



# CHATBOT TO KNOWN INDIVIDUAL PRAKRITI (PHENOTYPE)

**Mr. JAGAN M**

Department of Artificial Intelligence and Machine Learning, Sri Shakthi Institute of Engineering and Technology, Coimbatore, India

**Mr. SARAVANA KUMAR A**

Department of Artificial Intelligence and Machine Learning, Sri Shakthi Institute of Engineering and Technology, Coimbatore, India

**Mr. VIJAY S**

Department of Artificial Intelligence and Machine Learning, Sri Shakthi Institute of Engineering and Technology, Coimbatore, India

**Ms. S. NIVEDHA**

Assistant Professor Department of Artificial Intelligence and Machine Learning, Sri Shakthi Institute of Engineering and Technology, Coimbatore, India

**Abstract**— Ayurveda, an ancient holistic healthcare system, classifies individuals into distinct Prakriti types based on the tri-dosha theory, comprising Vata, Pitta, and Kapha doshas. The traditional assessment methods involve intricate consultations with Ayurvedic practitioners, posing challenges in accessibility and efficiency. Prakriti chatbot introduces a user-friendly Chatbot that engages individuals in a structured questionnaire, leveraging artificial intelligence algorithms for real-time doshic assessments. The Chatbot aligns with Ayurvedic principles to provide personalized dietary and lifestyle recommendations tailored to an individual's unique Prakriti. The educational component enhances users' understanding of Ayurveda, fostering a connection between ancient wisdom and contemporary health practices. Prakriti chatbot not only addresses the challenges in traditional Prakriti assessments but also democratizes Ayurvedic knowledge, making it accessible globally. The Chatbot's achievements lie in its accuracy, user engagement, and educational impact, paving the way for future developments in personalized ayurvedic insights.

## I. INTRODUCTION

Ayurveda, originating from the Indian subcontinent, emphasizes individualized well-being through the concept of Prakriti, recognizing unique constitutions shaped by Vata, Pitta, and Kapha doshas. Traditional Prakriti assessment methods involve detailed consultations, presenting challenges in accessibility and time. The prakriti chatbot proposes integrating AI to simplify this process, aiming to democratize personalized health insights and make Ayurveda more accessible. Understanding this unique dosha composition enables practitioners to provide targeted recommendations for diet, lifestyle, and therapeutic practices. This innovative endeavour

## II. LITERATURE REVIEW

Collectively forms the theoretical foundation for the prakriti chatbot, establishing a thorough understanding of Ayurvedic principles, the importance of Prakriti in healthcare, traditional assessment methods, and challenges in current practices. By synthesizing information from diverse sources, the literature review informs the prakriti chatbot's goals and justifies the need for a technologically driven solution to enhance and streamline Prakriti assessments.

The Tri-dosha theory postulates that optimal health is attained when these doshas exist in a harmonious balance, a state referred to as Sama dosha. Imbalances, however, can lead to disturbances in this equilibrium, resulting in various health disorders. Ayurveda's therapeutic approach involves identifying these imbalances and restoring equilibrium through personalized interventions, aligning with an individual's unique constitution or Prakriti.

The significance of Prakriti in healthcare within the context of Ayurveda is profound, representing a personalized roadmap to well-being that transcends conventional medical paradigms. Prakriti, the unique and inherent dosha constitution of an individual, plays a pivotal role in guiding health practices, preventive measures, and therapeutic interventions.

Traditional Prakriti assessment methods in Ayurveda are deeply rooted in the wisdom of ancient healing practices, providing a comprehensive approach to understanding an individual's unique dosha constitution. The process involves a series of in-depth consultations and meticulous questionnaires conducted by Ayurvedic practitioners, aiming to unravel the intricate nuances of an individual's physical, mental, and emotional characteristics.

