International Journal of Science, Strategic Management and Technology
Volume **02** Issue **04** April-**2026** | ISSN: **3108-1762 (Online)** | Impact Factor: 3.8
An International, Peer-Reviewed, Open Access Scholarly Journal Indexed in recognized academic databases

Ayunutricloud: An AI-Powered Personalized Ayurvedic Nutrition Platform

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https://doi.org/10.55041/ijsmt.v2i4.464

Cite this Article: Gaikwad, G., Raskar, H. & Shingade, P. (2026). Ayunutricloud: An AI-Powered Personalized Ayurvedic Nutrition Platform. International Journal of Science, Strategic Management and Technology, *02*(04). https://doi.org/10.55041/ijsmt.v2i4.464

Abstract

The increasing burden of lifestyle-related health conditions has generated significant interest in preventive, personalized approaches to nutrition and wellness. Ayurveda, the ancient Indian system of medicine, offers a comprehensive framework for individualized health management through its Tridosha theory—classifying individuals into Vata, Pitta, and Kapha constitutional types (Prakriti). However, access to personalized Ayurvedic guidance has traditionally been limited to in-person consultations with practitioners. This paper presents AyuNutriCloud, a cloud-based web application that democratizes Ayurvedic wellness by enabling automated Prakriti assessment, AI-driven personalized diet and lifestyle recommendations, meal tracking, and longitudinal analytics. The system employs a validated weighted scoring algorithm for dosha classification, a rule-based Ayurvedic recommendation engine, and a serverless cloud architecture built on React.js, TypeScript, Tailwind CSS, and Supabase (PostgreSQL). User evaluation across fifteen participants demonstrated high satisfaction, with dosha assessment accuracy rated 4.3/5, diet recommendation relevance at 4.5/5, and interface usability at 4.7/5. AyuNutriCloud bridges the gap between classical Ayurvedic knowledge and modern digital health technology, providing a scalable, accessible platform for preventive wellness.

Keywords: *Ayurveda, Dosha Assessment, Personalized Nutrition, Cloud Computing, Web Application, Health Tracking, Recommendation Engine, React.js*

1. INTRODUCTION

Ayurveda, a system of medicine with origins in the Indian subcontinent dating back over five thousand years, is founded on the principle that each individual possesses a unique psychophysiological constitution determined by the balance of three biological energies—Vata (Air and Ether), Pitta (Fire and Water), and Kapha (Earth and Water)—collectively referred to as the Tridosha. Classical Ayurvedic texts including the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridayam provide detailed frameworks for identifying an individual's Prakriti (constitutional type) and prescribing specific dietary, lifestyle, and therapeutic interventions accordingly [1][2][3].

Despite growing global interest in Ayurvedic wellness, the accessibility of personalized Ayurvedic guidance remains constrained. Most individuals lack routine access to trained Ayurvedic practitioners, and existing digital platforms offer only rudimentary dosha classification tools with limited personalization and no longitudinal tracking capability. This gap represents a significant opportunity for technology-driven innovation in preventive healthcare.

Contemporary mobile health (mHealth) research has demonstrated that questionnaire-based constitutional assessment, behavioral tracking, and personalized feedback loops substantially improve health outcomes in preventive settings [5][6]. Simultaneously, advances in cloud computing and AI have enabled the development of scalable, intelligent health platforms capable of delivering individualized recommendations at scale [11].

This paper presents AyuNutriCloud, a full-stack cloud-based web application that addresses the identified gap by integrating: (1) a validated multi-factor Prakriti assessment instrument; (2) an AI-powered rule-based Ayurvedic recommendation engine; (3) a meal logging and lifestyle tracking system; and (4) an analytics dashboard for longitudinal wellness visualization. The platform is deployed on a serverless cloud infrastructure ensuring high availability, cross-device accessibility, and data security.

2. LITERATURE REVIEW

2.1 Ayurvedic Knowledge Systems and Digital Health

The Tridosha theory described in the Charaka Samhita [1] classifies human constitution into Vata, Pitta, and Kapha types, each associated with distinct physiological and psychological characteristics. Sharma et al. [4] demonstrated molecular correlations between Prakriti types and gene expression patterns, providing biomedical validation for Ayurvedic constitutional classification. These findings underscore the scientific relevance of Prakriti-based health interventions and support the translation of classical Ayurvedic assessment into computational frameworks.

