



CosmicCues

Medical Astrology As Per Birth Chart

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For valued user: Nickunj

Report Id: babb757fb93bbaf7457166e2cb40562a6612f4243fbc6bd2a4cb8599686928f

Nickunj's Birth Details

Gender	M
Date & Time of Birth	September 16, 1992, 2:09 p.m.
Latitude	32.78
Longitude	-96.80
Birth Day Sunrise	06:02:47
Birth Day Sunset	17:41:40

Birth Panchang

Vara	Budhavara
Lunar Month	Adhik Phalguna
Vedic Year	Nandana
Hora	Surya
Tithi	Shukla Dvitiya
Karana	Kaulava
Yoga	Indra
Rahu Kaal	13:19-14:46

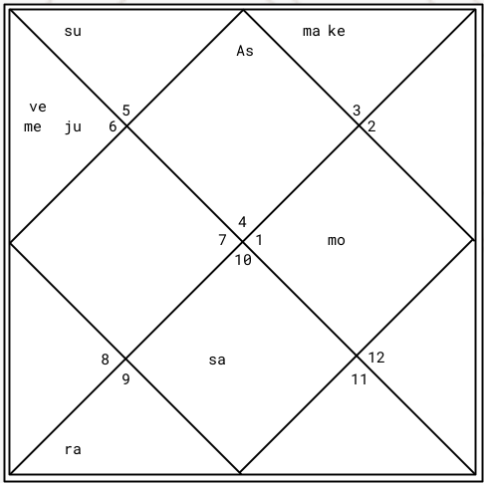
Planets In Rashis & Houses

Planet	Rashi	Degree	House
Lagna	Cancer	14.55	1
Sun	Leo	29.99	2
Mercury	Virgo	1.04	3
Venus	Virgo	25.50	3
Mars	Gemini	8.57	12
Jupiter	Virgo	1.06	3
Saturn	Capricorn	18.79	7
Moon	Aries	18.18	10
Rahu	Sagittarius	2.16	6
Ketu	Gemini	2.16	12

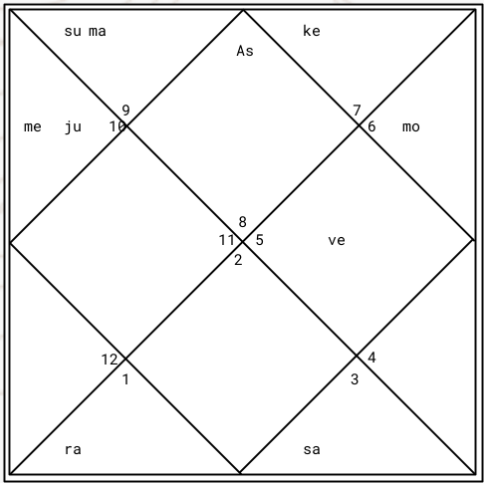
Planets In Nakshatras

Planet	Nakshatra	Pada
Lagna	Pushya	4
Sun	Uttara Phalguni	1
Mercury	Uttara Phalguni	2
Venus	Chitra	1
Mars	Ardra	1
Jupiter	Uttara Phalguni	2
Saturn	Shravana	3
Moon	Bharani	2
Rahu	Mula	1
Ketu	Mrigashira	3

Lagna Chart



D9 Chart



Report Analysis

Your Astrological Health Blueprint

Namaste. This report offers a sincere exploration of your health and well-being as revealed through the sacred science of Vedic astrology. Prepared on August 15, 2025, it analyzes your birth chart to provide insights into your constitutional strengths and vulnerabilities for your lifetime.