bridges ancient wisdom with modern technology for holistic well-being

### III. PROPOSED SYSTEM

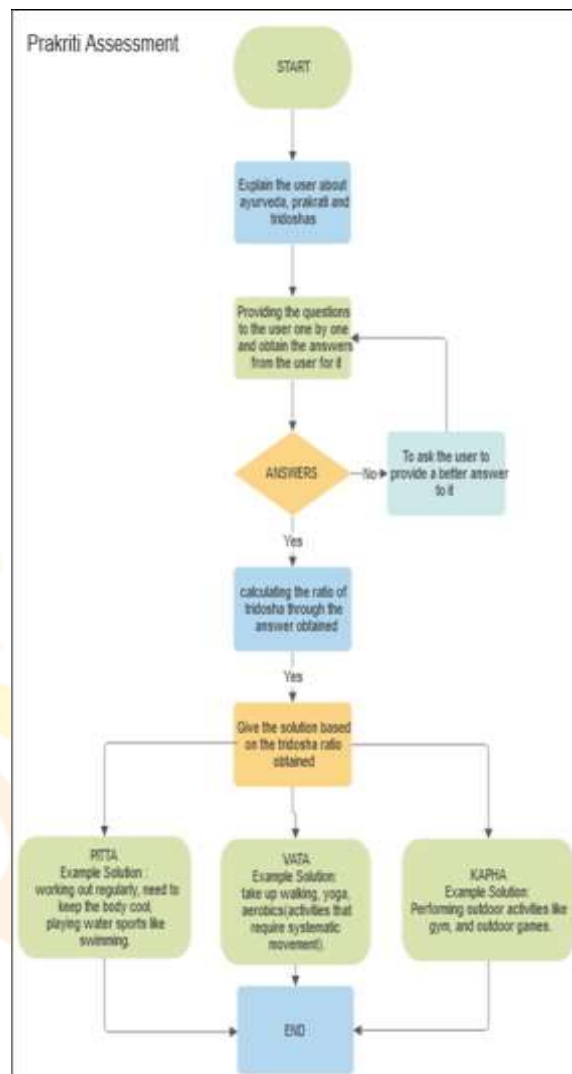
Ayurvedic wisdom and modern technological innovation. Firstly, the prakriti chatbot aims to streamline the Prakriti assessment process by developing a user-friendly Chatbot. This digital tool seeks to simplify the intricate dosha evaluation, making it accessible to a broader audience by leveraging artificial intelligence and pre-recorded questionnaires.

A fundamental goal is to ensure the accuracy and reliability of Prakriti assessments conducted by the Chatbot. The integration of artificial intelligence algorithms aims to enhance the precision of dosha analysis, providing users with insightful and personalized results that align with the standards of traditional Ayurvedic assessments. This technological intervention seeks not only to replicate but also to improve upon the diagnostic capabilities of traditional methods.

The role of Artificial Intelligence (AI) in prakriti chatbot is transformative, serving as the backbone of the Chatbot's analytical capabilities for Ayurvedic Prakriti assessments. AI plays a pivotal role in automating the dosha evaluation process, analyzing user responses with machine learning algorithms to discern patterns indicative of specific dosha constitutions. Through predictive modelling, AI enhances the precision of dosha assessments, replicating the diagnostic acumen traditionally associated with seasoned Ayurvedic practitioners. The adaptability of AI allows continuous learning, ensuring the Chatbot's ability to improve over time, refine dosha predictions, and stay aligned with evolving health insights. In essence, AI empowers the Chatbot to bridge traditional Ayurvedic wisdom with modern technological efficiency, making personalized health assessments accessible to a global audience.

The integration of Chatbot technology involves seamlessly incorporating the developed AI-driven Chatbot into the prakriti chatbot ecosystem. This encompasses the design and development of a user-friendly interface that facilitates easy interaction with the Chatbot. The integration process ensures that the Chatbot effectively guides users through the Prakriti assessment, collecting and processing responses in real-time. User-friendly navigation, clear instructions, and engaging visuals are central to the integration, promoting a positive and accessible user experience. The technology integrates pre-recorded questionnaires, designed to capture comprehensive details relevant to Ayurvedic assessments.

The implementation of AI algorithms is a core element in developing the Chatbot's analytical capabilities. These algorithms are programmed to analyse user responses from the pre-recorded questionnaire, utilizing machine learning techniques to discern dosha patterns and determine an



### IV. DESIGN AND IMPLEMENTATION

Data collection involves systematically gathering a diverse dataset essential for training the Chatbot's machine learning model. This encompasses acquiring information on users' lifestyle, dietary habits, emotional tendencies, and other factors relevant to Ayurvedic Prakriti assessments.

