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वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ ।  
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

# Aarav Sharma's Wellness Report

SAMPLE REPORT · FICTIONAL PERSON

**Aarav Sharma**

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Jaipur, Rajasthan, India



**IASTROGURU**

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Multi-layer quality assurance

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## 01 Your constitution

*In Jyotish, the Lagna, its lord, the Moon and the 6th house describe temperament and the way you spend and restore energy. These are tendencies to understand, not predictions about your health.*

### A fire Lagna with four grahas rising

Your Lagna is Simha (Leo), a fire sign ruled by Surya. Fire signs run warm and bright: you tend to have strong enthusiasm, quick recovery when you are engaged, and a tendency to push through tiredness when something matters to you. With Mangal, Budh, Guru and Shukra all in the Lagna, there is a great deal of energy concentrated in your first house. You are likely to feel best when you are active and occupied, and restless when you are not.

The same concentration can make it hard to switch off. A fire-heavy Lagna benefits from cooling, calming habits: time near water, early nights, and activities that absorb you gently rather than excite you.

### Your Lagna lord in the 12th house

Surya, the lord of your Lagna and the traditional significator of vitality, sits in Karka in your 12th house, the house of sleep, retreat and rest. This is one of the clearest messages in your chart: your energy is restored in private. Sleep, solitude, quiet travel and time away from screens are not luxuries for you; they are how your Lagna lord recharges.

Surya sits in a friend's sign here, the watery sign of the Moon, so rest comes naturally when you allow it. The difficulty is only allowing it.

- ◆ Your Lagna lord sits in the house of sleep and retreat: rest is your first wellness practice.

### **Mind and routine**

Your Moon is in Tula, an air sign, in your 3rd house, and it is vargottama. Air signs need variety, conversation and ideas; your mood lifts when you are making, writing or talking with people you like, and dips when life becomes repetitive or conflict-filled.

Your 6th house, the house of daily routines and resilience, is Makara (Capricorn), an earth sign, and it holds its own lord Shani. With a Sarvashtakavarga score of 32, it is one of the strongest houses in your chart. Traditionally this is a sign of good stamina and of someone who does very well with structure. The steadier your daily routine, the steadier you feel.

## 02 Daily rhythms

*A chart with strong fire and air and a strong earth 6th house does best with a routine that is regular but not dull.*

### Morning

You were born just after sunrise with Simha rising, and the early part of the day is traditionally when a Sun-ruled Lagna is strongest. A short morning routine, such as a few minutes of sunlight, water and movement before you look at a phone, sets the tone for the whole day. Many people with Surya as their Lagna lord find that offering water to the rising Sun, whether as a prayer or simply as a pause, becomes an anchor.

### Working hours

Shani in your 6th house rewards consistency: similar start times, planned breaks and finishing work at a set hour. Mangal in the Lagna gives bursts of intense energy, so plan demanding work for the times you feel strongest and protect a proper break after each burst instead of running on adrenaline. Budh retrograde in the Lagna means your mind keeps revisiting problems; a short written list at the end of each day helps you let them go.

### Evening and sleep

Because your Lagna lord sits in the 12th house of sleep, and your Moon is the lord of that house, evenings matter more than usual. A consistent bedtime, low light and a calm last hour are the most useful habits this chart can build. If your mind is busy at night, the air-sign Moon responds well to writing thoughts down or talking them through earlier in the evening.

♦ Consistent sleep is the single most supportive habit in your chart.

### 03 Sources of balance

*Traditionally, balance comes from giving each graha a healthy outlet. Here are the ones that matter most for you.*

#### **Movement for Mangal**

Mangal in your Lagna is your Yogakaraka and the planet of physical energy. It needs an outlet. Regular exercise that you actually enjoy, such as a sport, brisk walking, swimming or martial arts, keeps this energy constructive. Without it, the same energy tends to show up as impatience or irritability.

#### **Beauty and people for Shukra and the Moon**

Shukra in the Lagna and a Tula Moon both respond to beauty and harmony. Music, art, time in well-kept spaces and relaxed time with people you like genuinely restore you. A cluttered or tense environment drains you more than it drains most people, so your surroundings are a real part of your wellbeing.

#### **Learning and service for Guru and Shani**

Guru in the Lagna finds balance in meaning: study, teaching and some form of spiritual practice keep you grounded. Shani, strong in your 6th house, finds balance in useful work and service. Volunteering, mentoring or simply helping someone regularly tends to settle this chart in a way that rest alone does not.

#### **Days of the week**

Tradition links each day with a graha. For your chart, Sundays (Surya, your Lagna lord) are good for rest and time in sunlight; Tuesdays (Mangal) for physical training; Fridays (Shukra) for beauty, music and pleasure; and Saturdays (Shani) for routine, cleaning and service.

## 04 Traditional practices

*These practices are traditional supports for wellbeing, not treatments.*

### **For Surya**

Offering water to the rising Sun, reciting the Gayatri mantra or the Aditya Hridayam, and spending a few minutes in morning light are classic practices for a Sun-ruled Lagna. Respecting your father and elders is also traditionally associated with a strong Sun.

### **For the Moon**

Monday is the Moon's day. Traditionally, simple foods, time near water, and giving milk, rice or white cloth are associated with calming the Moon. For your air-sign Moon, honest conversation with a trusted friend is one of the best supports of all.

### **Breath and stillness**

Pranayama and meditation are common to almost every traditional system of remedies. For a fire Lagna with four grahas rising, a few minutes of slow breathing each evening is a simple way to cool and settle the energy of the day.

### **For Shani, keeper of routine**

Shani, strong in your 6th house, is honoured through discipline and service. Traditionally, Saturday is a day to keep simple, to clean and organise your space, and to help people who do hard physical work. A tidy home and a regular timetable are themselves the most practical Saturn practice for this chart.

## 05 Health boundaries

This report describes traditional astrological themes around energy, rest and balance. It is not medical advice, it cannot diagnose anything, and it should never replace a doctor. If you have any symptom, concern or condition, please see a qualified medical professional, and do not change or stop any treatment because of anything written here.

All positions were calculated by the iAstroGuru Engine. This sample was prepared for a fictional person, Aarav Sharma.

Calculated by the advanced iAstroGuru Engine, tested for accuracy against trusted references.

Automated interpretation of these calculations; every report passes our multi-layer quality assurance.



**Shiv Shakti Software Solutions (iAstroGuru)**

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