Understanding Your Path to Holistic Health: A Vedic Astrological Blueprint

This comprehensive health report delves into your natal chart to illuminate your inherent constitutional tendencies, vitality, and the cosmic energies influencing your overall well-being throughout life. By understanding your unique astrological makeup concerning health - including relevant houses (especially the Lagna for overall constitution and physique, the 6th house for acute illnesses and daily health routines, the 8th house for chronic issues and longevity, and the 12th house for hospitalization or subtle health matters), key planets (Sun for vitality and constitution, Moon for mind and bodily fluids, Saturn for chronic conditions and endurance, Mars for acute ailments and energy, Jupiter for general health and recovery, Mercury for nervous system and discernment), their strengths, house strengths, and Nakshatra placements - this analysis aims to empower you. The goal is to help you make informed lifestyle choices, discover your constitutional tendencies for proactive health management (including timely consultations with healthcare professionals as needed), and cultivate a balanced, vibrant life. The insights are tailored considering your overall life path and current age of 33.

Your Inherent Constitution: Vitality and Immune System Functioning

Your astrological chart is built upon a foundation of three core pillars that define your health: your Ascendant (the physical body), the Sun (the soul's vitality), and the Moon (the emotional mind). The interplay of these three determines your inherent resilience.

Your Ascendant, the sign rising at your birth, is Cancer. This is a nurturing and sensitive water sign ruled by the Moon, making your physical well-being deeply connected to your emotional state. This gives you a naturally intuitive sense of your body's needs. Your Ascendant is aspected by a powerful Saturn from your 7th house. This influence lends considerable endurance and discipline to your constitution, suggesting that while you

may be sensitive, you also possess the fortitude to manage health matters with persistence.

The Sun, the source of all vitality, is exceptionally well-placed in your chart. At the time of your birth, it was in its own sign of Leo in the 2nd house. This is a significant blessing, bestowing upon you a strong core vitality, robust immunity, and good constitutional strength. This placement acts as a powerful protective shield throughout your life, indicating a strong life force and good recovery potential.

The lord of your Ascendant, the Moon, is positioned in the 10th house in the sign of Aries. The placement in a powerful Kendra (angular) house is a definite strength, linking your sense of self and well-being to your career and public life. However, being in the fiery sign of Aries, ruled by your chart's Yogakaraka planet Mars, it can indicate a mind that is quick and dynamic, but also prone to emotional heat or impatience, which can sometimes impact your physical equilibrium. It also receives an aspect from the shadow planet Rahu, suggesting that you must be mindful of periods of anxiety or overthinking.

In synthesis, your constitution is a blend of sensitivity (Cancer Ascendant) and strength (powerful Sun). Your baseline vitality and immunity are quite good. Your main task is to manage your emotional and mental energies, as they have a direct and immediate impact on your physical health. Your inherent endurance from Saturn's influence will always help you navigate challenges with resilience.

Body's Focus Points: Organs, Systems, and Areas Requiring Lifelong Care

Vedic astrology maps the zodiac signs and houses to different parts of the body, highlighting areas that may require more conscious care. Your chart points to a few specific zones that would benefit from your lifelong attention.

Digestive System and Liver: Your 6th house, which signifies daily health and ailments, falls in the sign of Sagittarius and contains the shadow planet Rahu. Sagittarius governs the hips, thighs, and liver. Furthermore, the lord of this house, Jupiter, is associated with the liver and metabolism. This combination suggests that maintaining a balanced diet and a healthy lifestyle is crucial for your digestive wellness and liver function. Rahu's presence here can indicate a sensitivity to certain foods or toxins, making a clean diet particularly beneficial.

Nervous System, Lungs, and Shoulders: Your 12th house, associated with hidden matters and expenditures of energy, falls in the sign of Gemini. This house is occupied by both Mars and Ketu. Gemini rules the nervous system, respiratory system, shoulders, and arms. The presence of two fiery, malefic planets here suggests a need to be mindful of nervous exhaustion or burnout. It also points to a latent vulnerability

towards inflammation or injuries in these areas. Practicing calming breathing exercises and avoiding excessive strain can be very supportive.

