HEALTH SIGNATURE REPORT

1. PHYSICAL HEALTH CONSTITUTION

This section explains the native's natural body type and energy pattern.

- Physical Health
- Stamina
- Immunity Level
- Mental Resilience
- Nervous System Strength

2. DISEASE TENDENCIES

Chart shows tendency toward certain disease conditions if planetary influence or lifestyle becomes imbalanced.

Examples:

- Digestive Issues
- Hormonal Imbalance
- Anxiety / Stress
- BP / Sugar Tendency
- Thyroid Tendency
- Bone Weakness
- Sleep Issues
- Skin Sensitivity
- Migraine
- Respiratory Weakness
- Others

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3. MENTAL & EMOTIONAL HEALTH ANALYSIS

Examples:

- Stress Response
- Emotional Suppression
- Anxiety Pattern
- Overthinking
- Emotional Burnout
- Trauma Retention
- Sleep Psychology
- Relationship Stress Effect on Health

4. AGE-WISE HEALTH TIMELINE

Examples:

- Vulnerable Periods
- Strong Recovery Phases
- Saturn Return Impact
- Rahu / Ketu Transit Impact
- Dasha-based Health Periods

5. DASHA & TRANSIT HEALTH ANALYSIS

Examples:

- Current Mahadasha
- Antardasha
- Health Effects of Current Period
- Upcoming 2–5 Year Health Trends

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6. LIFESTYLE RECOMMENDATIONS

Examples:

- Ideal Sleep Timing
- Best Exercise Type
- Yoga Suggestions
- Meditation Style
- Food Habits
- Water Intake
- Screen Exposure
- Emotional Healing Practices

7. ASTROLOGICAL & SPIRITUAL REMEDIES

Examples:

- Mantras
- Charity
- Fasting
- Meditation
- Surya Arghya
- Rudrabhishek
- Breathwork
- Color Therapy
- Yantra
- Temple Remedies
- Others

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8. PREMIUM SECTIONS

A. Chakra Imbalance Analysis
Analysis of energy centers and their impact on physical and mental health.

B. Sleep & Dream Analysis
Astrological insight into sleep patterns, dream cycles, and rest quality.

C. Fertility / Reproductive Wellness
(If requested separately) — Planetary indicators related to reproductive health.

D. Child Health Potential
(For parents) — Astrological health profile for children based on chart indicators.

E. Vastu Health Influence
How house directions and living environment may affect overall wellbeing.

IF U HAVE A DIFFERENT QUESTION THEN MENTION IT EMAIL _____! CONTACT INFORMATION

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NOTE:- THE ANALYSIS OF HOROSCOPE WILL BE RELEVANT TO YOUR BIRTHCHART. THE SAMPLE REPORT SHOWS THE BASIC FORMAT OF THE REPORT .

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