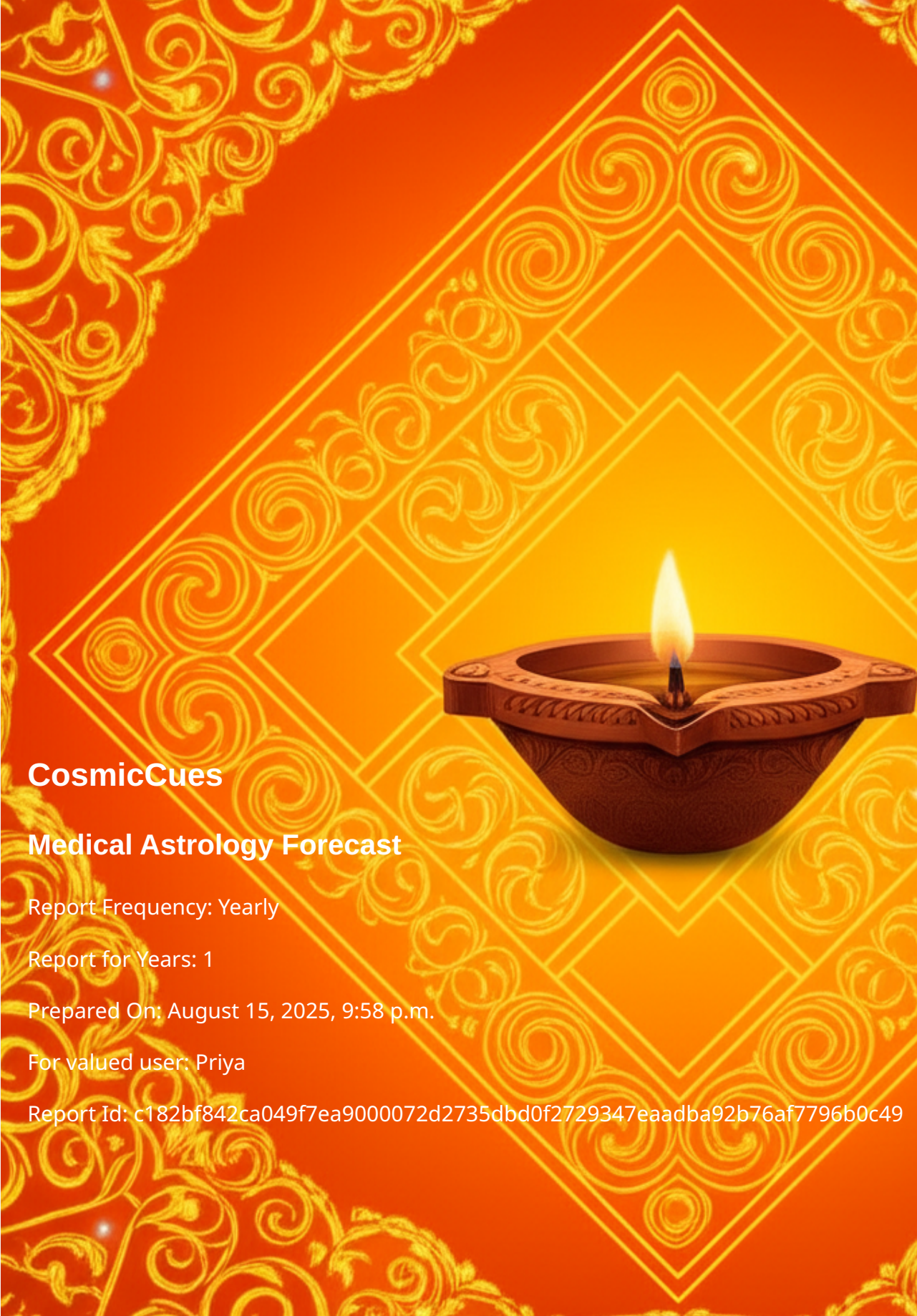




CosmicCues

Medical Astrology Forecast

Report Frequency: Yearly

Report for Years: 1

Prepared On: August 15, 2025, 9:58 p.m.

