iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 13 **Issue:** XII **Month of publication:** December 2025

DOI: https://doi.org/10.22214/ijraset.2025.76080

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 13 Issue XII Dec 2025- Available at www.ijraset.com

Multivitamin Deficiency Detection Using Image Processing and CNN

Mr. CTM Praveen Kumar[1], G Mohammed Inzamam Ul Khalandri[2]
Department of Artificial Intelligence and Machine Learning, BallariInstituteofTechnologyandManagement, Ballari, Karnataka, India

Abstract: ***Vitamin andmicronutrientdeficiencies areasignificant globalhealth concern,leadingto various adversehealth consequences. Earlydetectionandinterventionareessentialinaddressingtheseissues.Theprojectintroducesanintelligentsystem that utilizes advanced deep learning techniques to identify and differentiate vitamin deficiencies in human tissue throughimageanalysis.Theapproachinvolvesaninitialstepofimageclustering toseparate andisolateproblemareas fromthe inputimages. The goal is to evaluate the productivity of image segmentation methods, extract relevant characteristics, and compareclassification results with other methods. To accomplish theobjectives,adiversedatasetof facial images is gatheredand preprocessed,focusingonindividualsbothwithandwithoutvisiblesignsofvitamindeficienciesFollowingthis,aCNNalgorithm,inspired bymodelslikeAlexNet,iscreatedandtrainedusingthepreprocesseddataset.TheCNNisusedtoidentifyandclassifyfeaturesbasedondiffer enttypesofvitamindeficiencies,enablinganautomatedandaccurateassessmentbasedonfacialimages.***

Keywords: Micronutrient deficiency, Image Clustering, Preprocessing, Convolutional Neural Networks (CNNs), Feature Extraction, Nutrition Deficiency Symptoms

I. INTRODUCTION

Multivitamin deficiency detection is the process of identifying insufficient levels of essential vitamins in the human body. These nutrients play an important role in maintaining health, influencing functions such as energy production, immune response, and overall well-being. Identifying micronutrient deficiencies early can help prevent health issues and promote a balanced lifestyle.

The skin is a dense organ, and its condition is directly linked to overall health and wellness. Therefore, proper attention should be given to skin health and the early detection of skin disorders and diseases, including skin cancers. By doing so, individuals can take proactive measures to maintain their skin health and reduce the risk of developing serious conditions such as skin diseases.

The goal is to recognize the patterns and characteristics associated with the deficiency and to categorize the images accordingly. The fields of medical and health sciences have shown growing interest in employing Machine Learning (ML) and Deep Learning (DL) techniques to enhance clinical decision-making.

The CNN algorithm is trained on this dataset, learning to recognize distinctive features and patterns that differentiate between normal and deficient states. Once trained, the CNN can accurately classify new images and identify potential micronutrient deficiencies based on learned patterns. This automated approach provides a rapid and objective means of detection.

Micronutrients such as vitamins A, B, C, D, and E each play a unique role in supporting different aspects of well-being.

Vitamin A enhances the immune system, helps defend the body against illnesses, and supports good vision in low light.

Vitamin B deficiency can lead to various health issues, while proper supplementation or dietary changes can improve energy levels.

Vitamin C protects the body from infections and helps maintain healthy skin, blood vessels, and bones.

Vitamin D assists the body in absorbing calcium, which is essential for maintaining strong bones and teeth.

Vitamin E acts as an antioxidant, protecting cells from damage and supporting a healthy immune system.

II. LITERATURE SURVEY

1) Authors:-DiaaAddenAbuhani,JowariaKhan,HanaSulieman.

Vitamin A deficiency is usually detected through clinical assessments of eye signs or biochemically determined by measuring theconcentrations. The medical and health sciences fields have shown growing interest in employing Machine Learning (ML) and DeepLearning (DL) techniques to enhance clinical decision making. To tackle this problem, researchers investigated.using machinelearning (ML)techniquesonexistinghealthrecordstodetectVitaminAdeficiencyinchildren.

