

INTEGRATION OF SWASTHAVRITTA PRINCIPLES IN DIGITAL HEALTH

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ABSTRACT

Introduction: *Swasthavritta*- a branch of *Ayurveda* particularly deals with preventive and health measures. It is well known today that Daily regimen [*Dincharaya*] & Seasonal regimen [*Ritucharya*]^[1] plays an important role in enhancing the immunity overall. In this digitalized world, people are relying more and more on internet with regards to their health. This is the great opportunity to uplift *Ayurveda* as well as to have a digital revolution by incorporating its classic principles on digital platforms. Many of us today monitor our health via wearables, Mobile apps, Telemedicine, AI tools etc.^[2] There is an increasing trend of digital health tools in preventing and managing the health conditions. With the rise of digital health technologies, there is growing potential to implement *Swasthavritta* principles for broader, more effective preventive care. **Objective:** To explore how digital tools can improve preventive care by integrating *Swasthavritta* principles and to assess their potential benefits and challenge. **Methods:** The current literature on *Swasthavritta*, digital health, and preventive care was merged in a narrative review. **Results:** Digital tools, including mobile apps, wearables, and telemedicine platforms, allows personalized health tracking, education, and remote consultations based on *Swasthavritta*. These tools improve accessibility and implementation of preventive measures. **Discussion:** The integration of *Swasthavritta* into digital health platforms can bridge gaps in preventive care, but requires collaboration, standardization, and further research to enhance the outcomes.

KEYWORDS: *Swasthavritta*, Digital health, Preventive healthcare, Personalized health tracking.

INTRODUCTION

The fundamental principle of *Ayurveda* is "*Swasthyasya Swasthya Rakshanam*", which means to maintain the health of the healthy, rather than "*Aturasya Vikara Prashamanan cha*",^[3] means to cure the diseases of the diseased. *Dincharaya* (Daily regimen), *Ritucharya* (seasonal regimen), have been mentioned in the classics of *Ayurveda*. *Swasthavritta* considers *Aahara*, *Vihara*, *Dharniya-Adharniya vega*, *Sadvritta* etc.^[4] for the longevity of one's life. By following such valuable aspects regarding health, we can prevent frequent illnesses. For such helpful attributes Digital tools can help to a greater extent. For example, *Prakriti* assessment can be done using quiz format, Daily notifications for health goals via health tracking apps, timely updates regarding the healthy tips & seasonal changes to be done according to season etc. Interactive apps and online courses can make this knowledge widely accessible. Telemedicine and mobile health technologies can bridge gaps in healthcare access, especially in remote areas, by connecting individuals with *Ayurveda* practitioners and integrating *Swasthavritta*-based preventive care into mainstream health services.^[5] Digital tools can offer

mindfulness practices, stress management techniques, and yoga routines rooted in *Swasthavritta*, supporting holistic mental well-being. Digital accessibility increases public awareness and acceptance of *Swasthavritta* and *Ayurveda* practices, promoting healthier lifestyle choices at scale. However, it is bit challenging to incorporate quality based attributes. Successful integration requires collaboration between traditional practitioners, digital health experts, and policymakers to ensure evidence-based, standardized protocols. Training health professionals in both *Swasthavritta* and digital technologies is essential for effective implementation. Ongoing research is needed to evaluate the effectiveness of digital *Swasthavritta* interventions and conclude best practices.

METHODS

Peer-reviewed articles, government reports, and authoritative texts on *Swasthavritta*, digital health, or preventive care were reviewed using a narrative review approach. PubMed, Scopus and Google Scholar were the databases searched for using terms such as "*Swasthavritta*", "digital health", "preventive care" and -

"Ayurveda technology integration". Inclusion criteria included English- published studies and reports similar to integration of traditional preventive health practices and digital tools. The data was gathered and combined to identify primary topics, such as digital tools, the implementation of *Swasthavritta* principles, benefits, issues, and reported outcomes.

