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Health Report

Sample report

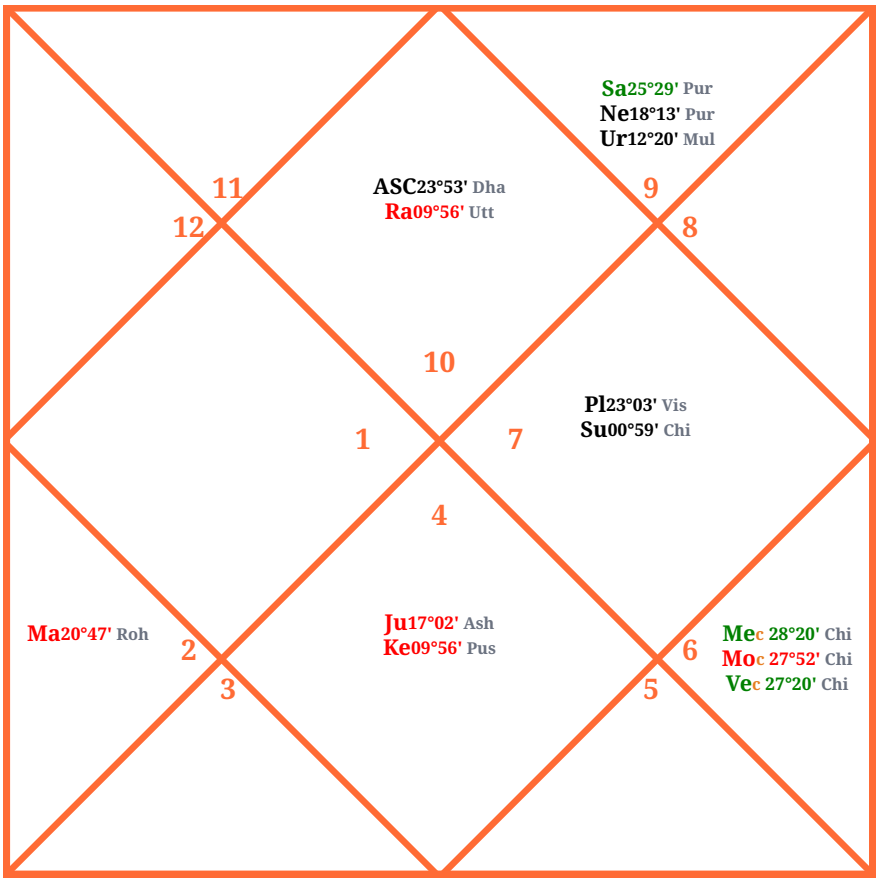
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Timezone	Asia/Kolkata
Latitude	28.6139
Longitude	77.209
Prepared	8 November 2026
Language	en

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Charts



Birth chart (D1)

Topic	Health
Ascendant · Sign	Capricorn

Overview

42.1 Score

Band	Mixed
Band label	Mixed — routine matters more for you than most
Band note	Your chart suggests a mixed picture where consistency makes a noticeable difference. Regular habits are likely to repay you more than occasional effort.

Scores

	Label	Score
Vitality	Vitality	49.8
Energy	Energy	60.4
Stress	Stress management	47.1

	Label	Score
Emotional	Emotional balance	50.6
Recovery	Rest and recovery	56.1
Lifestyle	Lifestyle stability	48.2
Calmness	Mental calmness	59
Resilience	Physical resilience	53.7
Long term	Long-term wellbeing	52.8

Strongest	Energy
Weakest	Stress

Lifestyle

Style	Balanced
Text	A balanced lifestyle suits you — neither rigidly scheduled nor entirely unstructured. Consistency in a few things matters more than discipline in everything.

> Your chart suggests a mixed picture where consistency makes a noticeable difference. Regular habits are likely to repay you more than occasional effort.

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Evidence

Impact	Strength	Detail
Negative	55	Your chart suggests your energy responds noticeably to how well you look after it — pacing matters more for you than for most.
Negative	55	Your chart suggests you benefit from more deliberate rest than average, particularly during demanding stretches.

Vitality

49.3 Score

Band	Variable
Band label	Energy varies with how you look after it

Band note
Your chart suggests energy that responds noticeably to how you look after it. The difference between a good week and a hard one is larger for you than for many people.

Vitality score	49.3
Energy stability score	40
Recovery score	47.8

> Your chart suggests energy that responds noticeably to how you look after it. The difference between a good week and a hard one is larger for you than for many people.

Energy statement
Your energy is likely to come in waves — strong stretches and flatter ones. Planning demanding work for the good stretches, rather than assuming every day is the same, tends to suit you.

Recovery statement
Your chart suggests recovery takes you a little longer than it takes others, which makes rest something to schedule rather than hope for. That is about pacing, not about anything being wrong.

