

GRAHAVEDANT COMMERCIAL REPORT

Wellness Blueprint

Vedic Health Patterns, Ayurvedic Constitution Tendency, Sleep & Stress Diagnosis and
Remedial Guidelines

Shubh

Labh



Om Gam Ganapataye Namah

Om Shri Ganeshaya Namah

May Lord Ganesha bless this reading with clarity and truth

Client Profile

Full Name	Rahul
Gender	Male
Date of Birth	2000-11-22
Time of Birth	21:09
Place of Birth	Odisha, India
Lagna Sign	Cancer Lagna
Moon Sign	Virgo (Chitra)
Current Dasha	Jupiter-Saturn
Report Date	29/06/2026

Important Disclaimer

This report is based on Vedic astrology, Ayurveda-inspired lifestyle principles, yoga, and traditional wellness symbolism. It is intended only for self-awareness, lifestyle reflection, and preventive guidance. It is not a medical diagnosis, treatment plan, prescription, or substitute for advice from a qualified doctor, nutritionist, psychologist, or healthcare professional. For any existing symptoms, chronic illness, medication, pregnancy-related concern, mental health issue, or emergency condition, please consult a qualified medical practitioner.

Executive Summary

This Wellness Blueprint is generated from Cancer Lagna, Virgo Moon in Chitra, the actual planetary house pattern and the running Jupiter-Saturn period. Emotional climate, food and sleep strongly influence the body. Hydration, home rhythm, emotional boundaries and digestive comfort deserve priority. The mind scans details and imperfections; worry, analysis and food-sleep tracking can either heal or become excessive. Chitra seeks refinement and strong results; perfectionism, heat and over-designing the routine can create tension. Therefore, the priority areas are irregular digestive fire / nervous agni, uncertainty and future-anxiety stress and disturbed or fragmented sleep sensitivity. This is a client-specific preventive lifestyle reading, not a generic medical diagnosis.

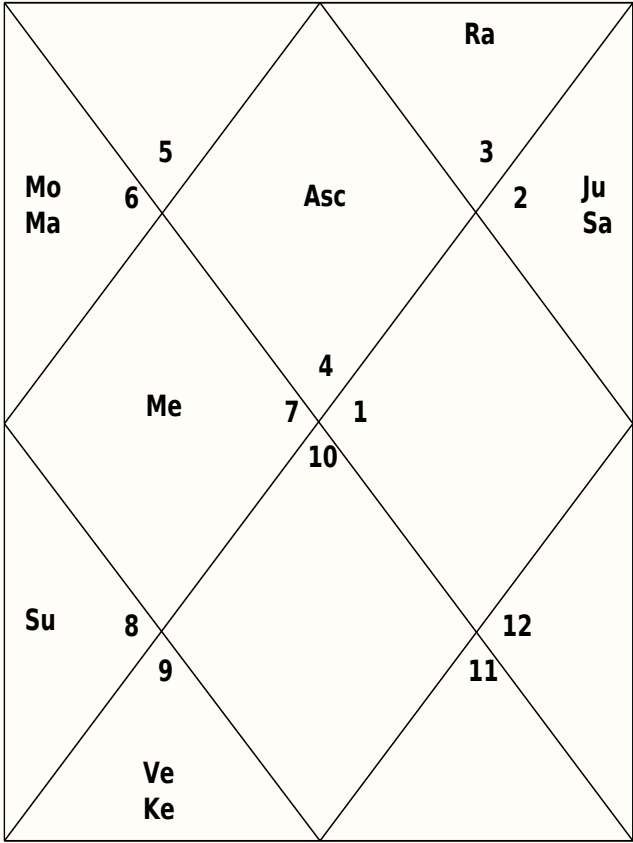
Assessment Area	Identified Pattern / Tendency
Ayurvedic Constitution	Vata-Kapha · Cancer Lagna / Virgo Moon
Digestive Fire (Agni)	Irregular digestive fire / nervous agni
Stress Decompression	Uncertainty and future-anxiety stress
Sleep & Recovery	Disturbed or fragmented sleep sensitivity

