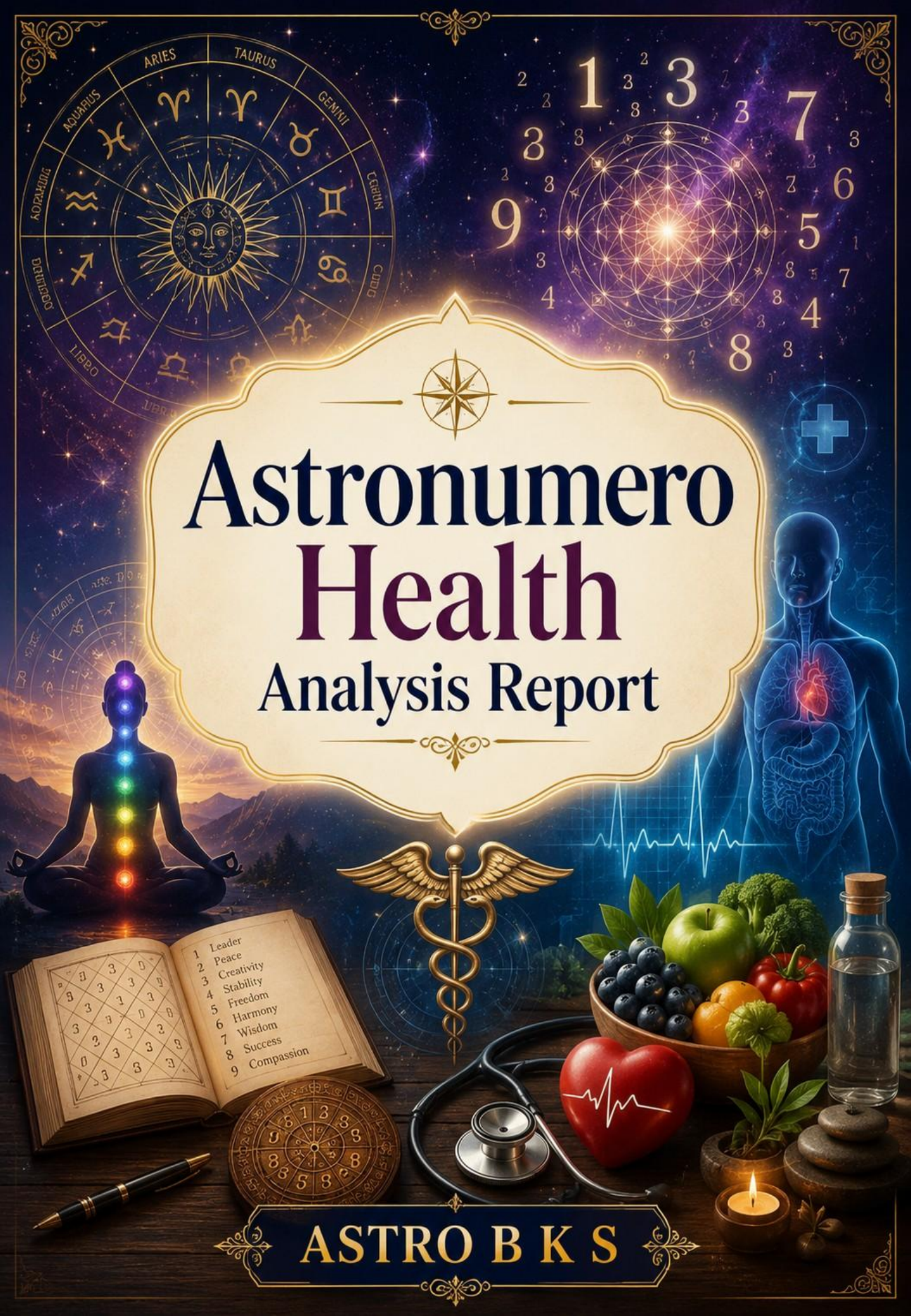


Astronumero Health Analysis Report



- 1 Leader
- 2 Peace
- 3 Creativity
- 4 Stability
- 5 Freedom
- 6 Harmony
- 7 Wisdom
- 8 Success
- 9 Compassion

