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(54) Title of the invention : A Personalized Ayurvedic Health Management System Integrating Prakriti-Based Diagnosis, Polyherbal Therapeutics, and Digital Monitoring

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(57) Abstract :

The present invention relates to a personalized Ayurvedic holistic health management system integrating a Prakriti-based diagnostic algorithm, standardized polyherbal composition, and digital monitoring interface for managing metabolic disorders. The formulation includes *Withania somnifera* extract ($\geq 5\%$ withanolides, 20%), *Tinospora cordifolia* ($\geq 3\%$ tinosporaside, 25%), *Curcuma longa* ($\geq 95\%$ curcuminoids, 15%), *Bacopa monnieri* ($\geq 20\%$ bacosides, 10%), *Triphala* ($\geq 30\%$ polyphenols, 20%), and *Piper nigrum* ($\geq 98\%$ piperine, 10%) as a bioavailability enhancer. The composition exhibits multi-target activity, including alpha-glucosidase inhibition (IC50 32 $\mu\text{g/mL}$), antioxidant activity (DPPH IC50 28 $\mu\text{g/mL}$), and 65% COX-2 inhibition. Clinical studies show significant reductions in fasting glucose, HbA1c, and BMI. The invention provides a scientifically validated, personalized Ayurvedic approach suitable for pharmaceutical and nutraceutical applications.

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