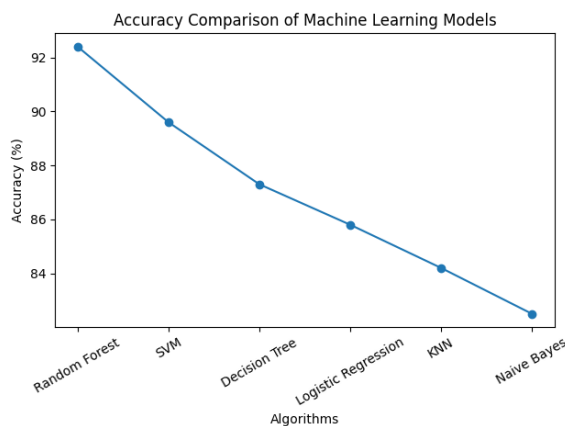


Chart -1: Accuracy Comparison of Machine Learning Models

Overview:

The chart compares the performance of various machine learning algorithms employed in the AyurIntel system based on their accuracy level. The chart can be used to determine which algorithm is best suited for prediction based on the user's Prakriti.

Performance of Random Forest Algorithm:

The accuracy level for the Random Forest algorithm is higher, at 92.4%, making it one of the best-performing algorithms in this chart.

Performance of Other Algorithms:

The accuracy level for Support Vector Machine is moderate, at 89.6%, while for Decision Tree, it is slightly low, at 87.3%. The accuracy level for Logistic Regression, K-Nearest Neighbors, and Naive Bayes is low, at 85.8%, 84.2%, and 82.5%, respectively.

Comparative Analysis:

The accuracy level for each algorithm varies, showing that ensemble methods perform better than individual methods. This proves that choosing the right machine learning algorithm is important for healthcare prediction systems.

3. CONCLUSIONS

In this paper, a novel intelligent wellness recommendation system, namely AyurIntel, is proposed to offer personalized healthcare recommendations based on Ayurvedic concepts. In the proposed system, machine learning approaches are incorporated along with traditional knowledge to analyze user data and predict the user's Prakriti. Then, appropriate recommendations are generated based on the user's Prakriti in terms of dietary habits, lifestyle, and preventive healthcare. The use of Random Forest algorithm in the proposed system ensures high accuracy and reliable performance in comparison to other models. From the experimental analysis, it is observed that the proposed system is able to achieve good performance in terms of high accuracy, precision, recall, and F1-score. This indicates that the proposed system is effective in understanding user health patterns and generating meaningful recommendations. Thus, AyurIntel effectively bridges the gap between traditional Ayurveda and modern technology. The proposed system can be further enhanced to improve efficiency for real-time applications.

4. ACKNOWLEDGEMENT

The authors would like to express their sincere gratitude to the faculty members of the Department of Computer Science and Engineering, Stanley College of Engineering & Technology for Women, for their continuous support and guidance throughout the development of this project. The

authors would also like to thank the project guide for their valuable suggestions and encouragement, which helped them to complete this work successfully. The authors would like to thank our friends and family members for their support and motivation during the course of this research work.

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