ASTRO B K S

Ashish Kumar Sharma

Date of Birth: 5th September 1980

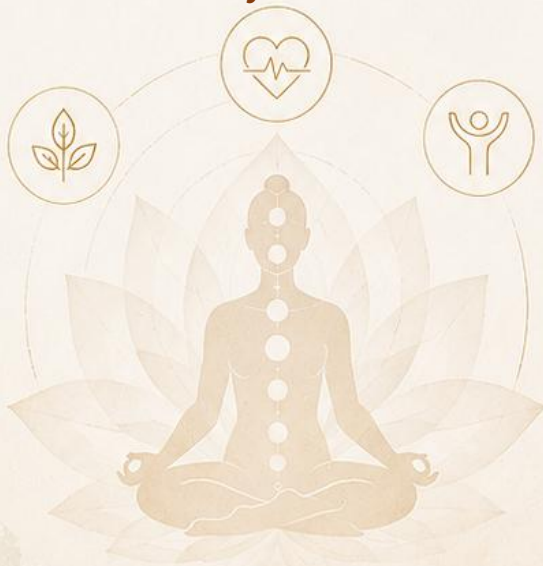


ASTRONUMERO

HEALTH ANALYSIS REPORT

Insights • Guidance • Wellbeing

May 2026



Astro B K S

Disclaimer

The Astronumero Health Analysis Report is prepared using traditional principles of Astrology and Numerology for the purpose of guidance, awareness and self-understanding. The insights, observations, predictions and remedies provided in this report are advisory in nature and should not be considered as absolute or guaranteed outcomes.

This report is not a substitute for professional medical advice, diagnosis or treatment. Any health-related issues, symptoms or medical conditions should always be consulted with a qualified doctor or healthcare professional. Regular medical check-ups and prescribed treatments must be continued as required.

The health predictions and disease possibilities mentioned are based on planetary influences, numerical vibrations and timing cycles. These are intended to create awareness and encourage preventive care, not to cause fear or anxiety. Actual outcomes may vary depending on personal lifestyle, environment and individual actions.

Remedies such as mantras, gemstones, fasting, charity and other suggestions are traditional supportive practices. Their effectiveness may differ from person to person and should be followed with personal discretion and, where necessary, professional guidance.

The astrologer or consultant shall not be held legally responsible for any decisions, actions or consequences arising from the use of this report. The responsibility for all personal choices and actions remains with the individual.

By using this report, the user acknowledges that it is meant for personal insight, preventive awareness and holistic guidance only.

**“Right guidance empowers but
right action transforms.”**

About the Astrologer

Behind every meaningful guidance system stands a knowledgeable mentor who blends wisdom, experience, and practical understanding. ASTRO B K S is a dedicated consultant and researcher in the fields of Astrology, Numerology and Graphology, committed to helping individuals create a healthier, more successful, and balanced life.

With a strong academic foundation, “ASTRO B K S” holds a Master’s Degree in Astrology along with multiple professional certifications in Astrology, Numerology and Handwriting Analysis (Graphology). This unique combination of traditional spiritual sciences and modern analytical methods allows a deeper understanding of human nature, health tendencies, career direction and relationship patterns.

In addition, having completed Graduation in Engineering, ASTRO B K S brings a logical, structured and practical approach to the mystical sciences. This rare blend of science and spirituality helps in preparing reports that are insightful, systematic and easy to understand.

For the past five years, ASTRO B K S has been actively offering personalized consultations to individuals from different walks of life, guiding them to improve key areas such as: Health & Wellness, Career Growth, Relationship Harmony and Personal Development.

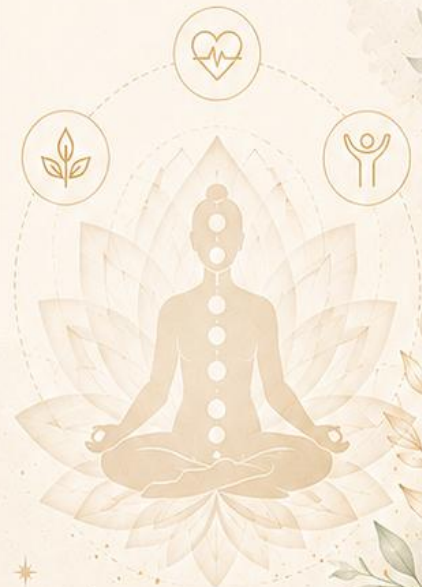
The vision behind the Astronumero Health Analysis Report is to combine the timeless wisdom of astrology and numerology with practical wellness guidance, enabling people to understand themselves better and take proactive steps toward a healthier future.