©IJRASET: All Rights are Reserved

2) Authors:-K.V. Satyanarayana,GangireddyPujitha,Battulavishal,Indukurupranayvarma.
Two technological advancements for healthy eating habits: a personalized diet recommendation system and a vitamin deficiencydetectionandrecommendationproject.Thefirstsystemanalysesuserdatatosuggestcustomizedmealplans,whilethesecondprojectfocusesonidentifyingdeficienciesandrecommending nutrient-richfoods.

3) Authors:-RutujaMoholkar,MansiKamble,GauriBobade,SaiJyotiShinde.
Develop an Android Application and cost-free desktop app that uses images to detect vitamin deficiencies instead of expensive andinconvenientbloodtests.Usersuploadimagesofspecificbodypartsliketongueandnails,andimageprocessingtechniquesareusedto analyses and extract features, Neural Network and Fuzzy Membership Function and Defuzzification. study focuses on automatedfacialskin disease detection usingalgorithms.Thisapproach aimsforafasterand easier alternativeto traditionalbloodtests.

4) Authors:-ElavarasiK,ShanmugapriyaK.
Support Vector Machine andBlur Trace(BT) techniques Region-basedConvolutionalNeural Network.diagnosingvitamin deficiencyby above algorithms for skin images. this will help us to Early detection of skin conditions, like Normal, Benign, or Malignant. thisiscrucialforimproving survivalrates, emphasizingthesignificanceofskinhealth.

5) Authors:-Dr.AratiDandavate,PriyankaGore,NamitaNaikwadi,ShrushtiSable, MuskanTilwani.
By introducing AI System to diagnosis of vitamin deficiency at early stage of deficiency. The application is trained to distinguishbetween normalpeoplephotosofeyes,lips,tongue,andnailswithuserphotosandpeoplehavingvitamindeficiency.

6) Authors:-Mrs.ShivaniDevakar,Dr.SachinBereS.
Itconsistsofimageacquisition,preprocessing,andsegmentation,alongsidefeatureextractionandclassification.Analyzingsymptomsandtheircorrelationsisessentialforaccuratedetection.Functionalrequirementsincludeimplementingvideosurveillance withautomated convolutional neural network technology. The use of CNN algorithm also played a very crucial role in the entireprogrammingandevaluationofthecurrentsituations oftheneurons

III. METHODOLOGY

To detect vitamin deficiencies using Convolutional Neural Networks (CNN), we begin by collecting different medical images thatshow symptoms of various deficiencies. We clean and organize these images carefully. Then project uses the AlexNet model forimage classification, we create a smart computer model (CNN) that learns from these pictures to recognize patterns connected tospecificvitaminissues.

1) Input the Image: - Start by uploading or inputting the image containing physical symptoms potentially indicative of micronutrientdeficiencies intothesystem.
2) Image Cropping:-Utilize techniques to crop the input image, focusing on isolating specific regions or areas that exhibit notablesymptomsrelatedtovitamindeficiencies.
3) FormationofClusteredImage:-
Groupsimilarregionsorclusterswithinthecroppedimagebasedonvisualsimilarities,allowingformoretargeted analysisandfeature extraction.
4) Feature Extraction:- Feature extraction involves identifying and isolating important characteristics from clustered images, suchas texture, color, shape, and intensity variations. These extracted features are essential for recognizing distinct patterns linked toparticularnutrientdeficiencies.
5) Classification:-Utilizeclassificationalgorithmslikeconvolutionalneuralnetworksorothermachinelearningmodelstoevaluatethe extracted features. This process categorizes the clustered images into various deficiency classes, aiding precise diagnosis andinterventionstrategies.
6) Predict deficiency*:* - The result display presents the detected deficiency and its corresponding description to the user. Thisinformation is generated based on the analysis of the uploaded image using the neural network model. Users receive concisefeedbackregarding theidentifieddeficiency.