For valued user: Priya

Report Id: c182bf842ca049f7ea9000072d2735dbd0f2729347eaadba92b76af7796b0c49

Priya's Birth Details

Gender	F
Date & Time of Birth	July 18, 1982, 1:30 a.m.
Latitude	22.80
Longitude	86.20
Birth Day Sunrise	05:09:57
Birth Day Sunset	18:32:42

Birth Panchang

Vara	Ravivara
Lunar Month	Adhik Phalguna
Vedic Year	Chitrabhanu
Hora	Shukra
Tithi	Amavasya
Karana	Gara
Yoga	Vaidhriti
Rahu Kaal	06:50-08:30

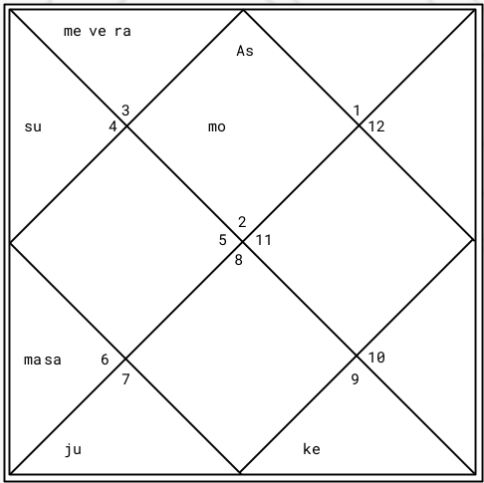
Planets In Rashis & Houses

Planet	Rashi	Degree	House
Lagna	Taurus	9.13	1
Sun	Cancer	1.31	3
Mercury	Gemini	22.57	2
Venus	Gemini	2.99	2
Mars	Virgo	27.38	5
Jupiter	Libra	7.44	6
Saturn	Virgo	22.61	5
Moon	Taurus	19.80	1
Rahu	Gemini	19.77	2
Ketu	Sagittarius	19.77	8

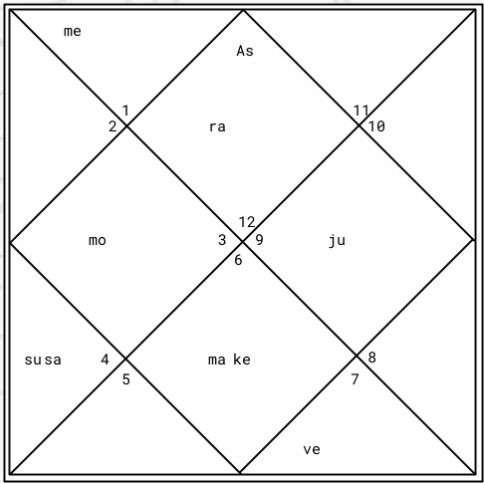
Planets In Nakshatras

Planet	Nakshatra	Pada
Lagna	Krittika	4
Sun	Punarvasu	4
Mercury	Punarvasu	1
Venus	Mrigashira	3
Mars	Chitra	2
Jupiter	Swati	1
Saturn	Hasta	4
Moon	Rohini	3
Rahu	Ardra	4
Ketu	Purva Ashadha	2

Lagna Chart



D9 Chart



Report Analysis

Your Cosmic Wellness Blueprint

Namaste. It is with sincere respect that I present this analysis of your cosmic energies. This report provides a detailed health and wellness forecast for the period of August 15, 2025, to August 15, 2026, crafted to illuminate your path toward optimal vitality and well-being.

You are currently in the major planetary period of Jupiter (Guru), which will conclude in March 2026, making this a pivotal year of transition. The overarching theme is shaped by the sub-period of Rahu. This combination suggests a time of uncovering hidden truths about your well-being, guided by Jupiter's wisdom but influenced by Rahu's tendency for sudden revelations. As the year progresses, you will transition into the major period of Saturn (Shani), initiating a new, long-term chapter focused on discipline, structure, and foundational health.

