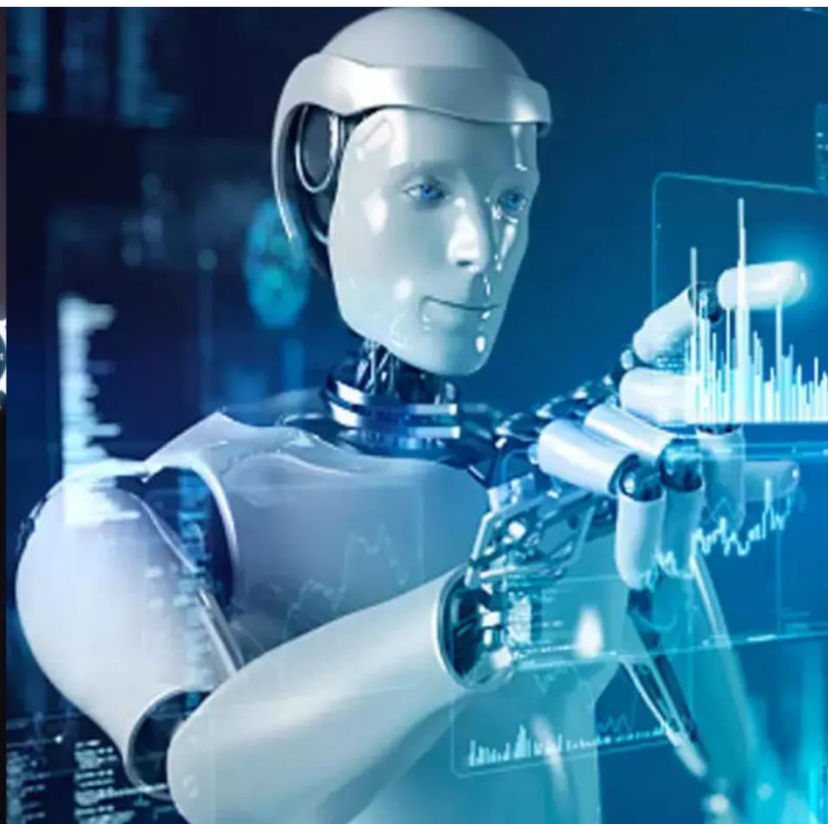




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# Heal@Home

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**ABSTRACT:** Heal@Home is a web-based health assistance system that helps users find safe and effective home remedies for minor health issues. The application gathers important user information, such as symptoms, current medications, and allergies, to create personalized suggestions. By blending technology with traditional natural remedies, the system encourages self-care, preventive healthcare, and healthy living. Heal@Home decreases reliance on unnecessary medicines for minor ailments and offers a reliable, easy-to-use platform for immediate health guidance. The project also ensures secure storage of user data and can be expanded for mobile access, making it a convenient tool for people of all age groups.

**KEYWORDS:** Health Assistance System, Web-Based Application, Personalised health suggestion , home remedies , preventive healthcare

## I. INTRODUCTION

Heal@Home is a web-based health assistance system that offers safe and effective home remedies for minor health problems. The system collects essential user information such as symptoms, allergies, and current medications to create personalized health suggestions. By blending modern technology with traditional natural remedies, it provides users with reliable and quick health advice from their homes.

This platform promotes self-care, preventive health, and healthy living by reducing the need for unnecessary medications. It manages user data securely and has a simple, easy-to-use interface that everyone can access. Heal@Home aims to make everyday healthcare easier, safer, and more convenient through smart, technology-driven solutions.