ASTRO B K S believes that destiny gives signals—but wisdom helps us act on them. Through personalized analysis, sincere guidance, and ethical consultation, the mission is to empower people to transform challenges into opportunities.

“Right guidance when knowledge of stars meets the power of numbers, life gains clarity, balance and direction.” But right action transforms.”

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1. Meaning of Health Analysis Report

The term Astronumero is a combination of two ancient sciences: Astrology and Numerology. Astrology studies the influence of planets, zodiac signs, houses, and nakshatras on human life, while Numerology studies the vibrations and hidden meanings of numbers connected to the date of birth. When these sciences are combined, they form a holistic system that studies the connection between planets, numbers, body energy, personality, and health tendencies. Therefore, the Astronumero Health Analysis Report is a combined assessment of cosmic influences and numerical vibrations that provides practical health guidance, preventive measures, and remedies for a balanced life

Human health is influenced not only by food, exercise, and environment, but also by emotional tendencies, inner energy patterns, and the cosmic timing present at birth. Since ancient times, Astrology and Numerology have been regarded as guiding sciences that help people understand their natural strengths, weaknesses, and life patterns. When these two powerful systems are combined for wellness understanding, they create a unique and insightful method known as the Astronumero Health Analysis Report. This report is a personalized booklet prepared using an individual's Date of Birth, Birth Numbers, Horoscope, Ascendant, Nakshatra, and Zodiac Sign. It offers insights into physical constitution, health tendencies, preventive care, remedies, and future health cycles. It is not a replacement for medical treatment, but a supportive tool for awareness and better decision-making.

“When the stars reveal the pattern and numbers reveal the rhythm, health becomes a journey of awareness.”

2. Importance and Who Should Require This Report

The Astronumero Health Analysis Report is an important guide for understanding personal health patterns, body nature, and life cycles through the combined wisdom of Astrology and Numerology. It helps individuals gain early warning of health risks, understand the strengths and weaknesses of the body, and take timely steps for prevention. Instead of waiting for problems to arise, this report encourages awareness, discipline, and balanced living. It also offers guidance for disease prevention, suitable diet, lifestyle, and daily habits according to personal nature and birth influences.

Another valuable benefit of this report is support for mental peace and emotional balance. Many health concerns are connected with stress, anxiety, overthinking, and emotional disturbances. By understanding personal tendencies and triggers, one can improve inner harmony and make better life decisions. The report also helps in better planning of future health cycles, caution periods, and favorable phases, allowing a person to prepare wisely for life ahead.

This report is highly useful for people facing recurring health problems, individuals under stress, anxiety, or depression, and those who want preventive health guidance. It is equally beneficial for working professionals with unhealthy routines, students facing emotional imbalance, and elderly people seeking age-wise health awareness. Parents can also use it to understand child health tendencies, while anyone interested in holistic wellness, self-awareness, and destiny guidance can benefit from this report.

In conclusion, the Astronumero Health Analysis Report is a practical and personalized wellness tool that helps people live with more awareness, balance, prevention, and confidence.

“The right guidance today creates a healthier, calmer and brighter tomorrow.”

3. Personal Profile Analysis

Every individual is unique in personality, nature, habits and life potential. The Personal Profile Analysis chapter is designed to provide a deep understanding of a person's inner and outer characteristics through the combined study of Full Date of Birth, Name Numerology, Moolank (Birth Number), Bhagyank (Life Path Number), Horoscope Chart, Ascendant (Lagna), Birth Nakshatra, and Zodiac Sign. These factors together reveal the core personality traits, temperament, emotional behavior, physical body type, natural strengths, hidden talents, likes and dislikes, fears, habits and overall suitability in life. This chapter acts as a mirror of self-awareness, helping an individual understand their true nature and make better personal, professional and relationship decisions.