Evidence

Impact	Strength	Detail
Positive	60	Your chart suggests a naturally reasonable reserve of energy.
Positive	58	Your chart suggests you tend to bounce back reasonably well after a demanding stretch.

Stress

50 Score

Band	Reactive
Band label	Stress registers, and passes with rest
Band note	Your chart suggests pressure registers with you and then clears once you get proper rest. The rest is the part that matters — it does not clear on its own.

> Your chart suggests pressure registers with you and then clears once you get proper rest. The rest is the part that matters — it does not clear on its own.

Solitude	You are likely to recharge in company as much as in quiet. Isolation for long stretches tends to cost you more than it gives.

Guidance
- Build in recovery after demanding periods rather than moving straight to the next thing.
- Physical movement tends to clear mental pressure faster than rest alone for most people.
- Keep one part of the week genuinely free of obligations. A fixed boundary is easier to hold than a flexible one.

Rest

44 Score

> Your chart suggests a mind that stays active into the evening, which can make winding down take longer than you would like. This is a tendency, not a condition, and routine helps it more than anything else does.

Suggestions
- Keep the same sleep and waking times, including at weekends.
- Put screens away well before bed — the light and the stimulation both matter.

- Give yourself a wind-down routine rather than going straight from activity to lying down.
- Regular daytime movement tends to improve evenings more reliably than anything done at night.

Routine

Style	Flexible

> A varied routine suits you better than a rigid one. You are more likely to keep up habits that change shape than ones that repeat identically.

Suggestions
- Keep the habit and vary the form — walk one day, swim another.
- Anchor one fixed point in the day and build around it.

Fitness

Styles
- steady repeatable exercise — walking, swimming, or the same routine done consistently
- regular outdoor activity, ideally earlier in the day

> Your chart leans toward steady repeatable exercise — walking, swimming, or the same routine done consistently or regular outdoor activity, ideally earlier in the day. These are suggestions about what tends to suit you, not instructions — the best exercise is the one you keep doing.

Food

> Your chart suggests reasonably settled eating habits. Keeping them regular is the main thing.

Suggestions
- Eat at roughly the same times each day.
- Keep hydration steady rather than catching up late in the day.
- Aim for moderation rather than restriction — extremes in either direction tend not to last.
- For anything specific to your own circumstances, a doctor or a qualified dietitian is the right person to ask, not a chart.

Themes

Themes

Title	Text
Consistency counts double for you	Your chart suggests that discipline and a regular routine play an especially important part in keeping you well. The gains come from repetition rather than from intensity.
Your surroundings matter more than average	Your living environment can have a noticeable effect on your ability to rest and recharge, so a comfortable and peaceful home may be especially important for you.

> The wellbeing themes your chart points to most clearly are consistency counts double for you and your surroundings matter more than average. These describe what supports you rather than anything being wrong.

Timing

Timeline

Start	End	Age from	Age to	Score	Theme	Supportive focus
2026-01-28	2027-01-04	35	36	**25.9**	Activity and recovery	an active stretch that rewards building in proper recovery
2027-01-04	2029-05-30	36	38	**27.2**	Irregularity	a stretch where routine can slip, which is exactly when holding it repays you
2029-05-30	2032-06-02	38	41	**46.5**	Routine and consistency	a stretch where regular habits and adequate rest matter most
2032-06-02	2035-02-10	41	44	**43.8**	Mental load	a busy-minded stretch that rewards quiet time and fewer things at once
2035-02-10	2036-03-21	44	45	**28**	Simplification	a stretch that favours reducing commitments and doing less, better
2036-03-21	2039-05-22	45	48	**28**	Comfort and balance	a stretch that favours comfort, and rewards moderation with it
2039-05-22	2040-05-03	48	49	**47.8**	Energy and pacing	a stretch that rewards pacing yourself rather than pushing
2040-05-03	2041-12-02	49	51	**39.9**	Rest and emotional balance	a stretch where downtime and a settled routine matter more
2041-12-02	2043-01-11	51	52	**39.9**	Activity and recovery	an active stretch that rewards building in proper recovery
2043-01-11	2045-11-17	52	55	**41.2**	Irregularity	a stretch where routine can slip, which is exactly when holding it repays you

Attention periods

Start	End	Age from	Age to	Theme	Statement
2039-05-22	2040-05-03	48	49	Energy and pacing	This stretch rewards attention to pacing yourself and keeping up routine checkups.
2029-05-30	2032-06-02	38	41	Routine and consistency	This stretch rewards attention to a consistent daily routine and adequate sleep.
2032-06-02	2035-02-10	41	44	Mental load	This stretch rewards attention to mental rest and doing fewer things at once.