Joints, Knees, and Structural System: The planet Saturn, a significator of bones and joints, is powerfully placed in its own sign of Capricorn in your 7th house. From here, it casts its aspect directly onto your 1st house (the entire physical body and head). This highlights the importance of maintaining good structural health, including your spine and joints, particularly your knees (ruled by Capricorn), throughout your life.

Potential Health Tendencies and Astrological Predispositions

Your chart indicates certain patterns or predispositions that, with awareness, can be managed proactively. It is important to view these not as certainties, but as invitations to cultivate balance.

The 6th house of acute illness is occupied by Rahu in the fiery sign of Sagittarius. This can predispose you to ailments that may appear suddenly, seem unusual, or are difficult to diagnose. There can be a tendency towards inflammatory conditions or allergic reactions. Since the 6th house also relates to daily habits, this placement strongly advises against irregular routines or an unhealthy diet, as you may be more sensitive to their effects than others.

The 8th house, signifying chronic issues and longevity, is ruled by Saturn. Saturn itself is very strong in your chart, which is a great blessing for longevity. However, it does suggest that if health issues become chronic, they may be slow-moving, structural, or related to the Vata (air/ether) element, such as dryness or joint discomfort. Your inherent discipline, also a gift from this strong Saturn, is your greatest tool for preventing such issues from taking root.

The conjunction of Mars and Ketu in the 12th house is a significant combination. It points to a predisposition for conditions involving inflammation (Mars) or those that are sharp and sudden (Ketu). Because this occurs in the 12th house of hidden things, these issues might sometimes develop without obvious early symptoms. This underscores the importance of regular health check-ups and listening to your body's subtle signals.

Planetary Influences: Their Role in Your Physical and Mental Well-being

Each planet in your birth chart plays a specific role in the story of your health, based on the houses it rules and its placement.

Sun: As the ruler of your 2nd house (diet, speech, family wealth) and placed there in its own sign, your vitality is directly linked to what you eat and the harmony within your family environment. A clean diet literally fuels your life force.

Moon: As your Ascendant lord, the Moon represents you. Its placement in the 10th house of career shows that your work life is not just a job, it is integral to your identity and health. Stress at work can directly impact you physically, while professional satisfaction can boost your vitality.

Mars: Mars is your most beneficial planet (Yogakaraka), ruling the 5th house (intellect, creativity) and 10th house (career). Its placement in the 12th house (expenditure, subconscious) suggests that you pour immense energy and ambition into your goals, but this can lead to burnout if not managed. It's a call to balance your drive with adequate rest.

Mercury: Ruling your 12th house (expenditure) and 3rd house (efforts) and placed in the 3rd, Mercury is exalted. This gives you a brilliant, analytical mind. However, its combustion and rulership of challenging houses indicate a tendency towards mental over-activity and nervous energy, which can be draining if not channeled constructively.

Jupiter: As the ruler of your 6th house (health routines) and 9th house (fortune), Jupiter's placement in the 3rd house links your health to your daily efforts and courage. Positive daily habits (6th house) bring you luck (9th house).

Venus: Ruling your 4th house (inner peace, home) and 11th house (gains), Venus is debilitated in the 3rd house. This indicates that you must consciously work to create a peaceful home environment and find emotional contentment, as it doesn't always come effortlessly. This inner peace is key to your overall well-being.

Saturn: Ruling your 7th and 8th houses (relationships and longevity) and placed strongly in the 7th, Saturn emphasizes discipline in partnerships. Health-wise, it grants endurance but also suggests that long-term health is a marathon, not a sprint, requiring consistent, disciplined effort.

Rahu and Ketu: Positioned across the 6th-12th house axis, these shadow planets place a lifelong emphasis on health, routine, and spiritual release. Rahu in the 6th

urges you to be meticulous with your health, while Ketu in the 12th encourages you to find healthy outlets for stress release, like meditation or spending time in nature.

