



HEALTH & VITALITY REPORT

The year ahead, Oct 2026 – Sep 2027: energy, vitality and wellbeing

Sample

Born: 21 July, 1991, 06:45 AM
Lagna (Ascendant): Cancer
Nakshatra: Vishakha, pada 4

Place: Mysuru, Karnataka, India
Rashi (Moon sign): Scorpio
Prepared: 13 Oct 2026

Pis (12)	Ari (1)	Tau (2)	Gem (3) Ke
Aqu (11)	 Lagna Kundli (D1) South Indian Format		Can (4) ASC Lg, Su, Ju
Cap (10) Sa			Leo (5) Me, Ve, Ma
Sag (9) Ra	Sco (8) Mo	Lib (7)	Vir (6)

Lahiri ayanamsha · Vimshottari dasha · transits · classical rules with their sources

1. Your year at a glance

Health & Vitality in your chart: Strong (compared with typical charts)

Best months spread evenly through the year

Go slow Aug 2027, Sep 2027

Running period Mercury – Jupiter, until Oct 2026

Saturn none

One thing to do Offer water to the rising Sun and keep a steady morning routine.

Your coming 12 months suggest a period where your overall energy and vitality will be generally well supported, thanks to Jupiter's strong placement in your 1st house, offering wisdom and protection. This period, running until October 2026, is considered supportive for your wellbeing. However, your 1st house, representing your physical body and self, has fewer than average points, and the Moon, its ruler, is weakened in the 5th house, which can sometimes bring fluctuations in energy. Saturn also casts a gaze upon your 1st house, which can sometimes slow things down or bring a sense of seriousness.

Looking ahead, the months of August and September 2027 may feel a bit slower, so it would be wise to pace yourself during this time. The period from October 2026 to September 2027 is generally a good time to focus on your health and maintain your vitality.

Oct 2026 Steady	Nov 2026 Steady	Dec 2026 Steady	Jan 2027 Steady	Feb 2027 Steady	Mar 2027 Steady
Apr 2027 Steady	May 2027 Steady	Jun 2027 Steady	Jul 2027 Steady	Aug 2027 Go slow	Sep 2027 Go slow

2. What your chart shows for health & vitality

Working for you

- Jupiter has directional strength (Dig Bala) in the Lagna: wisdom, good health and protection.
- The Lagna lord holds own or exaltation signs in five or more of the ten dasavarga charts, a mark of renown.
- A Lagna lord in Simhasanamsha (own or exaltation sign in that many of the ten vargas) raises one to authority.

Needs care

- A malefic in the Lagna (not the 9th or 10th lord) joined or aspected by a maraka strains finances.
- Malefics concentrated on the 1st-7th axis from the lagna or the Moon are a sign of fragile early health.

The key conditions

- Your 1st house is Cancer; its lord Moon sits in your 5th house, debilitated (weak), and is a functional benefic for your Lagna.
- Sun, Jupiter sit in your 1st house.
- Saturn aspects your 1st house.
- Your 1st house has 24 Ashtakavarga bindus (below average; 28 is typical).

3. Month by month

Each month's outlook comes from the planetary period running most of the month and the transits. ★ Jupiter and Saturn together activate your health that month.

Month	Outlook	What to do
Oct 2026	Steady	During this steady period, maintain your health. Be mindful as Saturn, the lord of your 8th house, is influencing your well-being. Best window: 13 Oct 2026 – 19 Mar 2027 Jupiter enters Leo on 31 Oct: your 2nd house, 10th from the Moon (less favourable).
Nov 2026	Steady	Continue to focus on maintaining your health. The Saturn sub-period requires attention, so prioritize self-care and rest. Best window: 13 Oct 2026 – 19 Mar 2027
Dec 2026	Steady	Your health outlook is steady. While Rahu brings a favourable influence, remember to be cautious during this Saturn sub-period. Best window: 13 Oct 2026 – 19 Mar 2027 Rahu enters Capricorn on 6 Dec: your 7th house, 3rd from the Moon (favourable); Ketu enters Cancer on 6 Dec: your 1st house, 9th from the Moon (less favourable).
Jan 2027	Steady	This month offers a favourable outlook for your health. Jupiter's transit is supportive, but remain mindful of the Saturn sub-period. Best window: 13 Oct 2026 – 19 Mar 2027 Jupiter enters Cancer on 25 Jan: your 1st house, 9th from the Moon (favourable).
Feb 2027	Steady	Your health remains steady. Continue to take good care of yourself, especially as the Saturn sub-period continues. Best window: 13 Oct 2026 – 19 Mar 2027
Mar 2027	Steady	Maintain your current health focus. This steady period continues, with the Saturn sub-period asking for consistent self-awareness. Best window: 13 Oct 2026 – 19 Mar 2027
Apr 2027	Steady	Your health outlook is steady. Be aware that Mercury, the lord of your 12th house, is now guiding this period.
May 2027	Steady	Continue to pay attention to your health. The Mercury sub-period is active, so monitor your energy levels closely.
Jun 2027	Steady	Your health remains steady. While Saturn enters a favourable position, the Mercury sub-period requires careful attention to your well-being. Saturn enters Aries on 3 Jun: your 10th house, 6th from the Moon (favourable); Jupiter enters Leo on 26 Jun: your 2nd house, 10th from the Moon (less favourable).
Jul 2027	Steady	Maintain your focus on health. This steady period continues under Mercury's influence, so be mindful of your body's needs.
Aug 2027	Go slow	This month calls for a go slow approach to health. Pay close attention to your body's signals and allow for rest.
Sep 2027	Go slow	Continue to prioritize rest and gentle care. This go slow period encourages you to conserve your energy and avoid overexertion.