The design and development phase focuses on creating an intuitive and user-friendly Chatbot interface. This involves designing interactive elements that guide users through the Prakriti assessment process seamlessly.

The questionnaire design and pre-recording stage entail crafting detailed inquiries that capture the intricacies of Prakriti assessments. This includes formulating questions on sleep patterns, dietary preferences, emotional responses, and more

individual's Prakriti. The adaptability of these algorithms allows for continuous learning, refining accuracy over time.

## V. EXPERIMENTAL RESULT

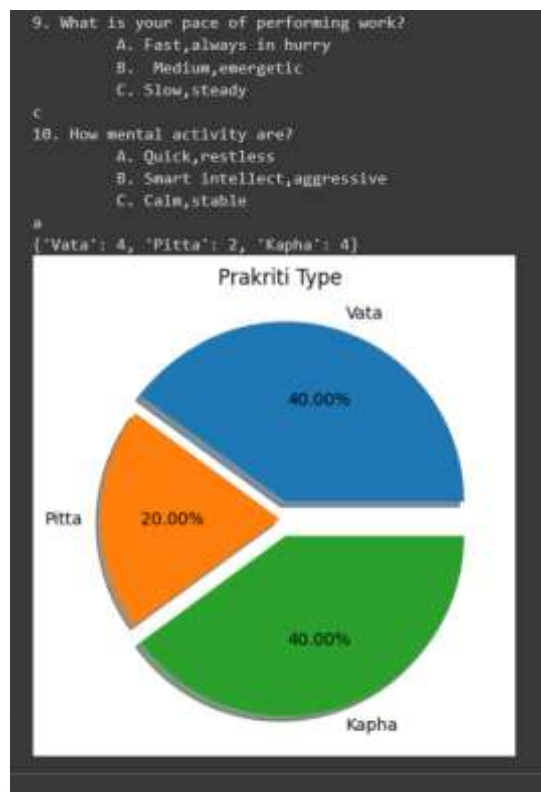
### Test case:

- The body frame of user is thin body.
- The type of the user hair is dry and with splits end.
- The user hair colour is red or brown.
- The user skin colour like moist and greasy.
- The colour of the user's skins especially the face is dark blackish.
- Users body weight is overweight and difficult to lose weight.
- User nails are reddish and small.
- The size and colour of the user's teeth is large and shinning white.
- Users pace of performing work is slow and steady.
- Mental active is quick and restless.

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Welcome to the Prakriti Type Chatbot!
What's your name? Jagan
Hello, Jagan!
Let's determine your Prakriti type.
1. What's your body frame?
A. Thin and lean
B. Medium
C. Wellbuilt
a
2. What type of your hair?
A. Dry and with splits end
B. Normal,thin,more hair fall
C. Greasy,heavy
a
3. What's your hair color?
A. Pale brown
B. Red or brown
C. Jet black
b
4. What about your skin?
A. Dry,rough
B. Soft,more sweating,acne
C. Moist,greasy
c
5. What's the color of a yours's skin, especially the face?
A. Dark blackish
B. Pink to red
C. Glowing,white
a
6. What your body weight?
A. Low,difficult to put on weight
B. Medium,can easily lose or gain weight
C. Overweight,difficult to lose weight
c

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## VI. CONCLUSION

The prakriti chatbot aimed to develop a Chatbot for Ayurvedic Prakriti assessments, bridging traditional Ayurvedic wisdom with modern technology. Through a user-friendly interface, the Chatbot engages users in a structured questionnaire, utilizing artificial intelligence algorithms to provide real-time dosha assessments. The integration with Ayurvedic principles ensures personalized dietary and lifestyle recommendations aligned with an individual's unique Prakriti.

The prakriti chatbot has successfully achieved the development of an innovative Chatbot that empowers users with personalized insights into their dosha constitutions. By aligning with Ayurvedic practices, the Chatbot contributes to holistic well-being, offering accurate dosha assessments, user-friendly interactions, and real-time feedback. The educational component enhances users' understanding of Ayurveda, fostering a connection between ancient wisdom and contemporary health practices. The prakriti chatbot's achievements lie in creating a tool that democratizes Ayurvedic knowledge, making it accessible to a global audience.

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