Astrological Foundation

The calculations and planetary charts are generated from the following core parameters:

Lagna	Cancer Lagna ruled by Moon
Moon	Virgo Moon in Chitra nakshatra
Current Dasha	Jupiter-Saturn

D1 Rasi Chart (Birth Chart)



Planetary Placement Summary

Planet	Sign	House	Degree	Strength	Afflicted
Sun	Scorpio	5	6°	Normal	No
Moon	Virgo	3	27°	Normal	Yes
Mars	Virgo	3	17°	Normal	No
Mercury	Libra	4	19°	Normal	No
Jupiter	Taurus	11	13°	Normal	Yes
Venus	Sagittarius	6	17°	Normal	Yes
Saturn	Taurus	11	3°	Normal	No
Rahu	Gemini	12	23°	Normal	No
Ketu	Sagittarius	6	23°	Normal	No

Ayurvedic Constitution (Prakriti)

Primary Constitutional Blend: Vata-Kapha · Cancer Lagna / Virgo Moon

Cancer Lagna and Virgo Moon create a Vata-Kapha lifestyle pattern. The main preventive theme is managing irregularity, nervous stimulation and disrupted rhythm while also controlling heaviness, comfort-seeking, fluid retention and low movement.

Constitution Breakdown Ratio

Vata Score	Pitta Score	Kapha Score
41%	26%	33%

Why this pattern was selected (Chart Evidence)

- Cancer Lagna contributes a Kapha constitutional tendency.
- Virgo Moon contributes a Vata psycho-physical tendency.
- Virgo Moon contributes a Pitta psycho-physical tendency.
- Mars joined with Moon increases heat, urgency and emotional reactivity.
- Afflicted or weak Lagna lord increases variability and lifestyle reactivity.
- Moon sensitivity increases nervous and sleep-related variability.
- Moon, the Lagna lord, contributes its natural Kapha quality.
- Cancer Lagna contributes a Vata constitutional tendency.

Personal Wellness Priority Map

These priorities are compiled based on elements showing imbalance or high sensitivity in your birth chart.

Chart Factors to Balance

- Moon in house 3 (Virgo) needs extra balance
- Mars in house 3 (Virgo)
- Mercury in house 4 (Libra)
- Jupiter in house 11 (Taurus) needs extra balance
- Venus in house 6 (Sagittarius) needs extra balance
- Saturn in house 11 (Taurus)

Daily Risk Controls

- Irregular fasting
- Cold/raw food excess
- Very dry snacks
- Late meals
- No work planning in bed
- Consult a doctor for persistent symptoms

Morning Protection

- Wake and sleep at nearly the same time daily
- Start with warm water and 5-10 minutes calm breathing
- Do not skip breakfast if hunger is present

Food Discipline

- Warm cooked food
- Fixed meal timing
- Soups, khichdi, soft grains, lightly cooked vegetables
- Healthy oils in moderation
- Keep a fixed meal window

Personalized Lifestyle Reading

Reflecting on your physical tendencies, emotional climate, and daily routines:

Body-Mind Pattern

Cancer Lagna: Emotional climate, food and sleep strongly influence the body. Hydration, home rhythm, emotional boundaries and digestive comfort deserve priority.

Virgo Moon in Chitra: The mind scans details and imperfections; worry, analysis and food-sleep tracking can either heal or become excessive. Chitra seeks refinement and strong results; perfectionism, heat and over-designing the routine can create tension.

Digestion & Food Behaviour

Irregular digestive fire / nervous agni means the digestive system benefits more from regularity than from extreme dieting. The safest correction is fixed meal timing, cooked food, and reducing late-night food load.

The 5th-house digestion/fire zone is influenced by Sun. This supports careful handling of acidity, hunger rhythm, food experimentation, and emotional eating.

Food priority: Warm cooked food, Fixed meal timing, Soups, khichdi, soft grains, lightly cooked vegetables, Healthy oils in moderation.