RESULTS

Digital Tools for *Swasthavritta* Integration

- **Mobile Applications:** Apps provide reminders for daily routines (*Dinacharya*), dietary guidance, and seasonal regimen adjustments (*Ritucharya*). Some offer interactive modules for yoga and meditation.
- **AI tools:** AI tools can be helpful in assessing the *Prakriti*^[6] of an individual which in turn could help in providing *Dosha-prakriti* based Diet and Modified lifestyle changes.^[7]
- **Wearable Devices:** Track physical activity, sleep, and physiological parameters, supporting the *Swasthavritta* recommendations.
- **Telemedicine Platforms:** Allows remote consultations with *Ayurvedic* professionals to provide individualized healthcare. Platforms such as Ayush Sanjeevani, AyushQur, NirogStreet, Practo and Jiva Ayurveda provide virtual consultations,

offering customised advice based on patient-reported symptoms.^[8]

Reported Benefits

- **Personalization:** Digital tools allow for subjective recommendations based on individual *Prakriti* health data and daily routine.
- **Accessibility:** Remote population can get access to preventive care and expert guidance.
- **Health tracking:** Reminders, progress tracking, and timely updates regarding upcoming healthy goals and rewards
- **Health Education:** Digital platforms can accessibility for *Swasthavritta* knowledge widely, increasing health awareness.

Challenges Identified

- **Standardization:** Lack of uniform protocols for digitizing *Swasthavritta* guidelines.
- **User Engagement:** Sustaining long-term engagement with digital tools remains a concern.
- **Integration with Mainstream Healthcare:** Limited interoperability with existing health systems.

SUMMARY

Table: *Swasthavritta* In Digital Health.

Sr.No	Aspect	<i>Swasthavritta</i> Focus	Digital Health integration example
1.	Daily Routines (<i>Dincharya</i>)	Healthy habits, Prevention	Mobile apps for health tracking
2.	Diet and Nutrition	Balanced, seasonal diet	Personalised meal planning apps
3.	Physical Activity & Yoga	Regular exercise and Yoga	Wearables, Virtual Yoga Classes
4.	Mental well-being	Stress management, mindfulness	Meditation and mental health apps
5.	Health Education	Community awareness, self-care	Online courses, informational portals
6.	Access to care	Community-based, preventive focus	Telemedicine, remote consultations
7.	Paediatric health	Immunity booster, prevention	<i>Suvarna prashan (Herbo-mineral immunomodulator)</i> ^[9] updates monthly prior to Pushya Nakshatra
8.	Seasonal detoxification	<i>Panchakarma shodhan (Body detox Ayurvedic therapies)</i> ^[10]	Seasonal updates on personalized apps for <i>Panchkarma</i> therapies
9.	Menstrual hygiene	<i>Rajaswala Paricharya palan (Menstrual hygiene practices)</i> ^[11]	Educational lectures for menstrual hygiene, reminders for hygiene tips during menstruation
10.	Daily health goals	<i>Swasthyarakshan paricharya</i> ^[12]	Daily reminders for <i>Nasya</i> , <i>Padabhyanga</i> ^[13] etc. through texts.
11.	Nutritional guidance	<i>Pathya Aahar Kalpana</i> ^[14] , analogous to <i>krutanna Kalpana</i>	Personalised Recipe apps including <i>Ayurvedic Pathya kalpanas</i> containing nutritive values of foods.
12.	Environmental & Occupational health	<i>Asanas, Pranayama & Yoga</i> ^[15] related to respective profession	<i>Asana, Prananyama, yoga</i> updates in health tracking apps according to occupation
13.	Community health	<i>Sadvritta – Code of conduct</i> ^[16]	Daily notifications for <i>aachar rasayana</i> ^[17] (<i>sadvritta</i>) on mobile apps

DISCUSSION

The Integration of *Swasthavritta* into digital health platforms can help improve preventive care. Personalized tracking and remote access help overcome traditional barriers to accessibility. However, Digital tools can be used to enhance the effectiveness of *Swasthavritta* principles, particularly in preventing chronic diseases and managing lifestyles. Recently Ministry of AYUSH launched the *Prakriti* Assessment tool^[18] using the mobile app which shows promising integration of *Ayurveda* in digital era. Sai Ganga Panakeia, a rising Indian healthtech company, has unveiled an innovative device called Docture-Poly, the world's first *Ayurvedic*-based wearable with medical-grade sensors.^[19] This smart wearable is built to help patients with chronic and end-stage diseases manage their health more effectively blending ancient *Ayurvedic* wisdom with modern technology. Even so, issues such as the standardization of online content, data protection, and maintaining user engagement must be taken into account. We must collaborate with *Ayurveda* practitioners, digital health developers, and policymakers. Additional research, such as clinical trials and case studies, are necessary to evaluate the effectiveness of these integrated approaches.

CONCLUSION

Digital tools can significantly enhance preventive care by implementing *Swasthavritta* principles, making holistic health practices accessible, personalized, and at a wide scale. Addressing challenges of standardization and engagement will be key to maximizing their impact. Future research should focus on outcome evaluation and the development of compatible, evidence-based digital platforms.

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