Start	End	Age from	Age to	Theme	Statement
2054-08-24	2055-06-30	63	64	Energy and pacing	This stretch rewards attention to pacing yourself and keeping up routine checkups.
2062-09-19	2065-05-30	71	74	Routine and consistency	This stretch rewards attention to a consistent daily routine and adequate sleep.

Peak

Start	2039-05-22
End	2040-05-03
Age from	48
Age to	49
Maha lord	Saturn
Antar lord	Sun

47.8 Score

Independent factors	3
Theme	Energy and pacing
Theme text	a stretch that rewards pacing yourself rather than pushing

Focus

Pacing yourself | Keeping up routine checkups

> The stretch from 22/05/2039 to 03/05/2040 — around age 48 to 49 is the one your chart suggests rewards the most attention, particularly to pacing yourself and keeping up routine checkups. That is a suggestion about where to be deliberate, not a prediction about your health.

Note

These are stretches that reward extra attention to rest and routine. A period appearing here is not a warning about your health — it is a suggestion about when being deliberate pays most.

Evidence

Impact	Strength	Detail
Neutral	58	Periods engaging your wellbeing significators were identified and read for what they ask of your routine.

Relocation

Verdict	Stay
Label	Wellbeing supported where you are
Scores · Stay	51
Scores · Domestic	62
Scores · Foreign	66

Reasons

A calmer home environment | A genuine change of scene

> Your chart does not show a strong wellbeing advantage from relocation. A healthier routine within your current environment may be more beneficial.

Environment

Qualities	somewhere with easy access to green space or open country

> Your chart leans toward somewhere with easy access to green space or open country. This is about what tends to suit your routine and your temperament — it says nothing about climate or geography affecting anyone's health.

Note	This is about routine and surroundings, not about medicine. A place cannot treat anything — what it can change is how easily you rest, move and keep a routine.

Evidence

Impact	Strength	Detail
Neutral	58	Your chart suggests your surroundings have a noticeable effect on how well you rest, so where you live matters more for you than for most.
Neutral	52	The chart governing home and surroundings was read alongside your main chart.

Cities

Ranked

City	State	Country	Score	Distance km
Buenos Aires	—	Argentina	**81.9**	15791.1
Addis Ababa	—	Ethiopia	**73.3**	4565.4
Medina	—	Saudi Arabia	**73.3**	3755.6
Brasilia	—	Brazil	**72.9**	14240.7
Dar es Salaam	—	Tanzania	**72.5**	5663.2

Comparison

City	Country	Wellbeing	Distance km	Confidence	Calmness	Inner peace	Home life
Buenos Aires	Argentina	81.9	15791.1	Low	—	—	—
Addis Ababa	Ethiopia	73.3	4565.4	Low	70.2	—	—
Medina	Saudi Arabia	73.3	3755.6	Low	—	—	—
Brasilia	Brazil	72.9	14240.7	Low	—	—	—
Dar es Salaam	Tanzania	72.5	5663.2	Low	—	77.8	—

City	Work balance
Buenos Aires	—
Addis Ababa	—
Medina	—
Brasilia	—
Dar es Salaam	—

By goal

Question	Goal	Goal label	City	Country	Score
Best city for peace	Peace	Peace of mind	Sydney	Australia	81.2
Best city for emotional balance	Peace	Peace of mind	Sydney	Australia	81.2
Best city for lifestyle	Health	Wellbeing	Buenos Aires	Argentina	81.9
Best city for rest	Peace	Peace of mind	Sydney	Australia	81.2
Best city for keeping a routine	Health	Wellbeing	Buenos Aires	Argentina	81.9
Best city for an active outdoor life	Health	Wellbeing	Buenos Aires	Argentina	81.9
Best city for spiritual wellbeing	Spiritual	Spiritual wellbeing	Sydney	Australia	87.9
Best city for work-life balance	Career	Work-life balance	Mecca	Saudi Arabia	89.6

> For the kind of routine that suits you, your chart favours Buenos Aires, Addis Ababa and Medina. These were scored from your own birth chart for each place rather than from any general ranking.

Note
These are scored for the kind of routine and pace a place tends to support for you. None of it is a claim about any city being healthier than another — that is not something a chart can speak to.

Evidence

Impact	Strength	Detail
Neutral	58	Cities were scored against your own birth chart for the kind of routine they support, not taken from a general list.

Spiritual

50.3 Score

Meditative	No

Practices
- time in places that feel settled — temples, mountains, or anywhere that quietens you

> A formal inner practice is not strongly indicated for you. Short regular pauses are likely to serve you better than anything elaborate.

Evidence	—

Plan

Daily
- Keep sleep and waking times steady — it does more than any single other change.
- Move every day, even briefly. Consistency beats intensity here.
- Drink water through the day rather than catching up in the evening.
- Keep the same sleep and waking times, including at weekends.
- Put screens away well before bed — the light and the stimulation both matter.