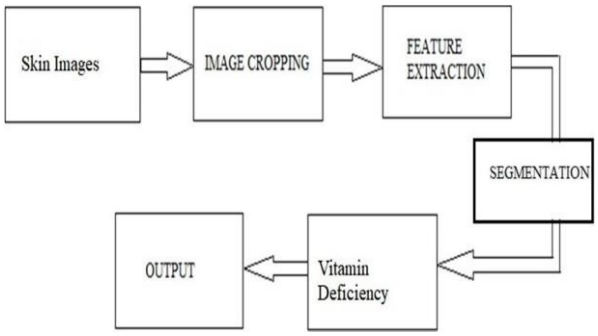


Fig1(A)methodologyprocess

A. Use Case Diagram:

TheUseruploadsanimage,triggeringthesystemtodetectvitamindeficiencies,annotatetheimageaccordingly,anddisplayrelevantdeficiencyinformationforuserawareness.

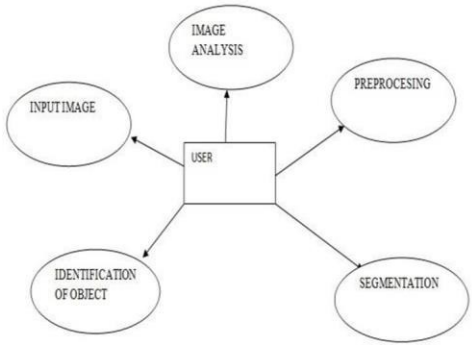


Fig1(B)usecasediagram

Author	Year	Algorithm	Observation
Mrs. Shivani Devakar R, Dr. SachinBere S	2023	CNN	Detecting vitamin deficiency using AIandprogramming techniques.It outlines a systematic approach involving, image analysis, featureextraction,andclassification.
K.V.Satyanarayana,Gangireddy Pujitha.	2023	KNN,decisiontrees, randomforests, logisticregression	Micronutrients proposes a comprehensive solution involving machinelearningtechniquestoidentifydeficienciesandrecommendappropriatefoodsrichinthedeficientvitamins.
RutujaMoholkar	2023	Imageprocessing,neural networks,fuzzymembership functions,and defuzzification	Usingimageprocessingandneuralnetworks,eliminatingtheneedforblood samples. By analyzing images of the eyes, lips, tongue, andnails,thesystemcanidentifydeficienciesandprovidedietaryrecommendations.
Elavarasi.K,Shanmugapriya K.	2023	SVM	Byintegratingadvancedimageprocessingtechniqueswithmachinelearningalgorithms,thesystemachieveshigh accuracyincategorizingskinimagesintonormal,benign,ormalignantcategories.
Dr.AratiDandavate,Priyanka Gore	2021	AI,NLP,andFuzzyLogic fordetection	Detecting vitamin deficiencies using image processing, NLP, and fuzzylogic algorithms. By analyzing user-submitted images of skin thesystemcandiagnosedeficiencieswithouttheneedforbloodsamples.

Diaa Adden Abuhani, Jowaria Khan,HanaSulieman.	2023	KNN, LGB, LogisticRegression, ExtremeGradient Boosting(XGB), Categorical Boosting(CB),Random, SVC.	Uses machine learning model todetect Vitamin A deficiency inhumans using symptoms and diagnoses from routine eye exams. Byapplying target encoding and various machine learning techniques,themodelachievessignificantimprovementsinaccuracy,sensitivity,andspecificitycompared topreviousmethods
Ms.A.Bhavana	2014	Random Tree,Knapsack,or TOPSIS.	Utilizingvariousalgorithmsanddatasets,itaimstoaccuratelypredictdeficienciesandrecommendsuitable foods.