Your Health at a Glance: Key Themes and Wellness Timeline

This upcoming year presents a dynamic interplay of planetary energies. Here are the most prominent themes for your health and wellness journey:

A primary focus on managing and understanding the connection between your digestive system and overall vitality, as highlighted by planetary placements.

An opportunity to address and find solutions for underlying or chronic health matters that may surface, thanks to the wisdom-giving influence of Jupiter.

A significant shift towards building a more structured and disciplined health regimen, especially as you move into the new Saturn Mahadasha in early 2026.

Periods of enhanced emotional resilience and healing, offering windows to recharge and implement positive lifestyle changes.

Your Wellness Timeline

To help you navigate the coming year, here is a timeline highlighting key periods based on planetary influences:

August 15, 2025 – September 25, 2025: This period, under the influence of Venus, calls for mindful attention to diet and lifestyle. As your Ascendant and 6th house lord, Venus's activation puts health at the forefront. Proactive care is recommended.

November 8, 2025 – January 20, 2026: With the benevolent influence of your exalted Moon, this window is highly favorable for emotional well-being, healing, and recovery. It is an excellent time to focus on nurturing activities.

January 20, 2026 – March 12, 2026: The sub-influence of Mars suggests a need for caution to avoid inflammatory conditions or minor injuries. Channeling this energy into constructive physical activity can be beneficial.

March 13, 2026 – August 15, 2026: You will enter the major period of Saturn. This marks the beginning of a profound phase where establishing discipline, routine, and long-term health strategies will be paramount for your well-being.

Detailed Astrological Insights for Your Health Journey

Your birth chart is a sacred map of your life's potential, including your inherent physical and mental constitution. Understanding this blueprint is the first step toward proactive wellness.

Your Constitutional Blueprint: The Tripod of Life

Your core vitality is assessed through the strength of your Ascendant (Lagna), Sun, and Moon at the time of your birth. This foundation reveals your innate strengths and areas that require conscious nurturing.

The Body (Lagna): Your Ascendant is Taurus, an earth sign known for its inherent strength, stability, and stamina. This gives you a naturally robust constitution. The lord of your Ascendant, Venus, is also the lord of your 6th house of health challenges. Its placement in the 2nd house suggests a strong link between your well-being, diet, and speech. A great source of strength in your chart is the presence of the Moon in your 1st house.

Vitality (Sun): Your Sun is well-placed in the sign of Cancer, indicating a nurturing life force and good vitality. Its placement in the 3rd house bestows courage and the willpower to overcome health obstacles. This position supports your inherent life energy and resilience.

The Mind (Moon): Your greatest constitutional asset is your Moon, which is exalted in your Ascendant sign of Taurus. This is an exceptionally favorable placement, bestowing immense emotional strength, mental peace, and a resilient mindset. This acts as a powerful shield, helping you navigate life's challenges with grace and stability. Your predominant Ayurvedic constitution appears to be a blend of Kapha (earth and water) and Vata (air), suggesting a need for balancing stability with lightness and warmth in your diet and lifestyle.

The Unfolding Karma: Your Dasha's Influence on Health

Planetary periods, or Dashas, activate the promises of your birth chart. They explain the "why" behind the health trends you experience over time.

You will spend the majority of this forecast period in the Mahadasha of Jupiter and the Antardasha of Rahu. Jupiter, in your chart, is the lord of the 8th house of chronic conditions and is placed in the 6th house of acute ailments. This significant connection activates a deep theme of health awareness, encouraging you to address and manage your well-being proactively. As a natural benefic, Jupiter provides the wisdom and resources to find effective solutions.

Rahu, the sub-period lord, is known for bringing sudden, unexpected, or amplified results. It is positioned with your Ascendant lord Venus, further emphasizing health. This Jupiter-Rahu combination can bring underlying health matters to the surface, not to cause distress, but to allow for healing and resolution. An analysis of the divisional charts for health (the D-6 and D-30) indicates that these planetary periods require a conscious and disciplined approach to wellness to navigate them smoothly.