Mental Disposition, Emotional Health, and Stress Resilience

Your emotional and mental well-being is a cornerstone of your physical health. Your Cancer Ascendant makes you naturally empathetic and emotionally sensitive. The Moon, your ruling planet, is in the fiery, impulsive sign of Aries. This creates a dynamic inner world where your nurturing instincts (Cancer) are expressed through quick, decisive action (Aries). This can make you a passionate and proactive individual, but it can also lead to emotional volatility or impatience when things don't move at your desired pace.

Your Moon receives an aspect from Rahu, which can amplify emotional responses and occasionally lead to periods of anxiety or mental restlessness. It may create unusual thoughts or worries that you must learn to observe without attachment. The presence of a cancelled Kemadruma Dosha suggests that while you are self-reliant, you might sometimes feel a subtle sense of emotional isolation, making connection with trusted loved ones very important for your mental peace.

Your intellectual mind, governed by Mercury, is exceptionally sharp as it is exalted in Virgo. This gives you a powerful ability to analyze situations and solve problems. However, Mercury is in a challenging 6/8 relationship with your Moon. This can create a conflict between your emotional heart (Moon) and your logical brain (Mercury). You might feel something intuitively but try to reason it away, or vice-versa, creating internal stress. Learning to integrate your sharp intellect with your deep intuition is a key life path for you. Your 4th house lord, Venus, is debilitated, further emphasizing that cultivating inner peace is a conscious practice for you, not a given.

Guidance for Harmonious Living: Diet, Lifestyle, and Physical Activity

Based on your unique astrological constitution, which appears to be a blend of the watery (Kapha) and fiery (Pitta) elements, certain lifestyle choices can promote greater harmony and health.

Dietary Habits: Your Cancer Ascendant benefits from nourishing, comforting foods. However, the influence of the fiery Sun and Moon in Aries suggests a need to balance this with a diet that is not overly heavy, spicy, or acidic. Favor cooling foods like cucumbers, leafy greens, and sweet fruits to pacify the inner fire (Pitta). Reducing excess salt and dairy can help manage the water retention tendencies of Kapha. A diet that is both nourishing and light is ideal for you.

Lifestyle Choices: Routine is your friend. The sensitivity of your Ascendant thrives on predictability, which helps soothe the restlessness of your Aries Moon and Rahu's influence. A regular sleep schedule is particularly important given the Mars-Ketu placement in the 12th house of rest. Creating a calm and harmonious home environment is crucial for you to recharge, as indicated by your 4th house lord's condition.

Physical Activity: You need an outlet for the fiery energy of your Mars and Moon. However, overly competitive or aggressive sports might heighten your Pitta element. Activities that combine disciplined movement with a calming effect, such as swimming (appealing to your watery nature), martial arts practiced with a focus on form, or vigorous yoga, would be highly beneficial. These help to channel your energy constructively while calming your nervous system.

Long-Term Health Rhythms: Influence of Major Planetary Periods (Dashas)

Your life unfolds in chapters, each governed by a specific planet. Understanding these major periods (Maha Dashas) helps in navigating long-term health trends.

You are currently in the Maha Dasha of Mars, which began in June 2021 and will continue until June 2028. Mars is a very powerful planet for you, ruling your career and creativity. However, its placement in the 12th house of expenditure and loss, along with Ketu, makes this a period where you must be vigilant about your energy levels. It is a time of great ambition, but also one where the risk of burnout, accidents, or inflammatory issues is heightened. Your energy is a precious resource that needs to be managed wisely during these years.

As of today, August 15, 2025, you are in the sub-period (Antardasha) of Mercury within the Mars Maha Dasha. This period lasts until December 2025. With Mercury ruling your 12th house of loss and being placed in the 3rd house of efforts, this phase can bring nervous tension and a feeling of working very hard with potentially draining results. It's a time to be mindful of communication-related stress and its impact on your nervous system.