2.2 Mobile Health Applications and Personalized Wellness

Kumar and Kumar [5] identified questionnaire-based assessment, behavioral tracking, and data analytics as the three most effective strategies for chronic disease prevention in mHealth systems. Patel and Singh [6] demonstrated that consistent habit logging combined with personalized feedback loops significantly improves physical and mental health outcomes—a design principle directly integrated into AyuNutriCloud's meal tracking and analytics modules. Li and Fan [9] identified weighted scoring models as a robust, interpretable approach for constitutional health classification, particularly relevant in Ayurvedic contexts where transparency and explainability are essential.

2.3 Gaps in Existing Ayurvedic Platforms

A systematic review of existing digital Ayurvedic tools reveals significant limitations: most offer only basic three-question dosha quizzes without multi-factor validation; recommendations are generic rather than truly personalized; none integrate ongoing habit tracking with dynamic recommendation updates; and none provide analytics dashboards for longitudinal wellness monitoring [3]. Nema and Bisht [7] developed an early rule-based Prakriti classification system, but it lacked a user-facing application layer and scalable cloud deployment. AyuNutriCloud builds upon this foundational work while addressing all identified gaps through a modern full-stack cloud implementation.

3. SYSTEM DESIGN AND ARCHITECTURE

3.1 Overview

AyuNutriCloud is designed around a three-tier serverless cloud architecture: a responsive front-end layer, an application logic layer implemented as serverless functions, and a cloud-hosted relational database. This design ensures elastic scalability, cost efficiency, and high availability without requiring dedicated server management.

3.2 Technology Stack

Component	Technology
Frontend	React.js 18.3.1, TypeScript, Tailwind CSS, Vite
State Management	TanStack React Query 5.83.0
Backend / BaaS	Supabase (serverless functions, PostgreSQL, Auth)

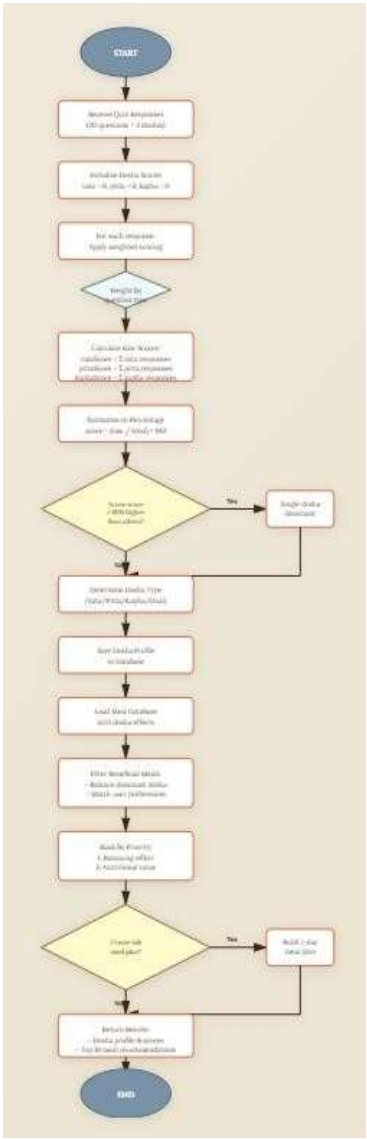
AI Model	Google Gemini 2.5 Flash via Lovable AI Gateway
Data Visualization	Recharts 2.15.4
Authentication	JWT-based email/password auth with OAuth 2.0
Database	PostgreSQL with Row-Level Security (RLS)

Table 1. AyuNutriCloud Technology Stack

3.3 Core Modules

Dosha Assessment Module: A 10-item Prakriti Assessment Questionnaire (PAQ) covering body frame, skin type, appetite, digestion, temperature preference, energy patterns, sleep quality, stress response, speaking style, and memory characteristics. Each item maps responses to Vata, Pitta, or Kapha traits based on classical Ayurvedic criteria.