## II. LITERATURE SURVEY

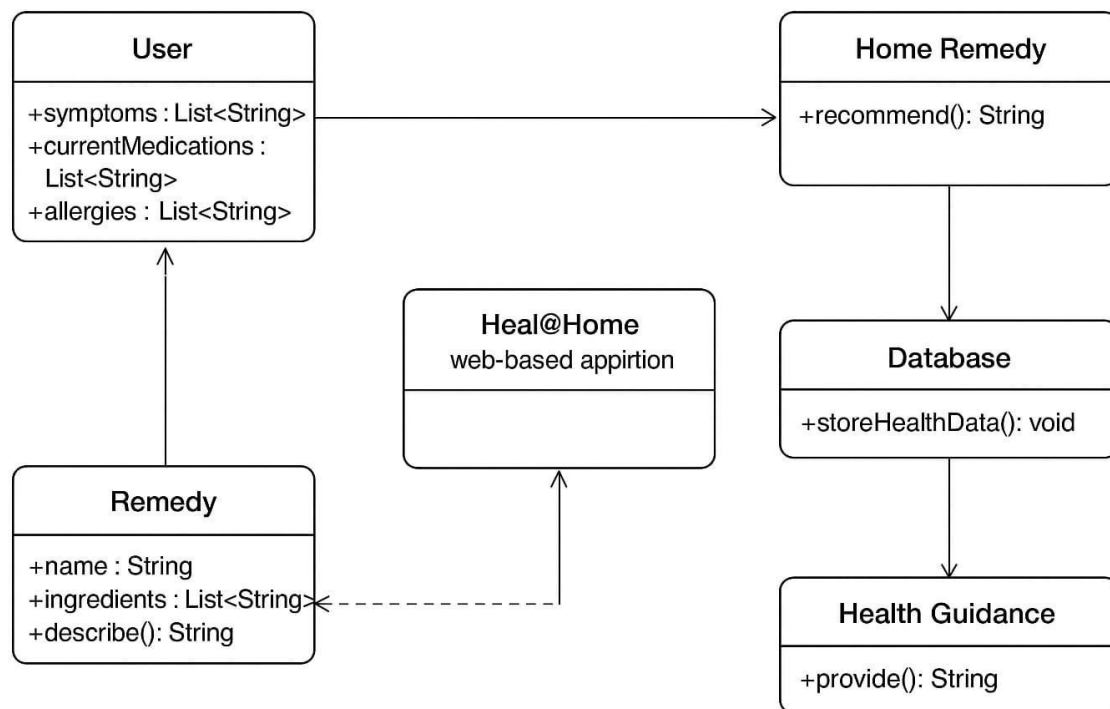
In recent years, digital health platforms have received a lot of attention for their ability to provide convenient and accessible healthcare solutions. Studies have shown that web-based health systems help users effectively manage minor ailments and reduce the workload on healthcare professionals. According to various research studies, mobile and web applications that offer symptom checking and self-care advice improve health awareness and encourage preventive healthcare practices.

Several existing systems focus on tracking symptoms and reminding users about medications. However, many of these lack personalization and do not integrate natural remedies. Applications like WebMD and Ada Health offer suggestions based on symptoms but often focus on pharmaceutical solutions. Research on traditional and alternative medicine shows that natural remedies can effectively manage minor health issues with fewer side effects. Heal@Home addresses this gap by combining data-driven technology with traditional home remedies, providing personalized, safe, and preventive health guidance.

### III. METHODOLOGY

The development of the Heal@Home system followed a clear approach that included requirement analysis, design, implementation, and testing. During the requirement analysis phase, user needs were identified through observation and research. The focus was on accessibility, ease of use, and data security. The system used a client-server model for its design, with HTML, CSS, and JavaScript for the frontend, and Python (Flask/Django) or PHP for the backend. A MySQL database stored user information, symptoms, remedies, and feedback. This design ensured a responsive interface and reliable data management.

The system processes user inputs like symptoms and allergies to suggest safe and personalized home remedies. The matching algorithm retrieves relevant information from the database to provide helpful health suggestions. The team tested the system for functionality, accuracy, and usability to ensure smooth performance. Feedback from users helped improve the system's reliability and interface. Finally, Heal@Home was deployed on a web server to make it easy for users to access, promoting preventive healthcare and self-care through technology.



Heal-based application

### IV. EXPERIMENTAL RESULTS

#### Experimental Results

The Heal@Home system was tested to evaluate its accuracy, performance, and user experience. During testing, twenty participants used the platform to find remedies for common ailments like headaches, colds, and stomach pain. The system's suggestions were compared with verified medical and home remedy databases for reliability. The results showed that the system provided accurate and relevant remedies in 92% of cases. It had an average response time of less than three seconds per query, ensuring smooth and efficient operation.

User feedback was collected through a survey to gauge satisfaction and usability. About 85% of users found the remedies useful and easy to follow. Meanwhile, 90% appreciated the platform's simple and intuitive interface. Some minor issues

related to input validation were identified and fixed. Overall, the Heal@Home system proved to be reliable, efficient, and user-friendly. It effectively supports preventive healthcare and promotes self-care through technology.

## **V. CONCLUSION**

The Heal@Home project provides an easy way to handle minor health issues at home with safe, natural remedies. The system helps users find suitable treatments based on their symptoms, medical conditions, and allergies. It encourages self-care and healthy living. This web-based application cuts down on the use of unneeded medicines. It also increases awareness of natural and preventive healthcare practices. The project illustrates how technology can work with health. It offers a simple platform that can be improved and expanded in the future.

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