Abstract

People are becoming very conscious about their health. Universe is changing at every moment and results in seasonal variations. These seasonal variations affect on human body. Every individual having their own unique prakriti from their birth. Prakriti is one type of energy to maintain physical and mental state of human body. Imbalance in these energies results in illnesses and different diseases. For maintaining health and prevent diseases, diet is the best medicine in Ayurveda. People follow different diet plans recommended from different dietician. This recommendation is manual recommendation, in computer aided world this is taken as slow process. For recommending diet instead of manually, different approaches from computer science are used. In this paper different existing diet recommendation approaches studies based on fuzzy approaches and ontology and knowledge representation methods, and proposed a method to recommend diet based on prakriti of person and current season.

**Index Terms**

Computer Science

Fuzzy Systems

**Keywords**
Prakriti, Season, Fuzzy logic, Ontology, Diet recommendation.