Project Title

AYURMED TRACKER APP

Problem Statement

Many people want to use Ayurveda for daily health care but struggle to find trustworthy guidance in one place. Information on home remedies, diet, yoga, and traditional treatments is scattered across books, websites, and word of mouth. Search is often confusing and time consuming, and content may not be reliable. Language barriers further limit access for many users. Because of this, people cannot confidently choose safe practices or maintain consistent wellness routines, reducing the potential benefits of Ayurveda in everyday life and preventive care for families and communities.

Team Members

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Project Team



TEAM 5- DAZZLING DYNAMOS

SDG 3: Good Health and Well-Being

SDG Goals

SDG 4 – Quality Education

Solution

AyurMed Tracker is a simple, user friendly mobile application designed to bring reliable Ayurvedic guidance into one accessible digital space. It organizes information on home remedies, diet suggestions, yoga practices, and lifestyle tips for common conditions in a clear and searchable format. Users can explore by symptom, body system, or wellness goal, making discovery easy. Multilingual support allows people to read and listen in their preferred language. Expert reviewed content and clear disclaimers encourage safe, informed use. The app can include daily routines, seasonal tips, hydration reminders, and habit tracking to build consistency. Offline access helps users in low connectivity areas. A clean interface with icons and voice support suits all age groups. Regular updates keep knowledge current while respecting traditional principles.

