

## Health & Vitality Report

Sunita Kulkarni · 1984-04-12 07:45 · Pune, Maharashtra  
12 Sep 2026, 10:38 AM

### Section A: Foundation Calculations

#### Basic Details

|                 |                   |
|-----------------|-------------------|
| Name            | Sunita Kulkarni   |
| Date of Birth   | 1984-04-12        |
| Time of Birth   | 07:45             |
| Place of Birth  | Pune, Maharashtra |
| Gender          | female            |
| Report Language | EN                |

#### Traditional Booklet Details

|           |             |
|-----------|-------------|
| Tithi     | Ashtami     |
| Nakshatra | Mula Pada 2 |
| Yoga      | Vyatipata   |
| Karana    | Balava      |

#### Auspicious Elements

|           |                    |
|-----------|--------------------|
| Lucky Gem | Diamond (Heera)    |
| Color     | White, Pink, Cream |
| Day       | Tuesday, Sunday    |
| Deity     | Lord Ganesha       |

#### Favourable Points

|                |                     |
|----------------|---------------------|
| Good Numbers   | 1, 3, 4, 5, 7, 9    |
| Friendly Signs | Aries, Leo, Scorpio |
| Good Planets   | Mars, Moon, Sun     |
| Lucky Metal    | Gold                |

#### Health & Vitality Scorecard

| Metric              | Score |
|---------------------|-------|
| Overall Health      | 79%   |
| Physical Vitality   | 81%   |
| Mental Wellness     | 77%   |
| Physical Strength   | 84%   |
| Recovery Rate       | 81%   |
| Longevity Indicator | 92%   |

**Your Ascendant (Lagna details)**

Your Lagna (Ascendant) is Aquarius, governed by the lord Saturn. In Vedic Astrology, the Lagna represents your physical body, appearance, and innate immune system. A strong Lagna lord indicates general endurance, high stamina, and quick recovery from ailments. Since your Lagna is Aquarius, you possess a natural constitution that is highly adaptive.

**Nakshatra Phal**

The Moon's Nakshatra governs your subconscious emotional stability and physical stamina. Mindful sleep hygiene and routine exercise will support your Nakshatra's natural configuration.

**Planetary Combustion & Planetary Retrograde**

| Planet | Condition  | Calculation     |
|--------|------------|-----------------|
| Venus  | Retrograde | -0.0115 deg/day |
| Saturn | Retrograde | -0.0110 deg/day |
| Rahu   | Retrograde | -0.0057 deg/day |
| Pluto  | Retrograde | -0.0193 deg/day |
| Ketu   | Retrograde | -0.0057 deg/day |

**Birth Analysis**

Vedic analysis suggests maintaining balanced lifestyle parameters aligned with your chart's ascendant elements.

Section B: Detailed Astrological Analysis

Trika House Health Assessment

| House      | Significance                                                                       |
|------------|------------------------------------------------------------------------------------|
| 6th House  | Governs immune responses, lifestyle vulnerabilities, and daily stress management.  |
| 8th House  | Governs cellular regeneration, resilience against chronic ailments, and longevity. |
| 12th House | Governs sleep hygiene, mental peace, subconscious healing, and rest.               |

Current Dasha Health Impact

Your current Vimshottari period is ruled by Ketu Mahadasha and Saturn Antardasha. The elemental signature of Ketu governs your digestive fire, physical stamina, and energy patterns. Transitioning periods require mindful routines to maintain robust immunity.

Ayurvedic Dosha Profile

| Dosha | Percentage |
|-------|------------|
| Vata  | 40%        |
| Pitta | 40%        |
| Kapha | 20%        |

### ⚠️ Vulnerabilities & Cautions

Align exercise patterns with your dominant Dosha. Integrate yoga, meditation, and structured sleep hygiene to manage stress. Prioritize digestive fire health.

### ✓ Personalized Vedic Remedies

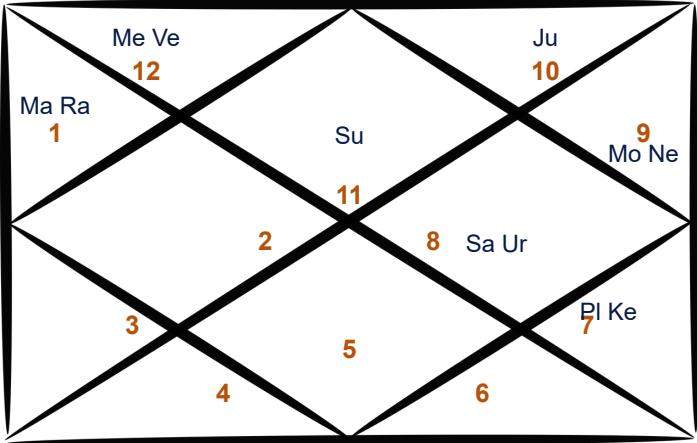
Days ruled by your Ascendant lord and Jupiter (e.g., Tuesdays, Thursdays, and Sundays) are highly favorable for initiating new health regimens. Beneficial gemstones can help balance planetary transitions.