Looking ahead, the Maha Dasha of Rahu will operate from 2028 to 2046. As Rahu is natively placed in your 6th house of disease, this will be a significant 18-year period where proactive health management will be of paramount importance. This is not a cause for alarm, but a cosmic signal to make health and well-being a top priority through disciplined routines and diet. Following this, the benevolent Jupiter's Maha Dasha will bring a period of ease, recovery, and wisdom.

Awareness and Caution: Tendencies Towards Accidents or Injuries

Your birth chart does show a combination that calls for a higher degree of mindfulness regarding accidents or injuries. The planet of action and accidents, Mars, is conjunct with the planet of sudden events and cuts, Ketu, in your 12th house. This placement can indicate a vulnerability to sudden incidents, injuries, or even the need for surgery that may arise unexpectedly.

This is particularly relevant during your current Mars Maha Dasha, and will be especially so during the sub-periods of Mars and Ketu. The key here is not fear, but awareness. It is wise for you to be extra cautious when handling sharp objects, machinery, or while driving. Avoiding unnecessary risks and cultivating a calm, focused state of mind can significantly mitigate this potential. This astrological signature is an encouragement to practice mindfulness in all your physical activities.

Your Inner Healer: Astrological Strengths Supporting Recovery and Well-being

Your chart is blessed with several powerful placements that act as an "inner healer," supporting recovery and helping you maintain good health over the long term.

A Powerful Sun: Your Sun, strong in its own sign of Leo, is your greatest source of vitality. This confers a strong constitution and the inherent life force to fight off ailments effectively.

Sasa Yoga: Your Saturn is exceptionally strong, being in its own sign of Capricorn in a Kendra (angular house). This forms a powerful combination known as Sasa Yoga. It bestows immense discipline, endurance, and the capacity to withstand and overcome long-term challenges, including health issues.

Exalted Mercury: Despite being combust, Mercury's exaltation gives you a superior intellect. You have the innate ability to understand complex health information, make discerning choices, and implement logical, effective wellness strategies.

Resilient Ascendant Lord: Your Ascendant lord, the Moon, is in the 10th house, a powerful Kendra. This placement gives you the strength to maintain your status and fight back against adversity, helping you to recover and bounce back from health setbacks.

Proactive Wellness: Lifestyle Adjustments and Preventative Actions

Based on your entire astrological profile, here are some proactive adjustments you can consider to support your long-term wellness and consciously build robust health.

Prioritize a Clean Diet: With Rahu in the 6th house, your system is sensitive. Consciously choosing whole, natural foods and avoiding processed items and toxins will have a disproportionately positive effect on your health.

Master Stress Management: The placement of Mars and Ketu in the 12th house makes you prone to expending energy to the point of exhaustion. Integrating stress-management techniques like meditation, deep breathing, or spending quiet time in nature is not a luxury but a necessity for you.

Embrace Disciplined Routines: Your greatest ally is your strong Saturn. Use its energy to build and stick to a consistent daily routine for sleep, meals, and exercise. This discipline will create a powerful container that supports your sensitive Cancer Ascendant and calms your fiery Aries Moon.

Regular Health Screenings: Given the potential for issues to arise suddenly (Rahu in 6th, Mars/Ketu in 12th), it would be wise to engage in regular, preventative health check-ups. This allows you to stay ahead of any potential vulnerabilities. It is always advisable to consult a qualified medical professional for any health concerns.

The Mind-Body Connection: An Astrological Perspective for Holistic Health

For you, more than for many, the mind-body connection is the central axis of your well-being. Your Cancer Ascendant ensures that your physical body acts as a direct barometer for your emotional state. Unprocessed emotions or inner turmoil will likely manifest as physical symptoms quite quickly. Conversely, when you feel emotionally secure and nurtured, your physical vitality will soar.

The core dynamic to master is the relationship between your emotionally reactive Moon in Aries and your logically astute Mercury in Virgo. There can be a tendency to react first (Moon) and analyze later (Mercury), or to over-analyze a feeling until it creates anxiety. Your path to holistic health lies in bridging this gap. Practices that encourage mindful awareness, allowing you to observe your emotional reactions without immediate judgment, can be transformative. This allows your powerful intellect to work in harmony with your intuition, making you the conscious and empowered architect of your own health and well-being.