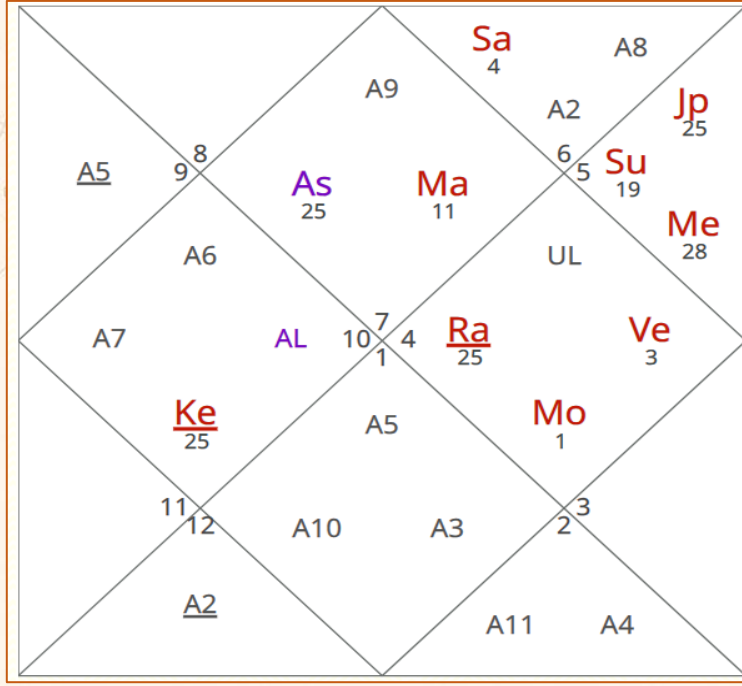
Name	Ashish Kumar Sharma
Date of Birth	05 -09-1980
Birth Time	11:00 AM
Birth Place	Madhya Pradesh (Sehore)
Birthday Number (Moolank)	5
Life path Number (Bhagyank)	5
Expression Number	8
Heart Desire Number	7
Personality Number	1
Hidden Passion Number	1
Balance Number	4
Maturity Number	4
First Name Number	9
Name Number	4 (49)
Sun Sign (Western)	Virgo
Sun Sign (Eastern)	Leo

Personal Profile Analysis

Name	Ashish Kumar Sharma
Date of Birth	05 -09-1980
Birth Time	11:00 AM
Birth Place	Madhya Pradesh (Sehore)
Lagna/Ascendant	Libra
Lagna Lord	Venus
Moon Zodiac Sign	Cancer
Moon Sign Lord	Moon
Nakshtra	Punarvasu (Pada-4)
Nakshtra Lord	Jupitar
Hora	Jupitar
Karan	Kaulava (Mars)
Vara	Friday
Gana	Devata
Yoni	Cat
Nadi	Adi
Varan	Brahmana
Vashya	Jal char (Water-dwellers)
First Name Alphabet	HI
Arudha Lagna	Capricorn
Uppada Lagna	Cancer

Personal Profile Analysis

Lagna Chart (D 1 Chart)



Body	Kāraka	Long	Lat	Dec	Nakṣatra	Pada
As Lagna		Li 25°20'7"	0°0'0"	0°0'0"	Viśakhā(16) Jp	2
Su Sūrya	BK	Le 19°14'9"	-0°0'0"	6°45'16"	Pūrvaphālgunī(11) Ve	2
Mo Chandra	DK	Cn 1°45'19"	-2°12'40"	18°54'2"	Punarvasu(7) Jp	4
Ma Maṅgala	MK	Li 11°0'30"	-0°25'25"	-13°26'47"	Svātī(15) Ra	2
Me Budha 	AK	Le 28°2'51"	1°10'25"	4°24'15"	Uttaraphālgunī(12) Su	1
Jp Guru 	AmK	Le 25°25'16"	1°2'7"	5°18'37"	Pūrvaphālgunī(11) Ve	4
Ve Śukra	GK	Cn 3°48'54"	-2°4'35"	18°38'56"	Puṣya(8) Sa	1
Sa Śani	↑ PK	Vi 4°26'19"	2°3'46"	2°41'8"	Uttaraphālgunī(12) Su	3
Ra Rāhu	↑ PiK	Cn 25°11'10"	-0°0'0"	15°12'19"	Aśleṣā(9) Me	3
Ke Ketu		Cp 25°11'10"	-0°0'0"	15°12'19"	Dhaniṣṭā(23) Ma	1

Vimshottari Dasha

Jp	-14.1	1966-07-28 to 1982-07-29
Sa	1.9	1982-07-29 to 2001-07-28
Me	20.9	2001-07-28 to 2018-07-29
Ke	37.9	2018-07-29 to 2025-07-29
Ve	44.9	2025-07-29 to 2045-07-29
Su	64.9	2045-07-29 to 2051-07-29
Mo	70.9	2051-07-29 to 2061-07-29
Ma	80.9	2061-07-29 to 2068-07-29
Ra	87.9	2068-07-29 to 2086-07-29