#### Gemstone Recommendations:

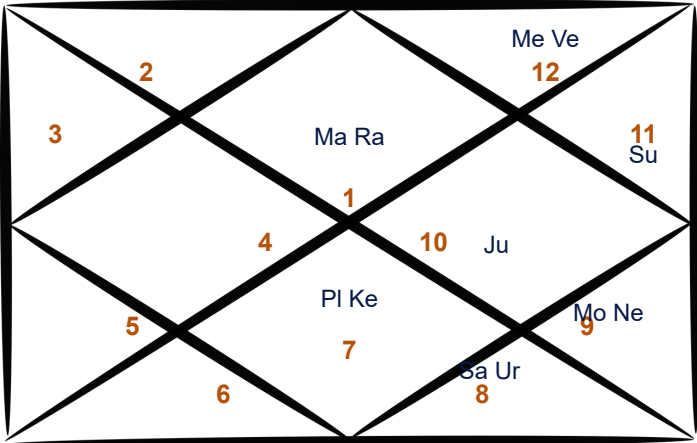
**Allowed Gemstones:** Blue Sapphire (for Saturn), Emerald (for Mercury), Diamond (for Venus),

Section C: Divisional Charts Analysis

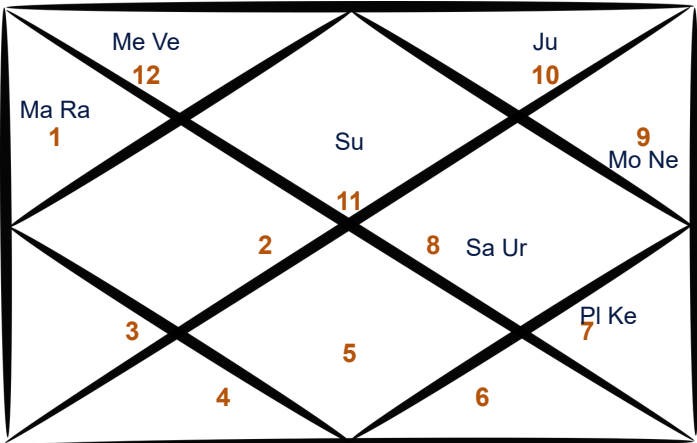
Birth Chart (D1) · Ascendant: Aquarius



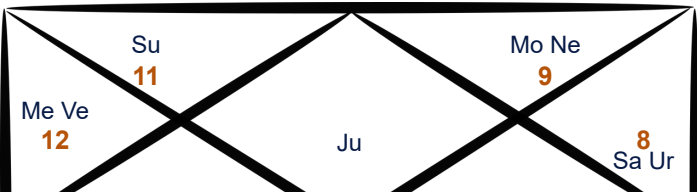
Drekkana Chart (D3) · D3 Lagna: Aries

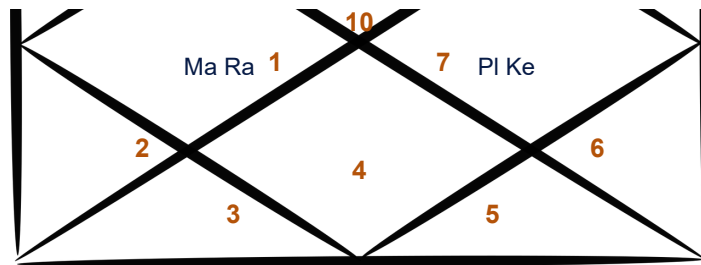


Navamsha Chart (D9) · D9 Lagna: Libra



Trishamsa Chart (D30) · D30 Lagna: Cancer





**Disclaimer:** This Health & Vitality Report is based on Vedic astrological principles and is intended solely for wellness, guidance, and lifestyle optimization. It does not constitute medical advice, diagnosis, or treatment. Always consult a qualified physician or healthcare provider for any medical concerns or conditions.