Claims

We claim:

1. A method for indicating a breathing pattern to a user, the method comprising:

receiving real-time data values corresponding to one or more health-based parameters of a user;

detecting a variation in the real-time data values beyond a pre-defined acceptable range of data values corresponding to each of said one or more health-based parameters of the user;

determining a type of at least one condition based on said detecting of variation in real-time data values;

activating at least one smart wearable device on determining said type of at least one condition;

identifying a first breathing pattern from a plurality of pre-defined breathing patterns based on type of said at least one condition, wherein exercising of the first breathing pattern facilitates in bringing the real-time data values corresponding to said one or more health-based parameters within said pre-defined acceptable range; and

configuring the at least one smart wearable device to display a first visual representation representing the first breathing pattern, wherein the first visual representation includes at least one of an hour hand, a minute hand and a second hand representing a watch, and wherein different cycles of a breath in the first breathing pattern are represented by rotation cycles of the at least one of the hour hand, the minute hand and the second hand respectively, and change in a colour of at least one of the hands, and dial , wherein a first rotational direction of at least one of the hour hand, the minute hand and the second hand correspond to an inhaling part of the first breathing pattern, wherein a second rotational direction of at least one of the hour hand, the minute hand and the second hand correspond to an exhaling part of the first breathing pattern, wherein non-movement of at least one of the hour hand, the minute hand and the second hand corresponds to holding of the breath between the inhaling and exhaling part of first breathing pattern, while displaying the such first breathing pattern, wherein the visual representation involves change in the colour of at least one of the hands, dial to exhibit inhaling, exhaling part, breath holding of the breathing pattern.

2. The method as claimed in claim 1, wherein timing and speed of rotation cycles of the at least one of the hour hand, the minute hand and the second hand respectively are automatically adjusted based on the real-time data values corresponding to one or more health-based parameters and the identified first breathing pattern.

3. The method as claimed in claim 1, wherein the first breathing pattern corresponds to a breathing exercise and wherein the breathing exercise is visually represented as a pattern, through movement and non-movement of the at least one of the hour hand, the minute hand and the second hand respectively; and wherein the first breathing pattern corresponds to a breathing exercise selected from a group of breathing exercises comprising a breath control exercise, a deep and slow breathing exercise, an alternate nostril breathing exercise, a cooling breath exercise, an ocean breath exercise, a breathing with humming sound exercise, an equal breathing exercise, an abdominal breathing exercise, and a skull shining breathing exercise.
4. The method as claimed in claim 1, further comprising: generating a first trigger to facilitate the user to initiate the inhaling part of the first breathing pattern;
   generating a second trigger to facilitate the user to initiate the exhaling part of the first breathing pattern; and
   generating a first trigger to facilitate the user to initiate the breath holding part of the first breathing pattern.
5. The method as claimed in claim 1, further comprising: collecting historical medical data of the user; and defining acceptable range including threshold data values corresponding to each of said one or more health-based parameters based on said historical medical data of the user.
6. The method as claimed in claim 5, wherein detecting the variation in health-based parameters with real-time data values comprises: comparing the real-time data values corresponding to one or more health-based parameters of the user with the threshold data values corresponding to each of said one or more health-based parameters; and
   identifying a variation in the real-time data values corresponding to one or more health-based parameters based on comparison.
7. The method as claimed in claim 1, further comprising: defining one or more breathing patterns in respect of each of said at least one type of condition, wherein each of said condition is associated with a mood of the user; and defining at least one visual representation corresponding to each of said one or more breathing patterns.
8. The method as claimed in claim 1, further comprising: receiving inputs from a plurality of gas sensors regarding presence of pollutants present within an environment surrounding the user; and
   configuring the at least one smart wearable device to display a second visual representation representing a second breathing pattern, wherein the second visual representation is different

from the first visual representation, and wherein the second visual representation facilitates the user to control inhaling, exhaling and holding of breath based on the inputs from the plurality of gas sensors, in real-time.

9. A system for indicating a breathing pattern to a user, the system comprising:

a receiving unit configured to receive real-time data values corresponding to one or more health-based parameters of a user;

a detecting unit configured to detect a variation in real-time data values beyond a predefined acceptable range of data values corresponding to each of said one or more health-based parameters of the user;

a monitor configured to determine a type of at least one condition based on said detecting of variation in real-date values;

a controller configured to:

activate at least one smart wearable device on determining said type of at least one condition;

identify a first breathing pattern from a plurality of pre-defined breathing patterns based on type of said at least one condition, wherein exercising of the first breathing pattern facilitates in bringing the real-time data values corresponding to said one or more health-based parameters within said pre-defined acceptable range; and

configure the at least one smart wearable device to display a first visual representation representing the first breathing pattern, wherein the first visual representation includes at least one of an hour hand, a minute hand and a second hand representing a watch, and wherein different cycles of a breath in the first breathing pattern are represented by a pattern or rotation cycles of the at least one of the hour hand, the minute hand and the second hand respectively, and change in a colour of at least one of the hands, and dial , wherein a first rotational direction of at least one of the hour hand, the minute hand and the second hand correspond to an inhaling part of the first breathing pattern, wherein a second rotational direction of at least one of the hour hand, the minute hand and the second hand correspond to an exhaling part of the first breathing pattern, wherein non-movement of at least one of the hour hand, the minute hand and the second hand corresponds to holding of the breath between the inhaling and exhaling part of first breathing pattern, while displaying the such first breathing pattern, wherein the visual representation involves change in the colour of at least one of the hands, dial to exhibit inhaling, exhaling part, breath holding of the breathing pattern.