Weekly

- Build the week around steady repeatable exercise — walking, swimming, or the same routine done consistently or regular outdoor activity, ideally earlier in the day.
- One longer stretch of movement or outdoor time.
- One evening that belongs to people you like.
- One block of genuinely unscheduled time.

Monthly

- Look back at whether the routine is still fitting your life, and adjust it rather than abandoning it.
- Notice what has been draining you and change one thing about it.
- Make room for time in places that feel settled — temples, mountains, or anywhere that quietens you.

> These are general wellbeing suggestions drawn from the readings above. They are not medical advice, and nothing here should replace what a doctor tells you.

Remedies

Entries

Name	Practice
Practice for steadiness	Traditional practice is service to those in need on Saturdays, and simple, disciplined habits kept up without drama.
General practice	Traditional practice across most rulesets is some combination of quiet reflection, charity, and moderation in habits.

Note

These are traditional astrological remedies, offered as practice. They are not medical care and not a substitute for seeing a doctor. Gemstones are deliberately not recommended here — they carry a real cost and should only ever follow a proper consultation.

Supporting charts

D6 score	46.4
D30 score	57.8

> Supporting charts were read alongside your main chart. They confirm or temper the main reading rather than replacing it — no wellbeing conclusion here rests on a divisional chart by itself.

Summary

Wellbeing score	42.1
Outlook	Mixed — routine matters more for you than most
Vitality	49.3
Energy stability	40
Energy	60.4
Stress balance	47.1
Emotional balance	50.6
Recovery	47.8
Stress band	Stress registers, and passes with rest
Rest score	44
Routine style	Flexible
Relocation wellbeing · Stay	51
Relocation wellbeing · Domestic	62
Relocation wellbeing · Foreign	66
Relocation verdict	Wellbeing supported where you are
Best environment	somewhere with easy access to green space or open country
Best city	Buenos Aires
Best period · Start	2039-05-22
Best period · End	2040-05-03
Lifestyle stability	48.2
Lifestyle style	Balanced
Main strength	Energy
Main watch	Stress management

Overall, where wellbeing is concerned, your chart reads as: mixed — routine matters more for you than most. The area most worth your attention is stress management — that is where consistent habits are likely to make the clearest difference. A varied routine suits you better than a rigid one. You are more likely to keep up habits that change shape than ones that repeat identically. Your chart suggests recovery takes you a little longer than it takes others, which makes rest something to schedule rather than hope for. That is about pacing, not about anything being wrong. Your chart does not show a strong wellbeing advantage from relocation. A healthier routine within your current environment may be more beneficial. The stretch from 22/05/2039 to 03/05/2040 — around age 48 to 49 is the one your chart suggests rewards the most attention, particularly to pacing yourself and keeping up routine checkups. That is a suggestion about where to be deliberate, not a prediction about your health. This is an astrological wellbeing reading, not medical advice. It cannot diagnose anything, and it is not a substitute for a doctor. If you have a health concern, or you are already under treatment, speak to a qualified medical professional — and never change or stop treatment on the basis of a chart.

Confidence

Level	High
Note	Several independent methods agree, which is the most dependable kind of reading.

Methods resolved

d1 · d30 · d4 · d6 · Dasha · Karaka · Relocation

Conflicting indicators	Yes

Evidence

Impact	Strength	Detail
Positive	60	Your chart suggests a naturally reasonable reserve of energy.
Positive	58	Your chart suggests you tend to bounce back reasonably well after a demanding stretch.
Positive	58	Your chart suggests a reasonably settled emotional temperament.
Neutral	58	A discipline-favouring influence falls on the part of the chart governing daily work and habits.
Neutral	58	Periods engaging your wellbeing significators were identified and read for what they ask of your routine.
Neutral	58	Your chart suggests your surroundings have a noticeable effect on how well you rest, so where you live matters more for you than for most.
Neutral	58	Cities were scored against your own birth chart for the kind of routine they support, not taken from a general list.
Negative	55	Your chart suggests your energy responds noticeably to how well you look after it — pacing matters more for you than for most.
Negative	55	Your chart suggests you benefit from more deliberate rest than average, particularly during demanding stretches.
Negative	55	Your chart suggests a mind that runs busy, which can tip into mental overload without deliberate quiet time.
Negative	55	Your chart suggests rest benefits from structure — a regular wind-down routine is likely to do more for you than an early night occasionally.
Neutral	55	The supporting chart used for wellbeing was read alongside your main chart.
Neutral	52	The chart governing home and surroundings was read alongside your main chart.
Neutral	52	The supporting chart used for resilience was read alongside your main chart.

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ABOUT THIS DOCUMENT

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