



# 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

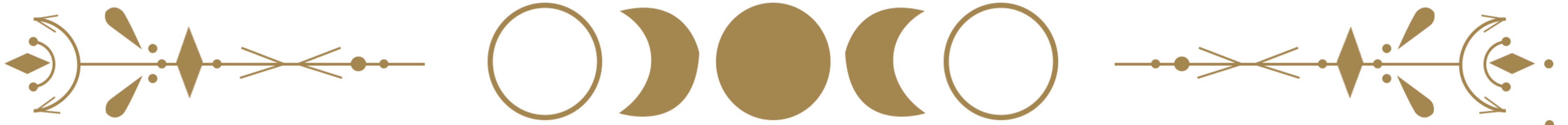
## 2. DISEASE TENDENCIES

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





### 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:

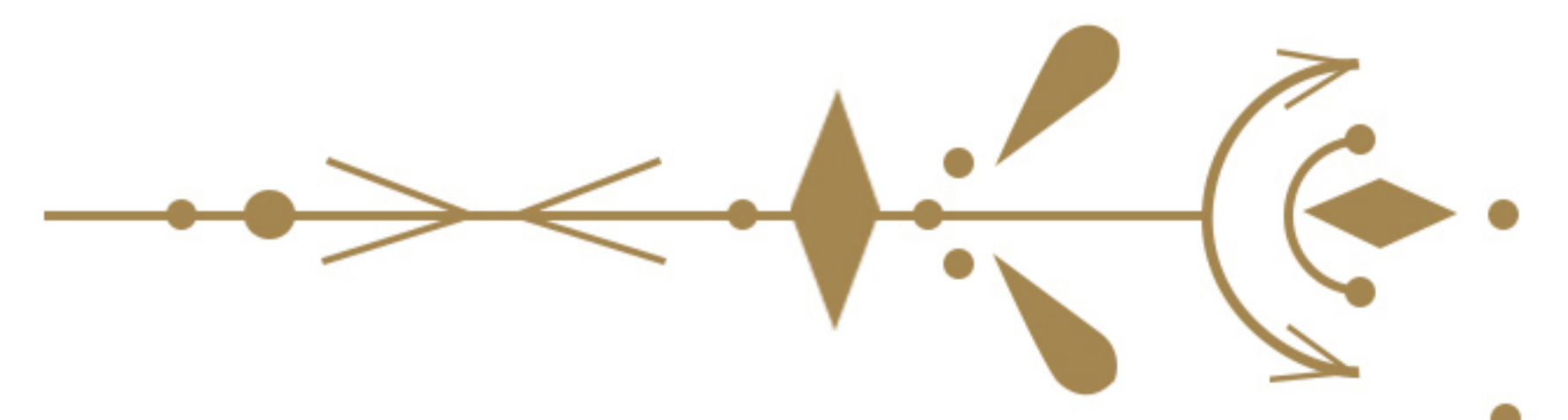
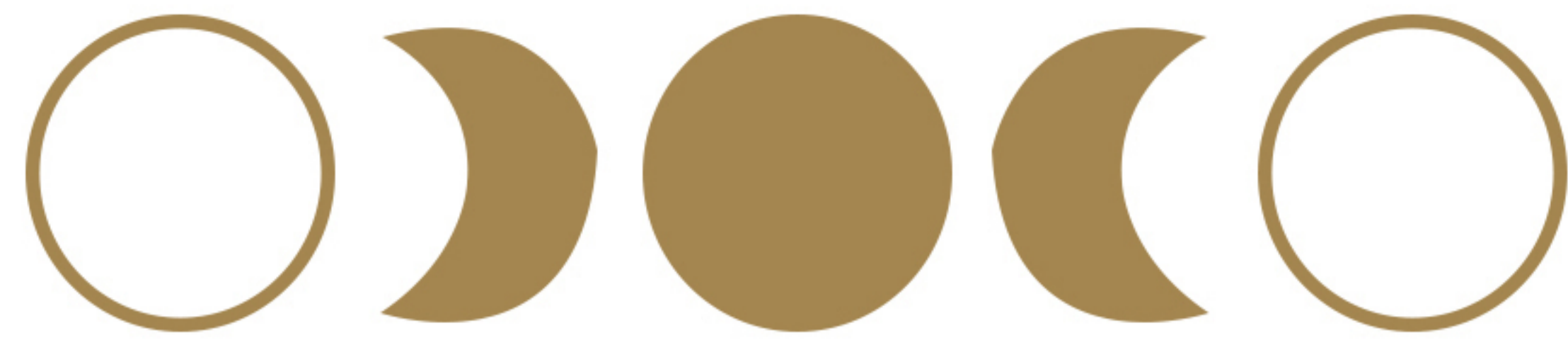
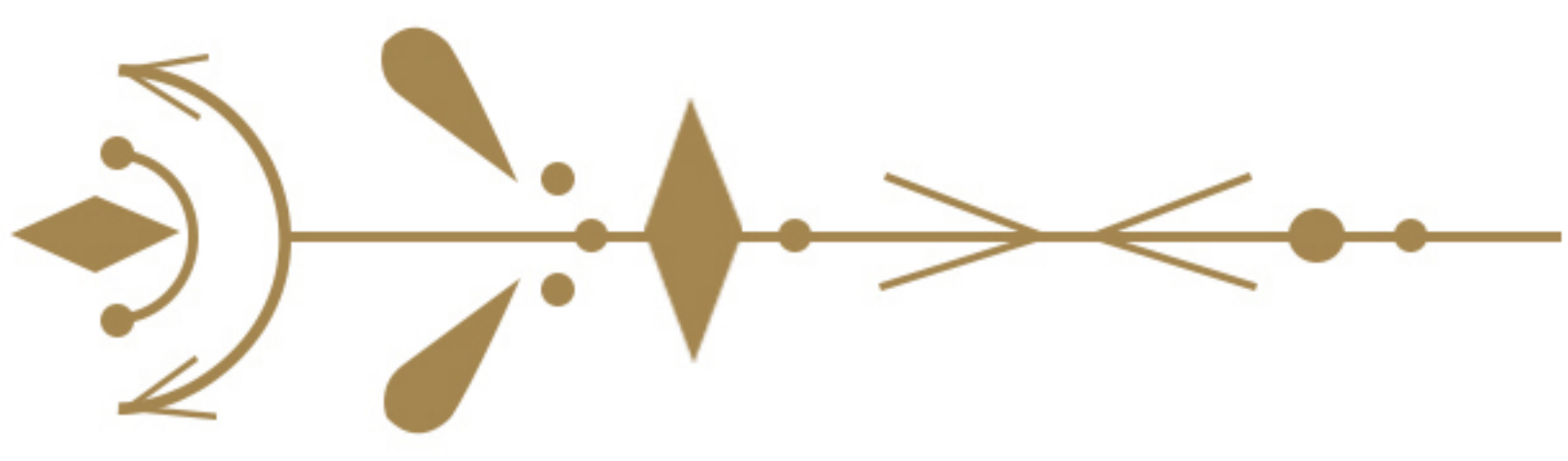
- Vulnerable Periods
- Strong Recovery Phases
- Saturn Return Impact
- Rahu / Ketu Transit Impact
- Dasha-based Health Periods