Stress Handling

Uncertainty and future-anxiety stress shows that the client should not rely only on thinking to solve stress. The chart responds better to breath regulation, walking, weekly planning, and clear emotional boundaries.

Rahu in house 12 can increase craving for speed, novelty, screen stimulation, or future-focused anxiety. A digital sunset routine is important.

Ketu in house 6 can create inner detachment or sudden drops in interest. Consistency should be protected even when motivation fluctuates.

Sleep & Recovery

Disturbed or fragmented sleep sensitivity means sleep must be treated as a remedy, not as leftover time. The evening routine should reduce screens, heavy food, intense conversations, and work planning.

The 12th-house rest/recovery zone is influenced by Rahu. This makes solitude, spiritual quiet, and recovery time important for vitality.

Best night routine: Bhramari or Yoga Nidra, warm foot massage, quiet reading, and a consistent sleep window.

Premium Lifestyle Diagnosis

Chart-Based Health Personality

Cancer Lagna constitution: Emotional climate, food and sleep strongly influence the body. Hydration, home rhythm, emotional boundaries and digestive comfort deserve priority.

Virgo Moon in Chitra: The mind scans details and imperfections; worry, analysis and food-sleep tracking can either heal or become excessive. Chitra seeks refinement and strong results; perfectionism, heat and over-designing the routine can create tension.

The Vata side needs grounding: warmth, regular food, predictable sleep, oiling/mobility and reduction of overstimulation.

The Kapha side needs movement and lightness: early routine, brisk walking, strength training, light dinner and reduced comfort eating.

Dasha Wellness Window

Current wellness window: Jupiter-Saturn. This does not predict disease; it shows which lifestyle discipline is most important during the running period.

Mahadasha: Jupiter period highlights growth, sugar/fat/liver symbolism, wisdom and rest. The remedy is moderation, walking, light dinner and spiritual study.

Antardasha: Saturn period highlights chronic discipline, bones/joints/dryness symbolism, responsibility and delayed recovery. The remedy is consistency, walking, strength and patience.

Because Kapha is active, the dasha advice should not become passive. Movement, early routine and light dinner are non-negotiable.

Because Vata is active, avoid sudden extreme diets, sleep disruption or excessive travel/screen stimulation during this period.

Planet-Specific Sensitive Body Zones

Chart Factor	Lifestyle Meaning	Preventive Action
5th house / agni: Sun in Scorpio	Digestive fire, hunger rhythm, acidity tendency, emotional eating and gut-brain response.	Use cooked food, fixed meal window, post-meal walk and reduced late-night food load.

Chart Factor	Lifestyle Meaning	Preventive Action
6th house / routine stress: Venus in Sagittarius, Ketu in Sagittarius	Daily imbalance, lifestyle disorder tendency, immunity rhythm and work stress.	Use prevention by routine: movement, hydration, measured workload and medical checks for persistent symptoms.
11th house / recovery-social field: Jupiter in Taurus, Saturn in Taurus	Gains, social network, screen/community stimulation and recovery through support.	Keep social media and late-night group stimulation controlled; choose uplifting community.
12th house / sleep-recovery: Rahu in Gemini	Sleep, withdrawal, isolation, hospital/rest symbolism and deep recovery.	Protect sleep as medicine: quiet room, spiritual calm, no heavy dinner or work planning in bed.

Premium Action Prescriptions & Imbalance Analysis

Premium Action Prescriptions

Area	Prescription	Why it matters
Morning anchor	Wake within the same 45-minute window, drink warm water, take sunlight and do 5-10 minutes calm breathing.	This stabilizes Lagna, Moon and nervous-digestive rhythm before the day becomes reactive.
Food anchor	Warm cooked food, Fixed meal timing, Soups, khichdi, soft grains, lightly cooked vegetables, Healthy oils in moderation	Irregular agni improves more from predictability than from diet control.
Movement anchor	Walking, Gentle strength training, Mobility and stretching, Slow yoga	Movement prevents heaviness, comfort eating and sluggish recovery.
Evening shutdown	Digital sunset, no work planning in bed, light dinner, Bhramari/Yoga Nidra or quiet reading.	Disturbed or fragmented sleep sensitivity improves when the mind is cooled before sleep and recovery is protected.
Weekly correction	Review sleep, digestion, mood, cravings and energy once a week; adjust routine before symptoms become strong.	This turns astrology guidance into preventive lifestyle tracking rather than fear-based prediction.