Vimshottari Antar Dasha

Ve	44.9	2025-07-29 to 2028-11-27
Su	48.2	2028-11-27 to 2029-11-27
Mo	49.2	2029-11-27 to 2031-07-29
Ma	50.9	2031-07-29 to 2032-09-27
Ra	52.1	2032-09-27 to 2035-09-28
Jp	55.1	2035-09-28 to 2038-05-29
Sa	57.7	2038-05-29 to 2041-07-29
Me	60.9	2041-07-29 to 2044-05-29
Ke	63.7	2044-05-29 to 2045-07-29

4. Personality Analysis

(Based on Date of Birth and Name)

Birthday and Life Path Number: People with Birthday Number and life path number 5 are naturally adventurous, freedom-loving, and multi-talented individuals who enjoy travel, new experiences, and meeting people from different walks of life. They dislike routine and are constantly attracted to change, excitement, and variety, which makes their personality inspiring and magnetic to others. They easily make friends and often spread motivation and positivity wherever they go. In relationships, they take time to commit because they value independence, but once committed, they are loyal and faithful. Their greatest strengths are versatility, communication, adaptability, and enthusiasm; however, they may act impulsively, lose focus, or leave tasks unfinished due to a lack of discipline. When they develop consistency, patience, and concentration, they have the potential to achieve great success and receive strong support from friends and colleagues throughout their journey.

Personality Number 1: You are seen as a confident, ambitious, and natural-born leader who likes to take initiative and stay in control. People admire your courage, creativity, independence, and determination to achieve success and recognition. You perform best in leadership roles, business, or self-employment where you have freedom and authority. However, balancing confidence with humility and controlling impatience or dominance will help you gain lasting respect and success.

Expression Number 8: Your destiny is strongly connected with power, management, financial success, and leadership. You possess excellent business sense, vision, discipline, and the ability to build wealth and influence through hard work and strategic thinking. You are naturally drawn toward careers related to business, finance, management, law, politics, or real estate. Your main lesson is to use money and power wisely while avoiding greed, stubbornness, or excessive attachment to luxury and status.

Heart Desire Number 7: Deep within, you are a truth seeker who desires knowledge, wisdom, spirituality, and self-discovery. You enjoy research, analysis, and uncovering hidden truths, making you naturally inclined toward spiritual, scientific, occult, or research-oriented fields. You value privacy, independence, and inner peace, often preferring solitude over unnecessary social interaction. Your sharp intellect, intuition, and thoughtful nature help you grow wiser and more insightful with age.

Personality Analysis

(Based on Date of Birth and Name)

Name Number: Your numerology profile reflects a practical, disciplined, and hardworking personality with strong leadership potential and the ability to build long-term success through patience and persistence. The Full Compound Number 49 indicates an eventful life filled with opportunities, travel, imagination, charm and the potential for sudden success or major life changes. The First Compound Number 18 advises you to stay away from negativity, selfishness, jealousy, and procrastination while remaining spiritually grounded and ethical. Your Name Number 4 makes you reliable, organized, honest, and determined, with natural talents in management, business, finance, law, and structured work, though you should remain flexible and avoid becoming overly rigid or revengeful.

Western Zodiac Sign (Virgo): People born under the Virgo Sun Sign are practical, intelligent, analytical, and hardworking individuals who value order, discipline, and understanding in every aspect of life. They are grounded, adaptable, detail-oriented, and naturally inclined toward service, healing, and helping others with compassion and patience. Virgos are usually calm, family-oriented, loyal, and creative thinkers who prefer meaningful actions over seeking attention. They possess strong problem-solving abilities and a deep concern for health, hygiene, and personal well-being. However, they should be careful about becoming overly critical, perfectionistic, opinionated, or excessively worried about health and efficiency, as these tendencies can create stress and dissatisfaction in relationships and daily life.



Personality Analysis

(Based on Horoscope/ Kundali)

Lagna/ Ascendant – Libra: Your Libra Lagna gives you a balanced, charming, sociable, and optimistic personality. You naturally seek harmony, fairness, beauty, and peaceful relationships in life. You are artistic, diplomatic, and friendly in nature, with a graceful appearance and a desire for comfort and excitement. However, indecisiveness, procrastination, and being easily influenced by others may sometimes prevent you from fully utilizing your talents and opportunities. Marriage and partnerships generally bring improvement, prosperity, and emotional support in your life.