B. Dataset Images

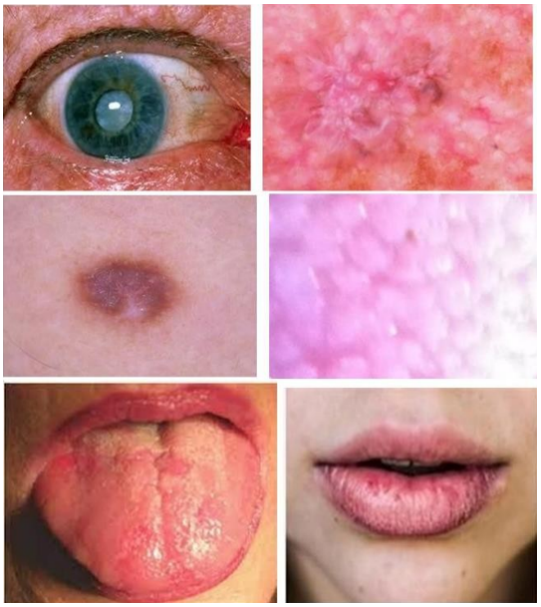


Fig2:-imagedatasets

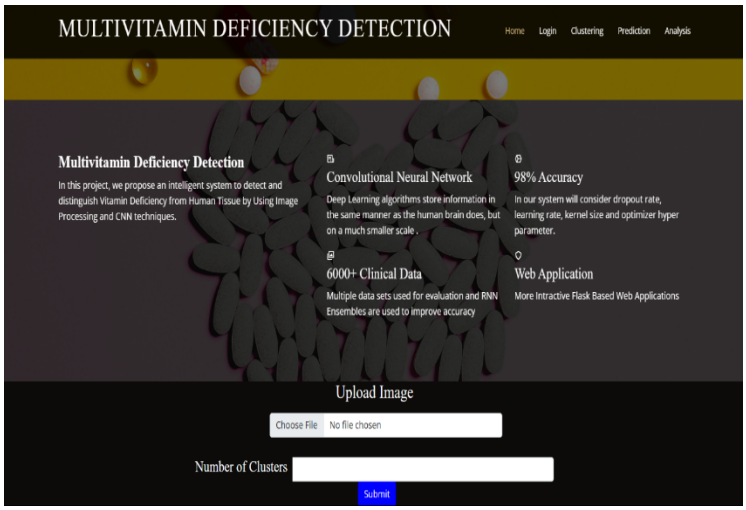


Fig3:-Front-endpictureforuploadingimage

C. ClusterImage

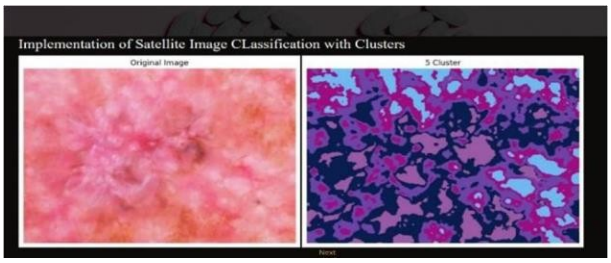


Fig4:-clusteredcopy

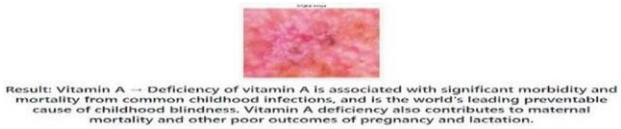


Fig5:- finaloutputimagewith deficiency

Theprojectoutputconsistsofannotatedimagesdepictingdetectedvitamindeficienciesinindividuals,utilizingimageprocessingandconvolutional neural network. Each deficiency is clearly labelled, providing visual feedback for personal diagnosis. Furthermore,alongsidethedeficiencyannotations,dietaryinterventionsuggestionsareincluded,showcasingspecificfoodsknowntoaddress eachdeficiency. This personalized approach aims to enhance awareness and facilitate informed decision-making regarding individualnutritionalhealth,empoweringuserstotakeproactivestepstowardsimprovingtheirwell-being.

