(WBAN) is a special purpose wireless sensor network designed to connect various self autonomous medical sensors and appliances which are located inside and outside of a human body. Now a days interests in human Healthcare Monitoring System (HMS) are based on Wireless Body Area Sensor Network (WBAN) due to the increasing aging population and chronically ill patients at home. HMS is expected to reduce healthcare expenses by enabling the continuous monitoring of patient's health remotely during their daily life activities. The major problems arise in health monitoring system now a days are based on maximum energy consumption and high packet drop ratio during the routing mechanism and real time analysis and support to the patients through doctors, caregivers and hospital systems. Based on these limitations in the existing Literature we have proposed a reliable and Quality of service aware Routing Protocol which supports successful packet delivery ratio among multiple sensor nodeswhichimproves the quality of service. This proposed scheme is capable to route the data from sensor nodes in normal and emergency circumstanceswhich results in reducing signal to Noise ratio for maximum number of rounds. The proposed scheme is also capable for the continuous monitoring of human physiological data by using sensors deployed on human body at remote locations. We have also designed theWBAN framework solution for elderly and chronically ill patients in health care diagnosis and intelligent decision making.