In March 2026, you will transition into the Mahadasha of Saturn. Saturn is a powerful planet for you, and its period will usher in a new era focused on structure, discipline, and long-term health management, particularly concerning foundational aspects like bone and joint health.

The Cosmic Climate: Key Transits Shaping Your Well-being

Planetary transits act as triggers, activating the themes promised by your Dasha periods. For this year, the movements of Saturn and Jupiter are most significant.

Saturn's Transit: Saturn will be transiting through Pisces, your 11th house of gains. This is a very favorable transit, suggesting that your efforts towards better health will yield positive results. However, from this position, Saturn will aspect your 1st house (your physical body and mind) and your 8th house (longevity and chronic issues). This influence encourages you to adopt a more disciplined and serious approach to your health routines and may bring awareness to long-standing patterns that need to be addressed.

Jupiter's Transit: For most of this period, Jupiter will transit through Gemini, your 2nd house. This transit will pass over your natal Venus and Rahu, highlighting matters of diet and lifestyle. Importantly, Jupiter will aspect its own natal position in your 6th house of health and your 8th house. This is a blessing, as it brings opportunities for healing, finding the right medical advice, and gaining a deeper understanding of your body's needs.

Rahu/Ketu Transit: The nodes will be transiting your 10th house (career) and 4th house (home, inner peace). Ketu's transit through your 4th house may create a desire

for introspection and peace at home. It is a good time to focus on creating a serene environment that supports your emotional well-being.

Your Proactive Health Focus for 2025-2026

This section synthesizes all the astrological factors to provide a focused look at specific areas of your well-being for the coming year.

Overall Physical Vitality, Stamina, and Immunity

Your innate vitality is strong, but your energy levels may fluctuate this year. The period under the Moon's influence (November 2025 – January 2026) promises a boost in energy and feelings of well-being. During the Dasha transition around March 2026, it is important to listen to your body and prioritize rest, as major planetary shifts can be temporarily draining. Building a consistent routine will be key to maintaining steady energy levels as you enter the Saturn Mahadasha.

General Mental and Emotional Well-being

Your exalted Moon is a beacon of emotional strength, providing you with a calm and resilient mind. You are naturally equipped to handle stress well. However, Saturn's transit aspecting your natal Moon can introduce a more serious or contemplative tone to your thoughts. It is a time for mature reflection rather than worry. Ketu's transit through your 4th house also encourages practices like meditation or spending quiet time in nature to maintain your inner equilibrium.

Potential Health Vulnerabilities and Systems to Nurture

Your chart points to a few areas that would benefit from extra care and attention during this period. The activation of the 6th and 8th houses by your Jupiter Mahadasha suggests a focus on systems governed by Jupiter and Venus. This includes the digestive system, liver, and hormonal balance. Maintaining a balanced diet and regular exercise will be particularly supportive.

Rahu's influence in the 2nd house highlights the throat and dietary habits, suggesting a need to be mindful of what you consume. The conjunction of Mars and Saturn in your 5th house points towards the importance of nurturing your digestive fire (Agni). Simple, well-cooked meals can be very beneficial.

It is important to remember that astrology offers insight into potential predispositions, not medical diagnoses. For any health concerns, it is always essential to consult with a qualified healthcare professional.

Potential for Injuries or Accidents

The period from January 20, 2026, to March 12, 2026, is under the sub-influence of Mars. During this time, it would be wise to be extra mindful and aware in your daily activities, particularly when handling sharp objects or driving, to prevent minor cuts, inflammation, or injuries. Practicing mindfulness and avoiding haste will be your best protection.

Cosmic Cues: Your Health SWOT Analysis

This summary provides a strategic overview of the cosmic forces at play, framed as your personal Strengths, Weaknesses, Opportunities, and Threats for health and wellness over the next year.

