

# HEALTH CLASSIC REPORT

## 1. PHYSICAL HEALTH CONSTITUTION

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

- Physical Health
- Stamina
- Immunity Level
- Mental Resilience

## 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
- Upcoming 1 Year Health Trend

### **5. LIFESTYLE RECOMMENDATIONS**

Examples:

- Ideal Sleep Timing
- Best Exercise Type
- Food Habits
- Screen Exposure
- Emotional Healing Practices

## 6. ASTROLOGICAL & SPIRITUAL REMEDIES

Examples:

- Mantras
- Charity
- Fasting
- Meditation
- Surya Arghya
- Rudrabhishek
- Others

**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)