Birth Nakshatra – Punarvasu: Punarvasu Nakshatra makes you intelligent, spiritual, kind-hearted, law-abiding, and deeply thoughtful. You possess a simple lifestyle, strong moral values, and a desire to help others, though you prefer keeping your emotions private. You are independent in nature and may not enjoy working under others, making business partnerships or self-directed careers more suitable. This Nakshatra also gives you good analytical and communication abilities, making fields like banking, accountancy, law, journalism, programming, research, and consultancy favorable for growth.

Moon Sign - Cancer: Your Cancer Moon Sign makes you emotionally sensitive, caring, intuitive, and family-oriented. You deeply value emotional security, relationships, home, and loved ones, and you naturally possess a nurturing and compassionate personality. You are imaginative, protective, and emotionally attached to people and memories, which strengthens your empathy and emotional understanding. However, stress, emotional overthinking, and mood fluctuations can affect your peace of mind, so emotional balance and inner stability are important for your well-being.

5. Health Analysis

The Detailed Health Analysis chapter provides a personalized understanding of an individual's physical and mental wellbeing through the combined insights of Numerology and Astrology. By studying the Moolank (Birth Number) and Bhagyank (Life Path Number), this chapter identifies natural health tendencies, vitality levels, and sensitive body organs linked with number vibrations. Through astrological analysis of the Ascendant (Lagna), planetary strengths and weaknesses, 6th, 8th, and 12th houses, Zodiac Sign, and Birth Nakshatra, it highlights body constitution, disease-prone areas, and health cycles. This chapter also covers important wellness aspects such as digestive health, heart health, liver and kidney concerns, bone and joint strength, skin issues, hormonal balance, sleep patterns, and mental stress tendencies. It serves as a practical guide to help individuals understand their health better and take timely preventive steps for a balanced and healthier life.

As Per Aayurveda : Ayurveda is an ancient practice that seeks to explain the causes of various illnesses. Your birthday number, life path number, month number, year number, and zodiac sign all play essential roles in determining your health. By considering these factors, your DOSHA can be identified. Understanding your DOSHA can help you take preventive measures to avoid significant health issues.

The major impacted areas include digestion, metabolism, nervous system, breathing, circulation, body temperature, skin, and emotional balance. Sensitive body parts may include the stomach, intestines, blood, bones, skin, eyes, ears, pelvic area, and heart-related functions. Emotionally, there can be tendencies toward anger, fear, nervousness, jealousy, anxiety, and mental exhaustion if lifestyle balance is disturbed.

As per Eastern Zodiac Sign (Leo): As per your Eastern Zodiac Sign Leo, you should take special care of the back, spine, heart, circulatory system, ankles, and joints. Emotional stress and physical overexertion may create problems related to the spine, arthritis, varicose veins, ankle sprains, or circulation-related disorders. Maintaining emotional stability and avoiding excessive workload are important for overall health balance.

As per Birthday and Life Path Number: Your Life Path and Birthday Number 5 indicates a tendency toward nervous stress, anxiety, sleeplessness, kidney-related issues, constipation, and low immunity. Due to your adventurous nature and irregular food habits, health may suffer if discipline is ignored. There may also be sensitivity related to the nervous system, speech, memory, nostrils, hands, cough, vertigo, depression, diabetes, and stress-related disorders.

6. Future Predictions

The Future Predictions chapter provides insights into upcoming life phases, health trends, and important time periods through the combined study of Astrology and Numerology. By analyzing planetary transits, Dasha periods, personal year cycles, and age vibrations, this chapter helps identify favorable periods, caution phases, recovery cycles, and possible health challenges that may arise in the future. The purpose of these predictions is to create awareness and encourage timely action, preventive care, and balanced decision-making. Through this guidance, individuals can better understand the flow of life energies and prepare themselves mentally, physically, and emotionally for the years ahead.

