Digitalisation of Ayurveda

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Abstract: *Ayurveda is an ancient science of life. It has its own introduction. At the same time, there is an urgent need for globalization and modernization to expand the process of this drug. Ayurveda is a science and only available in books, so with the advent of globalization and digitalization, its time has come. It helps in the advancement and spread of Ayurveda.*

Keywords: Ayurveda, Ayurvedic Product, Electronic Health record

I. INTRODUCTION

Ayurveda is an ancient system of medicine. Ayurvedic theories were developed by many belive ers and are still used today. We can prevent and cure many diseases using Ayurvedic therapy. Prevention is the best way to live a healthy life. This app represents a digital way to discover the scientific content of Ayurveda, Ayurvedic products and healthy lifestyle blogs. First, the digitization of Ayurvedic products is comprehensive and all detailed information about the product is collected and displayed in a user-friendly manner. There is an additional tab bar for the doctor's online chat and offline slots are available to save the patient's precious time. This app will provide you authentic Ayurvedic information content from blogs written by Ayur vedic doctors. This app supports people who want to lead a healthy life. "Prakruti Analysis", " Ayurvedic Diet", "Ayurvedic Skin/Hair Care Seminar" etc. It has many presentations. In the Samankur Ayurved application, most people can offer solutions to health problems and other diseases, and thus enable people to work efficiently.

1.1 Problem Statement

- **Privacy and Data Security Concerns:** Since Ayurvedic digital platforms collect and store health information, there are data privacy and security concerns. Maintaining the confidentiality of patient information, ensuring compliance with data protection laws, and implementing effective security measures are crucial to building trust among these users and practitioners in the digital Ayurveda ecosystem.
- **Need for User Education and Awareness:** Digitalization in Ayurveda requires user education and awareness to ensure individuals understand the benefits, limitations, and appropriate usage of digital tools and platforms. Many individuals may lack familiarity with digital technology or may not be aware of reliable sources for Ayurvedic information online. Educating users about digital Ayurveda, empowering them to make informed choices, and promoting digital health literacy are crucial for successful integration of digitalization in Ayurveda.
- **Integration with Conventional Healthcare Systems:** Integrating digital Ayurveda with traditional healthcare systems is problematic due to differences in treatment methods, terminology and working knowledge. Addressing these issues will lead to the successful digitization of Ayurveda, fostering innovation, increasing the effectiveness of Ayurvedic treatment, and maintaining and promoting ancient healing in the digital age.
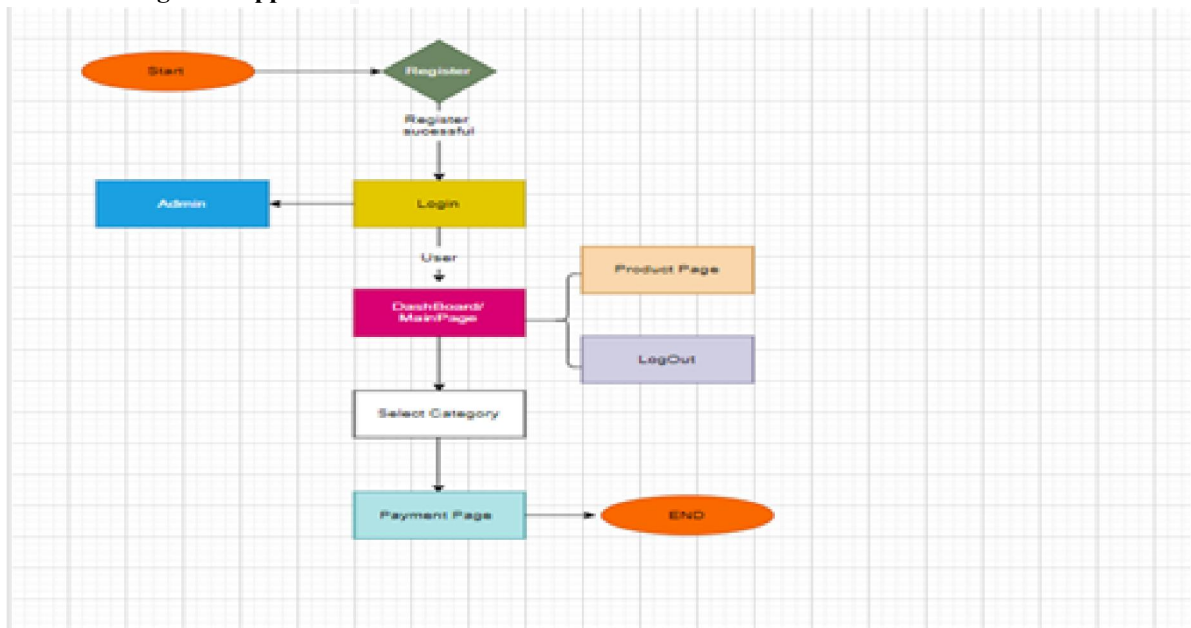
1.2 Objectives/scope

- **Try to connect with maximum people:** In an increasingly interconnected world, being able to connect with more people is essential for personal, professional and social development. These points highlight the importance of trying to connect with more people and the benefits this can bring. By finding connections through social media, social networking or community engagement, people can broaden their horizons, access a variety of knowledge and experiences, and improve relationships.