### 5. DASHA & TRANSIT HEALTH ANALYSIS

Examples:

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





## 6. LIFESTYLE RECOMMENDATIONS

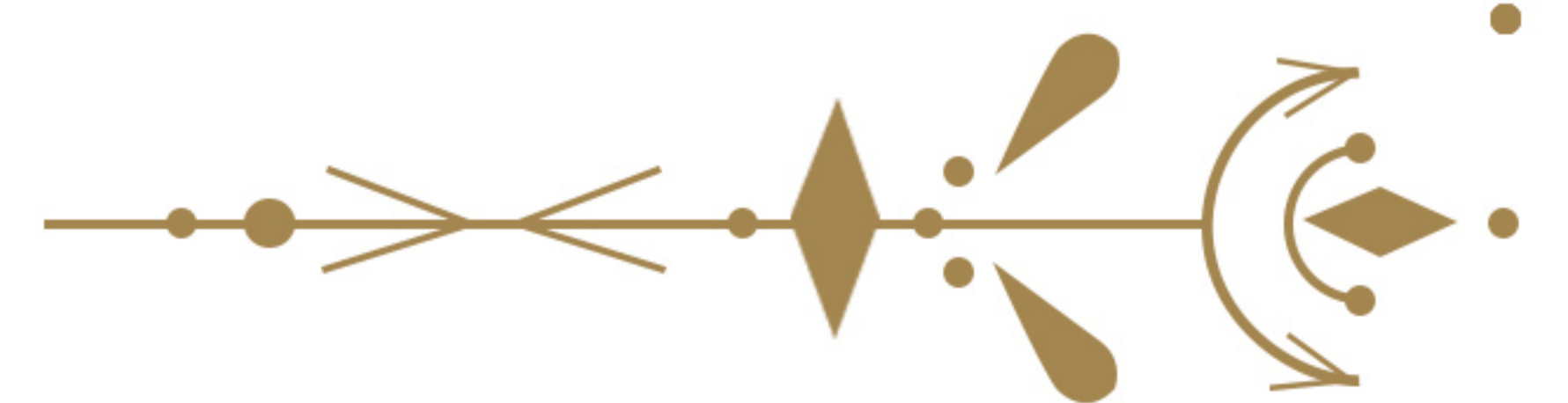
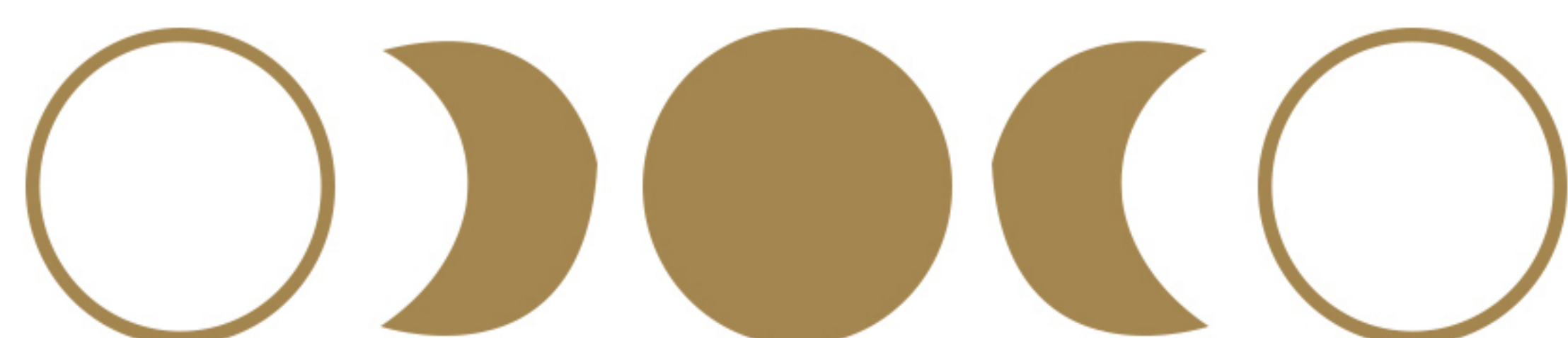
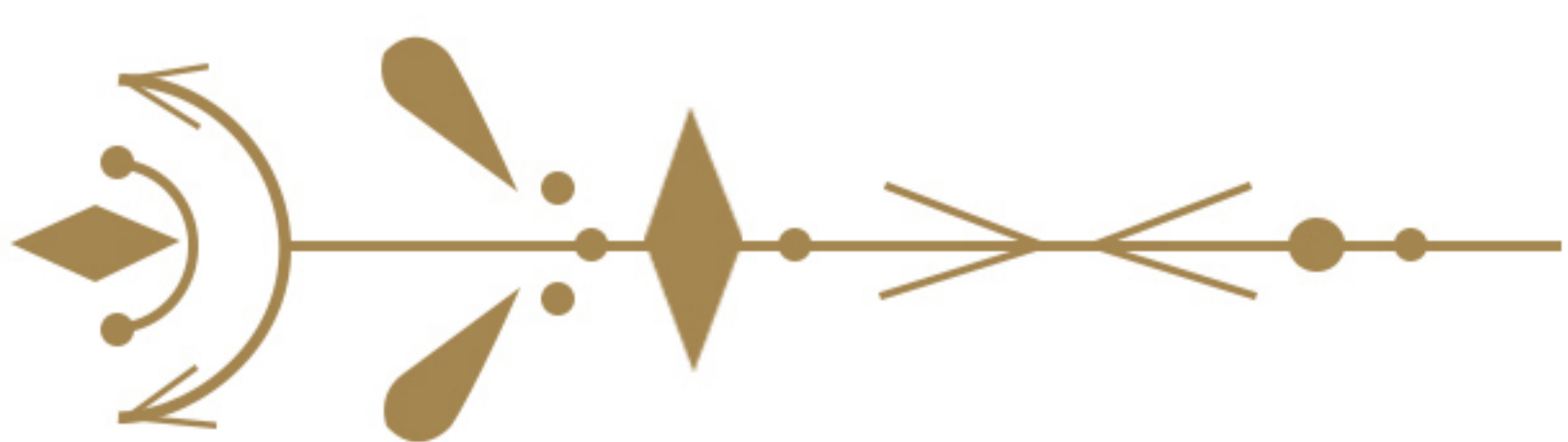
Examples:

- 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





## 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**

Email :- [Info@astroanamika.com](mailto:Info@astroanamika.com)

Website :- [www.astroanamika.com](http://www.astroanamika.com)

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

COPYRIGHT TO SPANDANAM