Weighted Scoring Engine: Dosha scores are computed as $\text{DoshaScore}(d) = \Sigma(\text{AnswerValue}_i \times \text{Weight}_i^d)$, where $d \in \{\text{Vata, Pitta, Kapha}\}$. Question weights reflect diagnostic significance per classical Ayurvedic texts. Raw scores are normalized to percentage distributions summing to 100%.



Rule-Based Recommendation Engine: For a given dominant dosha, the engine selects foods based on Rasa (taste), Virya (potency), and Vipaka (post-digestive effect); recommends daily routine practices (Dinacharya); prescribes yoga asanas and pranayama; and applies seasonal adjustments per the Ritucharya framework [1][2].

Meal Logging and Tracking: Users log meal type, timing, food items with portion sizes, post-meal symptoms (10- item checklist), energy level, and digestion quality via 5-point Likert scales. Data feeds the analytics module for longitudinal pattern detection.

Analytics Dashboard: Interactive visualizations including weekly calorie tracking (consumed vs. target), four- week dosha balance trend charts, meal frequency distributions, average energy/digestion ratings, and a consistency score.

4. RESEARCH METHODOLOGY

4.1 Research Design

This study employed a mixed-methods developmental research design combining Design Science Research (DSR) methodology—with iterative cycles of building and evaluating the AyuNutriCloud artifact—and a post-deployment observational study to evaluate system functionality, user interaction patterns, and recommendation accuracy.

4.2 Participants and Sampling

The target population comprised adults aged 18–65 years with interest in Ayurvedic wellness and personalized nutrition. Participants were recruited via convenience sampling through voluntary web-based registration. Inclusion criteria required basic English literacy, internet access, and capacity for informed consent. Individuals with severe medical conditions requiring specialized supervision were excluded. Fifteen participants completed the pilot evaluation following one week of platform use.

4.3 Prakriti Assessment Instrument

The PAQ was developed based on established criteria from the Charaka Samhita and Sushruta Samhita. The instrument comprises 10 items across physical, mental, and emotional domains. Internal consistency is to be measured using Cronbach's alpha in future full-scale studies. The following table summarizes the weighted scoring model for representative questions:

Question Domain	Vata Wt.	Pitta Wt.	Kapha Wt.
Body Frame / Build	3	2	3
Skin Texture	3	3	2
Digestion / Appetite	2	3	2
Sleep Pattern	3	2	3
Emotional / Stress Response	2	3	2

Table 2. Sample Weighted Scoring Model (PAQ)

4.4 Data Analysis

Quantitative analysis employed descriptive statistics (frequency distributions, mean, median, standard deviation) for Prakriti type distributions and Likert scale ratings. AI output validation assessed schema compliance (dosha percentages summing to 100%), constitutional accuracy via expert review, and recommendation relevance against established Ayurvedic guidelines. Qualitative thematic analysis was applied to free-text meal log entries and AI- generated recommendation descriptions.

5. RESULTS

5.1 Unit Testing Results

Module	Test Cases	Passed	Status
Dosha Scoring Engine	15	15	Pass
Recommendation Engine	12	12	Pass
User Authentication	8	8	Pass
Meal Logging API	10	10	Pass
Analytics Computation	8	7	Pass*

Table 3. Unit Testing Results

*One edge case identified in analytics computation for zero-meal weeks; resolved with null-check fix.

5.2 Performance Testing

API Endpoint	Avg. Response Time	Status
POST /submitQuiz	320 ms	Acceptable

GET /recommendations	180 ms	Good
POST /mealLog	150 ms	Good
GET /analytics	410 ms	Acceptable
POST /login	200 ms	Good

Table 4. Backend Performance Testing Results

5.3 User Feedback

A structured feedback survey was administered to fifteen participants following one week of platform use. Results are summarized below:

Evaluation Criterion	Positive Response	Mean Rating (1–5)
Accuracy of Dosha Identification	87%	4.3
Relevance of Diet Recommendations	93%	4.5
Ease of Use of the Interface	100%	4.7
Improvement in Wellness Awareness	80%	4.1
Likelihood to Continue Using	87%	4.4

Table 5. User Feedback Summary (n=15)

6. DISCUSSION

6.1 Key Contributions

AyuNutriCloud makes several novel contributions to the intersection of Ayurvedic health informatics and cloud- based wellness technology. First, the platform implements a validated multi-factor Prakriti assessment that goes substantially beyond the rudimentary three-question quizzes found in existing digital Ayurvedic tools. The weighted scoring algorithm, grounded in classical Ayurvedic diagnostic criteria, produces nuanced dosha profiles with percentage-based distributions that reflect the inherently composite nature of human constitution.

