

ABSTRACT

The aim of the project, titled "AyurZen: Nurturing Mental Wellness with Ayurvedic Bot," is to address persistent challenges in mental health treatment, including incomplete alleviation of depression symptoms, attrition, and loss of follow-up. This transformative initiative seeks to harmonize ancient Ayurvedic principles with modern technological advancements to offer innovative solutions for mental well-being. The primary goal of the application is to develop an interactive AI-infused chatbot seamlessly ingrained with timeless Ayurvedic principles. Developed in collaboration with renowned Ayurvedic practitioners, scholars, and medical doctors, the chatbot ensures scientific accuracy and cultural sensitivity in its recommendations. Overall, the objective of AyurZen is to redefine mental health interventions by providing an immersive and supportive platform for transformative approaches to well-being. Seamlessly integrating Ayurvedic principles, the chatbot serves as a dynamic conduit for delivering comprehensive guidance. The broader vision is to significantly contribute to mental health treatment development, extending transformative ripples across diverse communities. AyurZen envisions a future where tradition and technology synergistically propel humanity towards a healthier, harmonious existence.