4. Your questions answered

Which areas of my health need care?

You will benefit from paying attention to your chest and stomach areas, as indicated by your Cancer ascendant (Lagna). Additionally, your hips, thighs, and liver may require care, as they fall under the domain of your sixth house, which is Sagittarius. These are simply areas to be mindful of for general well-being.

Will this year be good for my energy?**Yes, likely · best window 13 Oct 2026 – 15 Oct 2026**

Yes, likely, this year will be good for your energy, especially between 13 Oct 2026 – 15 Oct 2026. The presence of Sun and Jupiter in your first house, which represents your self and vitality, is very supportive. Jupiter's strength in this position offers wisdom and good health.

Which months need more rest and care?

You will need to prioritize rest and care during August 2027 and September 2027. While the specific reasons are not detailed here, these periods are highlighted for needing extra attention to your well-being.

Which months are good for a fresh start (diet, exercise)?

There are no specific months highlighted as ideal for a fresh start with diet or exercise this year. The best times for such initiatives are generally when your current planetary periods and transits are most supportive of new beginnings.

Am I in Sade Sati?

No, you are not currently in Sade Sati. Your next period of Sade Sati is expected to begin in October 2041 and conclude in December 2049.

For health matters, please follow your doctor's advice.

5. What helps

This year, focus on nurturing your energy and wellbeing. A wonderful habit to cultivate is offering water to the rising Sun each morning; this simple act connects you with vital solar energy. Maintaining a steady morning routine, even just a few consistent steps, can greatly support your overall vitality. These practices help align you with positive rhythms. To further strengthen your inner resilience and wellbeing, the Moon, which governs your core self, can be supported by chanting the mantra 'Om Shraam Shreem Shraum Sah Chandraya Namah' 108 times, especially on Mondays.

To strengthen	
Planet	Moon
Why	Moon rules your 1st house and supports this matter
Mantra	Om Shraam Shreem Shraum Sah Chandraya Namah: 108 times, especially on Mondays
Charity	rice, milk or white cloth on Mondays
Deity	Shiva / Parvati
Gemstone	Pearl (Moti) (or moonstone), in silver, on the little finger, first worn on a Monday: only after an astrologer checks your full chart, and after a short trial period

Remedies support effort; they do not replace it. Gemstones only after a personal check by an astrologer.

For health matters, please follow your doctor's advice.

6. The astrology behind this report

For readers who want the detail. The reading above is built from these conditions.

Running periods (Vimshottari): Mahadasha Mercury until Jun 2029 (aspects your 8th house, forms Benefic joins or aspects the lagna). Antardasha Jupiter until Oct 2026 (placed in your 1st house, connected to your 1st lord). Pratyantardasha Rahu until Oct 2026 (placed in your 6th house, acts for Jupiter).

Classical condition	Meaning	Source
Jupiter with Dig Bala	Jupiter has directional strength (Dig Bala) in the Lagna: wisdom, good health and protection.	Brihat Parashara Hora Shastra
Lagna lord in Simhasanamsha (dasavarga)	The Lagna lord holds own or exaltation signs in five or more of the ten dasavarga charts, a mark of renown.	Vedic Astrology: An Integrated Approach, P. V. R. Narasimha Rao
Lagna lord in Simhasanamsha	A Lagna lord in Simhasanamsha (own or exaltation sign in that many of the ten vargas) raises one to authority.	Brihat Parashara Hora Shastra
Malefic in Lagna under maraka influence	A malefic in the Lagna (not the 9th or 10th lord) joined or aspected by a maraka strains finances.	Brihat Parashara Hora Shastra
Malefics concentrated on the 1/7 axis	Malefics concentrated on the 1st-7th axis from the lagna or the Moon are a sign of fragile early health.	Elements of Vedic Astrology, K. S. Charak

Ashtakavarga: your 1th house has 24 bindus (weak 28 is average).

The slow planets now:

- Jupiter in Cancer: 1st house from your Lagna, 9th from your Moon (favourable but obstructed (vedha)), 4 of 8 bindus there, touching your natal Sun, Moon, Jupiter, until Oct 2026
- Saturn in Pisces: 9th house from your Lagna, 5th from your Moon (less favourable), 2 of 8 bindus there, touching your natal Rahu, until Jun 2027
- Rahu in Aquarius: 8th house from your Lagna, 4th from your Moon (less favourable), touching your natal Mars, Mercury, Venus, until Dec 2026
- Ketu in Leo: 2nd house from your Lagna, 10th from your Moon (less favourable), touching your natal Mars, Mercury, Venus, until Dec 2026

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			Ke
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Cap (10)			Leo (5) Me, Ve, Ma
Sag (9)	Sco (8)	Lib (7)	Vir (6)
Ra	Mo		

Birth chart (D1)

Pis (12)	Ari (1)	Tau (2)	Gem (3)
	Me, Sa	Ke	Ma
Aqu (11)	 Navamsha (D9) South Indian Format		Can (4) Mo, Ve
Cap (10)			Leo (5) Su
Sag (9)	Sco (8)	Lib (7) ASC	Vir (6)
	Ra	Lg	

Navamsha (D9)

This report is computed from your birth details with a high-precision ephemeris (Lahiri ayanamsha) and classical rules (BPHS, Brihat Jataka, Phaladeepika, Saravali and others), and written with the help of an AI model that never sees your name or birth details. Astrology shows tendencies, not certainties; it is not medical, legal or financial advice. Timing depends on an accurate birth time. © Astrojar