Agni & Digestion Deep Dive

Digestive Fire Pattern: Irregular digestive fire / nervous agni

- Reduce excess chili, fried food, very sour food, late-night meals, and overtraining.
- Keep fixed meal timings and prefer warm cooked food over cold/raw food.
- This is lifestyle guidance only; persistent symptoms should be checked with a qualified doctor.

Mental & Rest Patterns Analysis

Stress & Mental Decompression

Stress Pattern: Uncertainty and future-anxiety stress

- Use journaling, digital detox, and Anulom Vilom to reduce mental loops.
- Protect emotional boundaries and avoid intense conversations before sleep.
- Release heat through controlled exercise, walking, and cooling breathwork.
- Use weekly planning and realistic responsibility limits.
- Avoid obsession, doom-scrolling, and sudden lifestyle experiments.

Sleep & Rest Patterns

Sleep Characteristics: Disturbed or fragmented sleep sensitivity

- Keep a fixed sleep window and avoid work planning in bed.
- Use Bhramari, Yoga Nidra, and warm foot massage before sleep.
- Stop screens and astrology/work research at least 45 minutes before bed.

Nutritional Food Guide

Recommended / Favourable Foods

- Warm cooked food
- Fixed meal timing
- Soups, khichdi, soft grains, lightly cooked vegetables
- Healthy oils in moderation
- Light warm meals
- Spices in moderation
- Early breakfast or light breakfast based on hunger
- Protein-rich balanced meals
- Same meal window daily
- Warm water routine

Reduce or Avoid

- Irregular fasting
- Cold/raw food excess
- Very dry snacks
- Late meals
- Heavy dinner
- Excess sweets
- Frequent dairy desserts
- Day sleeping

Exercise, Yoga & Breath Regulation

Suitable Exercise Styles

- Walking
- Gentle strength training
- Mobility and stretching
- Slow yoga
- Cardio
- Strength training
- Dynamic yoga
- Brisk walking

Yoga & Pranayama

- Vajrasana after meals
- Balasana
- Pawanmuktasana
- Anulom Vilom
- Surya Namaskar
- Utkatasana
- Kapalabhati only if medically suitable
- Active standing postures

Vedic Daily Routine (Dinacharya)

Period	Routine Action Checklist
Morning Reset	Wake at a consistent time; Drink warm water; 5-10 minutes breathwork; Sunlight exposure
Afternoon Anchor	Keep the main meal in the first half of the day if possible; Walk 5-10 minutes after lunch
Evening Transition	Exercise before dinner or keep dinner light; Reduce digital stimulation
Night Recovery	No heavy food or heavy discussions near sleep; Bhramari/Yoga Nidra/quiet reading; Sleep at a fixed time

Planetary Lifestyle Remedies

Planet	Imbalance Theme	Lifestyle Remedy Practices
Sun	Vitality, confidence, immunity rhythm	Lifestyle risk: ego-pressure, overwork or heat-driven urgency; Corrective habit: sunrise routine and steady leadership without harshness; Daily practice: 5 minutes morning sunlight with calm breathing; Avoid: proving yourself through exhaustion
Moon	Mind, sleep, hydration, emotional rhythm	Lifestyle risk: emotional eating, disturbed sleep or hydration imbalance; Corrective habit: calm evening rhythm and protected emotional boundaries; Daily practice: screen reduction before sleep and a peaceful Monday routine; Avoid: heavy conversations, doom-scrolling or irregular meals at night
Jupiter	Growth, liver/fat/sugar symbolism, moderation	Lifestyle risk: heaviness, overeating, sugar/fat excess or passive rest; Corrective habit: moderation with wisdom, walking and light dinner; Daily practice: one act of learning, gratitude or charity; Avoid: confusing comfort with recovery