IV. RESULTS AND DISCUSSIONS

The utilization of Convolutional Neural Network (CNN) models, inspired by architectures like AlexNet, has advanced the field of micronutrient deficiency detection through skin image analysis. With impressive accuracy, this methodology demonstrates significant progress in identifying deficiencies in vitamins A, B, C, D, and E.

This approach is highly effective at detecting signs of vitamin deficiencies. It performs well because it employs intelligent techniques to analyze images of affected skin and identify specific areas that may indicate a lack of certain vitamins. This enhances the overall efficiency and reliability of the method. It assists healthcare professionals in diagnosing conditions and supporting individuals who may have insufficient vitamin levels.

Using this technology to examine affected skin areas can help doctors detect vitamin deficiencies at an early stage, allowing for timely intervention and treatment. This represents a major advancement in healthcare, as it has the potential to transform how vitamin deficiencies are identified and managed.

V. FUTURE SCOPE

The future scope for detecting vitamin deficiencies using Convolutional Neural Networks (CNNs) involves leveraging this technology to analyze medical images such as skin scans. CNNs excel at pattern recognition, making them suitable for identifying subtle indicators of deficiency. This approach could lead to faster and more precise diagnoses through automated systems, thereby improving efficiency in healthcare.

Furthermore, integrating CNN models with portable or mobile devices could enable easy and accessible at-home screenings, enhancing early detection and overall management of vitamin deficiencies.