Cosmic Strengths

Your greatest inherent strength is the exalted Moon positioned in your Ascendant. This powerful placement blesses you with exceptional mental and emotional resilience, a strong constitution, and an innate ability to heal and recover. Your well-placed Sun also grants you robust vitality and the inner strength to overcome challenges. These are your foundational pillars of wellness.

Cosmic Weaknesses

The primary area for awareness is the activation of houses related to health challenges. Your current Mahadasha lord, Jupiter, is the ruler of the 8th house (chronic conditions) and is placed in the 6th house (acute illness). Furthermore, your Ascendant lord, Venus, also rules the 6th house and is conjunct with the unpredictable planet Rahu. This configuration suggests a predisposition to health matters that require consistent and mindful management.

Cosmic Opportunities

Jupiter's benevolent transit and its aspects to your houses of health present a golden opportunity to find the right solutions, treatments, and expert advice for any concerns that may arise. This is a period for gaining profound wisdom about your body. The start of Saturn's Mahadasha in March 2026 is a powerful opportunity to build new, disciplined, and lasting health habits that will serve you for many years to come.

Cosmic Threats

The main challenge, or "threat," lies in the nature of the Jupiter-Rahu Dasha period, which can sometimes bring underlying health issues to the surface unexpectedly. The key is to view these revelations not as threats, but as calls to action. The Dasha transition period

from Jupiter to Saturn around March 2026 can also be a time of flux, requiring extra rest and self-care to navigate smoothly.

Strategic Guidance: Your Proactive Health Roadmap

Here are actionable recommendations to help you align with the cosmic energies of the year, turning awareness into empowered choices.

Cosmic Green Lights: Favorable Windows for Health Initiatives

November 8, 2025 – January 20, 2026: With your protective Moon influencing this period, this is an ideal time to begin a new wellness program, explore healing therapies, or focus on rejuvenation. Your efforts are likely to yield maximum benefit and contribute to your emotional and physical well-being.

June 1, 2026 – August 15, 2026: As transiting Jupiter moves into a more favorable position, you may find a renewed sense of energy and optimism. This is a supportive time to consult with a nutritionist or fitness expert to enhance your vitality.

Cosmic Amber Lights: Periods for Caution, Rest, and Care

August 15, 2025 – September 25, 2025: During this sub-period of Venus, your body may be more sensitive. Prioritizing a clean diet, avoiding over-exertion, and being proactive with routine health check-ups will be key to navigating this phase smoothly.

January 20, 2026 – March 12, 2026: Mars's influence may lower your threshold for inflammation. It is a good time to be gentle with your body, avoid excessively spicy foods, and practice mindfulness to prevent minor accidents.

February to April 2026: The transition between the major periods of Jupiter and Saturn can feel like a significant shift. Your energy may be directed towards internal changes. It is crucial during this time to ensure you get adequate rest and avoid taking on new, stressful commitments.

Astrologically-Guided Lifestyle Recommendations

To harmonize with the planetary energies, consider incorporating the following into your lifestyle:

1. **Embrace Routine:** As you move towards your Saturn Mahadasha, your system will respond very positively to structure. A consistent schedule for meals, sleep, and exercise will create a strong foundation for health.
2. **Nourish Your Body:** Given the emphasis on the 2nd, 5th, and 6th houses, a diet that is easy to digest and supportive of your liver and hormonal systems is recommended. Focus on warm, cooked foods and consider reducing heavy, sweet, or processed items.

3. **Mindful Movement:** Your earthy constitution benefits from regular movement to prevent stagnation. Practices like yoga, tai chi, or consistent walking are excellent choices to maintain flexibility and energy flow.

4. **Proactive Check-ups:** Given the nature of the current Dasha, it is wise to be proactive with your health. Regular consultations with your doctor can provide peace of mind and ensure any issues are addressed early.

This year is a significant one for your well-being, offering profound opportunities for healing and growth. By embracing awareness and taking proactive steps, you can build a stronger, healthier foundation for the future.

May the cosmic light guide you to a year of profound wellness, vitality, and peace. Blessings to you.