Cosmic Cues

Cosmic Strengths

Your astrological foundation contains significant strengths that provide a powerful reservoir of vitality and resilience. Your Sun, the planet of life force, is exceptionally strong in its own sign of Leo, bestowing you with a robust constitution and a powerful immune system. Adding to this is a formidable Saturn in its own sign of Capricorn, forming a 'Sasa Yoga'. This grants you immense endurance, discipline, and the fortitude to overcome long-term challenges. Your analytical abilities are a great asset, thanks to an exalted Mercury, which allows you to make intelligent and discerning choices about your health. Furthermore, your Ascendant Lord, the Moon, is placed in a powerful angular house, giving you the resilience to bounce back from adversity.

Cosmic Weakness

Your chart also indicates areas that require conscious management. The conjunction of the fiery planets Mars and Ketu in the 12th house of hidden matters points to a vulnerability towards burnout, sudden inflammatory issues, or injuries that may require careful attention. The presence of the shadow planet Rahu in your 6th house of health suggests a lifelong sensitivity to diet and daily routines, with a tendency towards unusual or hard-to-diagnose ailments. Your planet of inner peace, Venus, is in a debilitated state, indicating that emotional contentment and a calm domestic life are things you must actively cultivate rather than take for granted. The challenging relationship between your emotional Moon and your intellectual Mercury can also be a source of internal stress.

Cosmic Opportunities

The current major planetary period of Mars, while challenging, presents a significant opportunity. As your most beneficial planet (Yogakaraka), its energy can be channeled constructively into creating a disciplined and powerful health and fitness regimen. This is an ideal time to use your drive and ambition to conquer old, unhealthy habits. Your exalted Mercury gives you the perfect tools to research and implement a lifestyle that is perfectly suited to your needs. The discipline from your strong Saturn can be harnessed to create routines that will support your health for decades to come, especially in preparation for the upcoming Rahu period.

Cosmic Threats

The primary cosmic threat revolves around the activation of challenging planetary placements through Dasha periods. The Mars-Ketu conjunction in the 12th house is a sensitive point, and its energy can manifest as sudden health issues or accidents,

especially during their specific sub-periods. The upcoming 18-year Maha Dasha of Rahu, starting in 2028, will fully activate your 6th house of disease, making proactive healthcare and a disciplined lifestyle non-negotiable during that time. Additionally, you are currently in the first phase of Sade Sati, which can increase mental and emotional pressure, indirectly affecting your physical health if not managed with mindfulness.

Recommendations

To navigate the cosmic currents effectively, a proactive and aware approach is recommended. Your life path calls for a conscious integration of your dynamic energy with mindful self-care.

Immediate Period (Until December 2025): During the current Mars-Mercury period, focus intently on managing mental and nervous energy. Communication at work may feel stressful, find healthy outlets like journaling or talking with a trusted friend. Avoid over-analyzing and create space for mental rest to prevent exhaustion.

Mid-Term (December 2025 to May 2026): The Mars-Ketu sub-period is a critical time for mindfulness. Be extremely cautious in all physical activities to prevent accidents or injuries. This is not a time for taking risks. Channel this intense energy inward through practices like meditation or introspection. It is a powerful time for spiritual release but requires physical caution.

Long-Term (Beyond 2026): As you move through the latter part of your Mars Dasha and prepare for the Rahu Dasha in 2028, begin to solidify a disciplined wellness routine. Use your strong Saturn's influence to make healthy habits an unshakable part of your identity. Focus on a clean diet, regular exercise, and consistent sleep. Given your chart's sensitivities, establishing a relationship with a trusted healthcare professional for regular check-ups is a wise and empowering step for your long-term health journey.