

# *Health Report*

## *Chronic Disease Solutions*

*(Sample)*

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### **Reyansh Sapra**

Male, 04/\*\*/\*\*, 16:\*\*:40, C\*\*\*\*, P\*\*\*\*, India

Dear Reyansh,

Thank you for choosing Future Point. We have compiled all the information sent by you and prepared a detailed report, along with an answer to the question sent in by you. The accuracy of the predictions is directly proportional to the accuracy of the birth details provided by you. Your future is dictated by stars, but you have a role to play too. Keep thriving ahead in life. We hope our analysis helps you come out of some of the problems that you are currently facing in your life.

Blessings

Dr. Arun Bansal

## **Your Rising Sign/ Lagna**

In Vedic Astrology, the first house in the birth chart is known as Lagna or Rising Sign. It denotes the basic characteristic of the native. The ascendant describes one's personality traits and features, along with the physical attributes and beauty. Born in the Virgo Lagna, you have an air of mystery around you. You like your life to be simple and yet have all the luxuries. Being a Virgo you are a born perfectionist and you enjoy to spend time with nature. Your quality of doing work that's par excellence is true to your substance yet unique to you. When changes happen or things do not go your way, you get anxious and start thinking the worst.

However, you have a strong personality and it shines when you interact with others. You aren't afraid of voicing your opinions, but apprehensive if the others will consider it or not. A family person inside out, you enjoy the company of your family and cousins. A person so deeply rooted in the family would care less if they have friends or not, and that is exactly how you are. You have entwined your entire life around your family with no regrets whatsoever.

## **Your Horoscope and Health**

The most important part of having sound health is maintaining good eating habits. You enjoy your luxuries and materialistic comforts just like the other person, but for you, this entails splurging on restaurants and going out to eat. You treat this as your cheat days but never understand the true meaning of this. As per your birth chart analysis, you are highly likely to attract digestive disorders and stomach ailments. With time you will start showing the symptoms of gastritis and periodic stomach aches. However, you will be ignorant of the

problem because you hate overthinking, which is the only thing that you do after being a perfectionist. The lack of iron in your body can result in afflicted RBC's which might result in an anaemic condition. Also, the deficiency of Folic Acid and Vitamin B is majorly responsible for harbouring in the anaemia.

You enjoy trying out new dishes and cuisines. And are always ready to travel above and beyond to visit your favourite restaurant or a new place that just opened. This is ironic because your appetite is way too small to be spending so much time on choosing a restaurant.

Apart from food, you also have a habit of procrastinating and enjoying your leisure time. However, when you are determined about achieving something- you move heaven and earth to achieve what you want. Your never die attitude is crucial to maintaining good health.

## **Crucial Transit Periods affecting your Health**

Your 6th house, the house of diseases predicts that you will have stomach related ailments if you do not take care of yourself in a proper manner. Diarrhoea, dysentery, or aches will be normal due to gastric issues your house prophesizes. However, it is not something big and can be dealt with easily. You can go for early morning walks and brisk evening jogs to keep yourself in shape and you will be in high spirits the entire day.

You will be able to get away from your diseases and problems as soon as you have decided to eat healthily and work out well. The trikon places in your birth chart are empty, which implies that there is a high probability of you getting anaemia. Your digestive system is also affected by the malefic stature of planets which solidifies the notion that there might be chances of anaemia or blood disorders. This will be a chronic ailment due to the severity of the situation according to your planetary alignments.

## Your Question:

**I have a severely bad digestion problem along with pale skin and lethargy. This has been going on for about 2 years and I have tried everything. Can astrology help me find a solution?**

As per your birth chart, Virgo is posited in your 6th House, i.e. the house of diseases. In such a case you will have troubles related to your stomach, as stated by you in your question. You will be susceptible to stomach ailments and diarrhoea problems. This would continue till the time you start paying attention to your eating habits and mend your schedule.

However, Jupiter is aspecting your 6th house, which proves to be giving off a positive vibration to your health. This means that you can probably heave a sigh of relief and enjoy your life as the next transit comes. In case you want to enjoy spicy food or food that is a once in a while temptation you can take your chance but after following the remedies that are prescribed to you. In your life, you like to take things slow and enjoy every moment.

Inculcate the habit of going for a jog in the morning or taking a light walk with your dog every evening. Taking small steps towards ensuring good health will matter in the long run. Once you develop the habit of enjoying these small walks and jogs, you can go for full-fledged runs and laps. Make working out fun and take this as a challenge- your perfectionist streak will outshine in the period and help you attain the health that you dream of. In order to enjoy food that you want to eat, first, develop a habit of eating healthy and eating fresh. This would help you stay fit and in shape, thus bringing you a step closer to your aim. Also, you complained about having plain skin and always being tired. This is another reason for you to worry. According to your birth chart, you might have a chronic ailment of anaemia due to the vacant trikona places in your birth chart. Since you have a malefic Sun presence as well, this disease is

a long term ailment and you will have to work hard in order to get rid of it.

**In a nutshell, you need to start working out and eating healthy in order to prepare your stomach to be strong and your immunity as good as new. The period from July 2019 will be excellent for you as you will start seeing results and this would encourage you to go a step further. This period will also be the beginning of the time when you will stop facing this trouble and enjoy your life as per usual.**

## **Remedies**

- To treat anaemia, wear an Iron Kara.
- Donate sweets to the needy and poor.
- Wear Coral Gemstone or Yellow Sapphire.
- Wear Gold jewellery, even a single piece would suffice.
- Take shower daily and offer your prayers to the almighty.
- Keep a piece of silver in your pocket at all times.

## **Blessings**

**Dr. Arun Bansal**

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## *Disclaimer*

The calculations and conclusions reached in this report are strictly based on the reading of the natal chart by the expert astrologer based on the birth details provided by you. The above report is not to be used as legal proof. The actual report may vary a bit from the sample report based on the query stated by you.