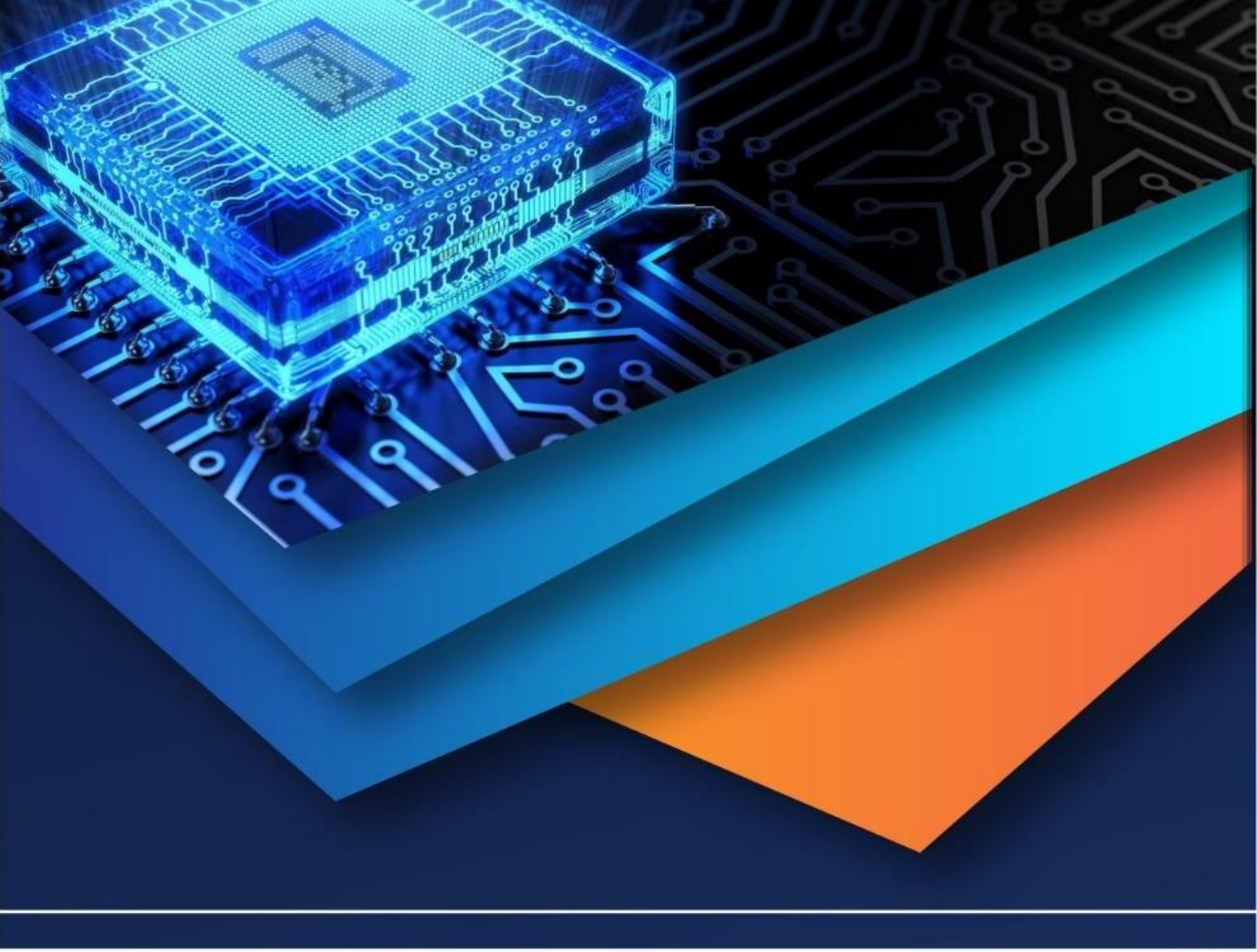
VI. CONCLUSION

Employing a systematic approach to detect deficiencies in vitamins A, B, C, D, and E is crucial for maintaining overall health. By monitoring these essential vitamins, potential imbalances or deficiencies can be identified early, allowing for timely intervention and correction.

This proactive strategy acts as a preventive measure, ensuring that individuals receive adequate nutritional support to sustain vital bodily functions. The incorporation of reliable detection methods contributes to a holistic healthcare approach, emphasizing the importance of maintaining balanced vitamin levels for optimal well-being.

REFERENCES

[1] S.Khare,"IdentificationOfVitaminDDeficiency,"NationalLibraryOfMedicineJournal,vol.05,no.03,pp.3456-3465,2023.
[2] D.A. Abhuhani, "DetectingVitaminADeficiencyUsingMachine Learning,"IEEEPublisher,vol.05,no.10,p.709,2023.
[3] K.V.Satyanarayana,"IdentificationOfVitaminDeficiencyAndRecommendationOfRichVitaminFoodUsingMachineLearning,"JournalOfSurveyInFisheriesSciences,vol.10,no.02,pp.2766-2777,2023.
[4] R. Moholkar, "Vitamin Deficiency Detection Using Image Processing and Neural Network," International Journal Of Advance Research And Innovative IdeasInEducation,vol.09,no.03,pp.4175-4183,2023
[5] E. K,"DiagnosisOfVitaminDeficiencyInHumanBeingsUsingDNNAlgorithm," IEEEpublisher,vol.10,no.03,pp.1627-1632,2023.
[6] D. Dandavate, "Vitamin Deficiency Detection Using Image Processing and Artificial Intelligence," International Research Journal Of Engineering AndTechnology,vol.08,no.04,pp.3421-3424,2021.
[7] H.Tamune,"EfficientPredictionOfVitaminBDeficienciesUsingMachineLearning,"Frontiers,vol.10,no.06,pp.1-9,2020.
[8] M.D.R,"ReviewPaperWritingforVitaminDeficiencyDetection,"JournalOfEmergingTechnologiesAndInnovativeResearch,vol.10,no.03,pp.386-392,2023.
[9] Ms.A.Bhavana,"VitaminDeficiencyAndFoodRecommendationSystemUsingMachineLearning,"JournalOfEmergingTechnologiesAndInnovativeResearch,vol.09,no.05,pp.413-417,2022
[10] J.J.Knapik,"Clinically DiagnosedVitaminDeficienciesAnd Disorder In EntireUnitedStateMilitaryPopulation,"NutritionJournal,vol.08,no. 03,pp.601-609,2021.



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)