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TECHNOLOGY****HEAL- AN EHEALTH APP- THE NATURAL WAY OF HEALING THE DISEASES****M.Baby Latha<sup>\*1</sup> & Jekkala Chandra Sekhar<sup>2</sup>**<sup>\*1&2</sup>Department of CSE, BV Raju Institute of Technology, Narsapur, Telangana

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**ABSTRACT**

The report from IMS-Institute for Healthcare Informatics says, more than 1, 65,000 mobile health-apps on the market, whether that quantity has translated into quality is different story. Most of them dealing healthcare and fitness, several of them treating particular diseases and several others uses for drug monitoring information, checking heart-rate, blood pressure monitoring, checking amount of sleep. Most of the ehealth apps dealing allopathic medicines, but our paper deals how to cure the diseases with food and exercises. Our food is not only giving the energy to our routine jobs but it has the healing properties. In earlier days of civilization human cured only on foods, it doesn't have any side-effects and it is safe method. With the right food with simple exercise and yoga, can cure any disease. Now-a-days, almost more than 90% of the people using the mobile phones and almost all the peoples know how to use the apps. Worldwide users of the mobile apps increasing rapidly. This paper deals with the Heal-An ehealth mobile app that deals the diseases with the right quality and quantity of food with simple exercises and yoga. This is the authentic method of healing diseases. It also deals the health benefits of taking good food, the value of drinking plenty of water and what are the damages to happen for our health when we take readymeals.

**KEYWORDS:** Introduction; Heal-an Ehealth app; Advantages and Disadvantages of an eapp.**I. INTRODUCTION**

E-health means Electronic healthcare. Using information and communication technology in health-care. Mhealth app is a software and service that will be used to manage, store and transmit health-care related information. Heal is an intelligent app that is used to heal the diseases and also deals the fitness management. This app is used in smart phones. A Smartphone is a mobile phone that can do more than other phones. They work as a computer. In this uses can get more programs called mobile apps. Data communication is faster in Smartphone, sending and receiving data is much faster than older phones so it is more reliable to use our mhealth app in this. The heal app works in android phones. Android is an operating system for mobile devices, Google says that over 1.3 million android Smartphone are sold every day. Android supporting multitasking and 2D and 3D graphics. There are over 2.8 million android apps available. The m-health increased attention because of their privacy, ease of accessibility, acceptability and cost-efficiency. Mhealth app provides the people self-care.

Heal app is an electronic app which is used to cure the diseases in a natural way that means without any chemical medications. All we know that food have the medication value, if we take the right food with specified quantity for specified number of days with some simple yoga and exercises we can get definite cure. This is the ancient method of curing diseases. Now we are in the fast world forgetting those golden ancient medicine methods, Heal app will recall that one and cure the diseases without any side effects. Most of the people following allopathic medicines, it cures diseases in a fast manner but it creates side effects of making another diseases so it is safe by doing some yoga-asana and exercise and taking the remedy food we can get cure, it won't create any side-effects.

The Healapp also gives the information of the benefits of drinking plenty of water and how much water we have to consume daily. Almost all the people taking readymeals, but taking that one we get easily sick. So the healapp describes the evil effect of taking readymeals and give the caution like avoid readymeals for your health benefit and act as a social mapp. It suggests the natural food benefits and it lists the foods that we should take daily for breakfast, lunch and dinner and discuss how to take that foods.



## II. HEAL-AN EHEALTH APP

The Heal application gathers the personal information of the patients like Name, Age, Address, phone number and email-id then it asks details of the disease suffering from the patient and how long the patient suffers from those diseases. It replies, remedy foods with the specified quantity and the number of days should take that food. If the patient click the Exercise buttons it shows the problem related cure exercise and yoga-asana. Recent scientific research and experiments have proved beyond doubt the efficacy of yoga controlling and curing serious diseases like blood pressure, heart diseases, hypertension, nervous disorders, etc.

**Figure**

The figure consists of two screenshots of the Heal app interface. The top screenshot shows a form titled "E-Health App" with the following fields: Name, Age, Address, Email ID, and Phone No. Below the fields are "Submit" and "Cancel" buttons. The bottom screenshot shows a form titled "E-Health App" with the following fields: Patient-ID, Diseases, and Days. Below the fields are "Submit" and "Cancel" buttons.

*Heal app page for entering personal data*

Heal app lists all the yogaasanas related with that disease. It also describes how to do that yogasanas in a step by step manner. Let food be the medicine and medicine be the food – said by Hippocrates, father of medicine. Heal app cure the diseases using our ancient method of taking the remedy food with yoga and simple exercises. To function properly, all the cells and organs of the body need water. A small study conducted on a 25 woman and published in the journal of nutrition found that being dehydrated can take a toll on your mood and cognitive function. In the study published in the European journal neurology, researchers found that increasing water intake helped reduce the total number of hours and intensity of head-aches in the study participants. Taking our weight and divides it by half and that will give – how many ounces to drink water, for example 200lb person should drink water 100lb.



Figure



*Heal app that taking weight of the person and displaying how much water to drink*

To keep all this on mind heal app display the necessity of drinking safe/pure water daily and get the weight of a person and suggests how many ounces they drink per day.

Figure



*Heal app list the good food*

The heal-Mapp acts as a social app and it gives the caution about eating ready meals, what are the evil effects will happened to eat such a things and it suggest what are the good foods to take every day. Good nutrition is an important part of leading a healthy life style. It also display the important of eating healthy breakfast and of eating healthy breakfast and it list the food for our breakfast that keep us fresh and energetic.

It lists the food for lunch and snacks and suggests eat the food in a stipulated quantities for every 2-3 hours of gap. Which help us to gain enough energy throughout the day. It also suggest night time food and how much to eat. The night diet should be very limited and also displays. It is important to finish our dinner 2 hours prior our sleep. Overall the Healapp describes the importance of balanced diet and one that doesn't focus on one specific type of food.



### III. ADVANTAGES AND DISADVANTAGES OF AN E-APP

#### Advantages

- e-app is reliable.
- Using the eapp self testing is possible and one can improve their health. Time will be saved.
- It enhances the privacy of patient.
- It is a Growing business area in the social activity manner.
- It is Cheaper.
- In Heal it suggests only the exercise and food so no side effects will come.

#### Disadvantages

- Ehealth app can't measure health accurately so it can mislead the user.
- Less efficiency.
- User has the minimum knowledge should be there for using Apps otherwise no use.
- There must be need of internet connection and 2, 00,000 available health and wellness apps, FDA approved only 160. There is not up to the mark or expectations.
- Smartphones required.

### IV. CONCLUSION

The Heal eHealth app is working in android operating system; it deals the ancient method of medications. The reach of health-app in rural areas and developing countries is still a question mark where the internet is used smaller scales and the people unaware of using the smart phones

### V. REFERENCES

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