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DOI: 10.48175/IJARSCT-12002

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ISSN
2581-9429
IJARSCT

- **Try to reach all products to customers:** In today's competitive business environment, successfully delivering products to customers is c ritical for organizations seeking growth and profitability. These points highlight the importance of presenting all products to customers and the benefits it can generate. Businesses can increase the availability and accessibility of their products by using effective distribution strategies, using technology, and understanding customer preferences.

- **We understand their problems and try to cure that problem:** Understanding the problems people face and working actively to solve them are important elements of personal growth, reflection and social progress. By understanding people's problems and actively seeking solutions to them, people can make meaningful, positive changes and contribute to world peace and well-being.

II. METHODOLOGY

2.1 Research design and approach:

2.2 Approach

Ayurvedic digitization involves combining modern technology with traditional Ayurvedic practices to improve patient care, treatment outcomes, accessibility and preservation of traditional knowledge. Welldesigned research is essential to examine the methods and results of digitization in Ayurveda.

2.3 Experimental study

Interviews with Ayurvedic practitioners:

1. How have you incorporated digital technologies in your Ayurvedic practice?
2. What benefits or challenges have you encountered in digitalizing aspects of Ayurveda?
3. How has digitalization affected patient care and treatment outcomes in your experience?
4. What are your thoughts on maintaining the traditional essence of Ayurveda while embracing digital advancements?

III. ANALYSIS AND FINDINGS

- **Enhanced Patient Engagement and Empowerment**: Digitalization has empowered patients by providing them with access to their health information, personalized treatment plans, and educational resources. Patient portals and mobile applications have facilitated convenient communication with practitioners, improved patient-provider interactions, and increased patient engagement in their own healthcare journey.

- **Challenges of Data Security and Privacy:** As with any digital system, data security and privacy are critical concerns in the digitalization of Ayurveda. Safeguarding patient information, implementing robust security measures, and complying with regulatory standards are essential to maintain patient trust and ensure the confidentiality of personal health data.

Overall, the findings indicate that digitalization in Ayurveda has resulted in improved efficiency, enhanced patient engagement, expanded access to healthcare, personalized treatment approaches, preservation of Ayurvedic knowledge, and advancements in research and evidence-based practices. However, it is crucial to address challenges related to data security and privacy to ensure the ethical and secure use of digital technologies in Ayurvedic healthcare.

IV. LIMITATION AND FUTURE SCOPE

Future change in the GUI can be easily adopted by having simple changes in coding. It is very user friendly, cost effective, feature rich and it provides a very high level of security. It protects unauthorized users. Moreover, the system coding is so well designed that new operations can be easily incorporated without much modification.

1. Live chat: Live chat functionality is set to play a significant role in the future scope of digitalization in Ayurveda. This interactive communication channel offers several opportunities for enhancing patient care, improving accessibility, and promoting holistic well-being.

2. Online Sessions: Online sessions are poised to play a crucial role in the future scope of Ayurveda digitalization. These virtual sessions offer numerous opportunities for education, consultation, and holistic well-being.

a. Virtual Consultations

b. Follow-up and Progress Tracking

c. Educational Workshops and Webinars

3. Give Notifications to Users: Notifications are an essential aspect of future scope in Ayurveda digitalization. By providing timely and relevant notifications, Ayurvedic digital platforms can keep users engaged, informed, and empowered in their health and well-being.

a. Treatment Reminders: Notifications can be sent to users as reminders for their Ayurvedic treatment schedules. These reminders ensure that individuals stay consistent with their prescribed therapies, follow-ups, and medication routines, leading to better treatment outcomes.

b. Wellness Tips and Insights: Regular notifications can be used to share Ayurvedic wellness tips, insights, and educational content. These notifications can provide information about Ayurvedic practices, seasonal changes, diet modifications, lifestyle recommendations, and self-care techniques, empowering users to take proactive steps towards their well-being.

c. Appointment and Consultation Updates: Users can receive notifications regarding upcoming appointments, availability of new consultation slots, and any changes in the practitioner's schedule. This ensures that individuals stay updated and can plan their Ayurvedic consultations accordingly.

d. Ayurvedic Product Offers and Discounts: Notifications can inform users about special offers, discounts, and promotions on Ayurvedic products, supplements, or services. This helps users access Ayurvedic products at affordable prices and encourages their continued engagement with the digital platform.

V. CONCLUSION

Overall, the digitization of Ayurveda represents a significant advance in traditional medicine and has great potential to improve global health. With the use of technology and digital platforms, Ayurveda can reach a wider audience, promote health and integrate with modern medical practices. This digital revolution paves the way for the reconciliation of ancient wisdom with modern civilization by fostering a positive approach to health and well-being in the digital age.

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