Planet	Imbalance Theme	Lifestyle Remedy Practices
Venus	Comfort, sugar, reproductive/kidney symbolism	Lifestyle risk: comfort eating, sugar cravings or indulgence through stress; Corrective habit: sweetness with discipline and relationship calm; Daily practice: clean environment, balanced meals and beauty without excess; Avoid: using food, shopping or pleasure to escape routine
Saturn	Chronic discipline, bones/joints/dryness symbolism	Lifestyle risk: stiffness, dryness, chronic fatigue or delayed recovery; Corrective habit: consistency, walking, strength and patience; Daily practice: fixed wake time plus slow mobility or joint care; Avoid: long inactivity followed by sudden intense correction
Rahu	Toxins, anxiety, obsession, unusual patterns	Lifestyle risk: obsession, toxins, screens, novelty and irregular lifestyle; Corrective habit: clean inputs and simple routine over extremes; Daily practice: digital sunset and one non-negotiable grounding habit; Avoid: late-night scrolling, random diets and stimulation overload

Do / Don't Summary

✓ DO

- Warm cooked food
- Fixed meal timing
- Soups, khichdi, soft grains, lightly cooked vegetables
- Healthy oils in moderation
- Light warm meals
- Spices in moderation
- Early breakfast or light breakfast based on hunger
- Walking
- Gentle strength training
- Mobility and stretching
- Slow yoga

✗ DON'T

- Irregular fasting
- Cold/raw food excess
- Very dry snacks
- Late meals
- Heavy dinner
- Excess sweets
- Frequent dairy desserts
- Late-night work planning
- Lifestyle extremes without medical guidance
- Ignoring persistent symptoms

7-Day Starter Lifestyle Reset

Day	Focus Area	Morning Anchor	Food Anchor	Movement	Night Routine
Day 1	Cancer routine reset	Warm water, brisk light mobility, sunlight; begin before heaviness sets in.	Same meal window, warm cooked food, no skipped meals if hungry.	Brisk walk + strength movement.	Digital sunset, no work planning in bed, Bhramari/Yoga Nidra.
Day 2	5th-house agni reset	Warm water and 5-minute breathing before phone use.	Cooked breakfast/lunch; avoid cold/raw excess and impulsive spice.	10-minute walk after lunch.	Digital sunset, no work planning in bed, Bhramari/Yoga Nidra.
Day 3	Virgo Moon mind-food link	Warm water, brisk light mobility, sunlight; begin before heaviness sets in.	Eat without screen; keep caffeine and spice moderate.	Walk or slow yoga after work.	Write tomorrow tasks before dinner; no planning in bed.
Day 4	Saturn body discipline	Wake at same time even if sleep was imperfect; do not negotiate the routine.	Early light dinner.	Brisk walk + strength movement.	Bhramari 7 rounds + warm foot massage.
Day 5	Venus comfort control	Warm water, brisk light mobility, sunlight; begin before heaviness sets in.	No impulsive snacking; keep warm simple food and reduce sweet comfort habits.	Gentle strength or mobility.	Digital sunset, no work planning in bed, Bhramari/Yoga Nidra.
Day 6	Jupiter 12th recovery	Sunlight + gratitude journaling; protect quiet time.	Same meal window, warm cooked food, no skipped meals if hungry.	Nature walk if possible.	Avoid intense conversations late evening; keep sleep sacred.
Day 7	Jupiter-Saturn weekly review	Warm water, brisk light mobility, sunlight; begin before heaviness sets in.	Simple home food; observe what improved in appetite, mood, sleep and energy.	Brisk walk + strength movement.	Plan next week calmly before sunset.

Final Guidance

For the Vata-Kapha pattern, prevention works best as a calm daily architecture: food at the right time, movement before heaviness builds, protected sleep, emotional boundaries and weekly self-review. Follow this as a 30-day experiment and adjust with professional medical advice wherever symptoms, medication or chronic conditions are involved.

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