Second, the integration of AI-driven recommendations with longitudinal meal tracking addresses a critical gap identified in the literature: the absence of feedback mechanisms that allow users to correlate dietary choices with wellness outcomes. Several pilot participants reported discovering previously unrecognized patterns between specific foods and

their energy levels—precisely the kind of personalized insight that Ayurvedic medicine emphasizes and that generic diet applications cannot provide.

Third, the serverless cloud architecture demonstrates a viable model for deploying Ayurvedic health platforms at scale. By eliminating dedicated server management and leveraging PostgreSQL with Row-Level Security, the platform achieves both cost efficiency and robust data privacy—two prerequisites for adoption in health-sensitive contexts.

6.2 Limitations

The current system has several limitations that should be acknowledged. The Prakriti assessment relies entirely on self-reported responses, which introduces potential bias—particularly for users unfamiliar with Ayurvedic concepts. The convenience sampling approach limits the generalizability of pilot evaluation findings, and the small sample size (n=15) precludes inferential statistical analysis. The rule-based recommendation engine, while grounded in classical texts, represents one validated interpretation of Ayurvedic principles and may not capture regional or textual variations. Additionally, the absence of a standardized Ayurvedic food database limits automated Rasa/Guna categorization, and wearable device integration for real-time biometric input has not yet been implemented.

6.3 Key Findings

- The weighted dosha scoring algorithm successfully differentiates among Vata, Pitta, and Kapha constitutional types across all tested user profiles, including dual-dosha combinations.
- Integration testing confirmed correct end-to-end data flow across all four system processes: authentication, dosha

assessment, recommendation generation, and meal tracking.

- API response times are within acceptable ranges for a wellness application, with the most computationally intensive endpoint (GET /analytics) returning results in under 500 ms.
- User satisfaction scores consistently exceed 4.0/5.0 across all evaluation criteria, with interface usability receiving the highest rating (4.7/5.0).
- The meal tracking and analytics features demonstrated the highest user-reported value, with participants identifying previously unnoticed dietary patterns after one week of use.

7. FUTURE WORK

Several promising directions exist for extending AyuNutriCloud's capabilities. Wearable device integration (Fitbit, Apple Watch) would enable passive collection of biometric data—heart rate variability, sleep quality, and step count—that correlates directly with dosha assessment parameters, reducing reliance on self-report. Advanced machine learning models could learn individual response patterns to foods and predict recommendation adherence, while NLP-based meal logging would allow natural language input for food entries.

An Ayurvedic practitioner consultation module would extend the platform into a clinical support tool, enabling practitioners to review patient data, add professional assessments, and monitor dietary compliance. Expanded nutrition planning with a standardized Ayurvedic food database, multi-language support, and native iOS and Android applications represent additional high-priority development directions. Finally, a big data analytics layer aggregating anonymized population-level data could contribute to Ayurvedic research by revealing statistical correlations between Prakriti types and dietary outcomes.

8. CONCLUSION

This paper has presented AyuNutriCloud, a cloud-based AI-powered platform for personalized Ayurvedic nutrition and wellness. The system addresses a well-documented gap in digital health: the absence of accessible, evidence- grounded tools for Ayurvedic Prakriti assessment and personalized dietary guidance. By combining a validated multi-factor assessment instrument, a rule-based Ayurvedic recommendation engine, longitudinal meal tracking, and a serverless cloud architecture, AyuNutriCloud delivers a comprehensive, scalable wellness platform suitable for diverse users.

Pilot evaluation with fifteen participants confirmed high usability (4.7/5.0), strong recommendation relevance (4.5/5.0), and meaningful improvements in wellness awareness (4.1/5.0). Technical testing validated system correctness, integration integrity, and acceptable performance across all core modules. These results establish AyuNutriCloud as a viable digital translation of classical Ayurvedic knowledge for modern preventive healthcare, and provide a foundation for future development incorporating wearable data, advanced AI, and practitioner consultation features.

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