As per Numerology

Challenge Number Analysis: Your Challenge Numbers indicate that the major lessons in life are connected with discipline, responsibility, patience, and purposeful action. During the first two life phases (0–27 and 28–36 years), Challenge Number 4 brought struggles related to focus, rigidity, delays, carelessness, and difficulty in accomplishing goals. These phases taught you to become practical, organized, patient, and hardworking. From age 37 onward, your Challenge Number becomes 0, which shifts your focus toward spiritual growth, social service, humanitarian work, and contributing positively to society. These later phases encourage emotional maturity, compassion, and broader social awareness.

Pinnacle & Life Cycle Analysis: Your Pinnacle Cycles show a life strongly connected with growth, travel, leadership, success, and financial opportunities. The first two Pinnacle cycles (0–27 and 28–36 years) with Number 5 brought change, travel, career growth, communication skills, partnerships, and expanding social connections. The third Pinnacle (37–45 years) with Number 1 focused on leadership, new beginnings, independence, self-confidence, and major life changes. From age 46 onward, Pinnacle Number 9 becomes highly fortunate, bringing fulfillment, financial gains, reputation, spiritual growth, knowledge, and fulfillment of long-term desires.

Year-wise Personal Year & Essence Cycle Analysis

Year 2026

Personal Year 6: Focus on family, relationships, comfort, luxury, entertainment, promotions, finances, and emotional balance. Good year for business, media, beauty, and relationship matters.

Essence Cycle 8: Strong year for power, business expansion, leadership, legal victory, foreign travel, and financial success through self-effort. Health needs attention, especially blood pressure, heart, and stress-related issues.

Future Predictions

Overall Prediction for 2026: A favorable year for career growth, financial stability, property matters, business, and strengthening family relationships. You may receive recognition, promotions, or leadership opportunities, but stress and health management will be important.

Year 2027

Personal Year 7: A spiritual, introspective, and analytical year focused on self-discovery, research, learning, and inner growth.

Essence Cycle 3: Excellent year for creativity, communication, social status, networking, promotions, business growth, writing, public image, and completing pending work. Be careful while signing documents or trusting others blindly.

Overall Prediction for 2027: This year supports education, research, occult sciences, writing, spirituality, and creative pursuits. You may gain clarity about life goals, though emotional sensitivity and overthinking should be controlled.

Year 2028

Personal Year 8: A powerful year for financial growth, authority, leadership, career success, and material achievements.

Essence Cycle 9: A transformative and important year bringing completion of major cycles, spiritual growth, recognition, social respect, humanitarian activities, and possible emotional transformations.

Overall Prediction for 2028: One of the most important years for financial progress, reputation, and life-changing opportunities. Old cycles may end while new opportunities emerge, bringing both emotional and professional transformation.

Year 2029

Personal Year 9: A year of endings, emotional release, spiritual maturity, charity, and completion of unfinished matters.

Essence Cycle 7: A challenging but spiritually important year requiring patience, careful decision-making, emotional control, and avoiding unnecessary risks or conflicts. Favorable for research, occult sciences, astrology, healing, and spiritual studies.

Future Predictions

Overall Prediction for 2029: This year may feel emotionally intense and transformative. It is a period for spiritual understanding, self-reflection, and completing unfinished matters. Avoid risky decisions and focus on mental peace and wisdom.

Year 2030

Personal Year 1: Marks a fresh beginning, new opportunities, leadership, confidence, independence, and starting a new life cycle.

Essence Cycle 7: Continues to emphasize introspection, spiritual growth, caution in business and relationships, and patience during temporary struggles or confusion. Success comes through wisdom, discipline, and calm thinking.

Overall Prediction for 2030: A new life cycle begins with opportunities for personal growth, leadership, career changes, and fresh ventures. Success will come gradually through discipline, calm thinking, and strategic planning rather than haste.

As per Astrology

Future Years Planetary Transit Analysis

Planetary transits play a highly important role in Vedic astrology as they reveal the movement of planets in the present and future in relation to the natal birth chart. While the birth chart represents the karmic blueprint of life, planetary transits indicate how and when those karmic energies become active. These transits influence various aspects of life such as career, finances, health, relationships, emotions, spirituality, family matters, and personal growth. The changing movements of planets create opportunities, challenges, transformations, and life lessons that shape an individual's journey over time.

In this transit analysis, special attention is given to the movements and influences of Saturn (Shani), Rahu, and Ketu, as these planets are strongly connected with karma, destiny, transformation, spiritual evolution, and major life changes. Saturn governs discipline, responsibility, hard work, delays, endurance, and long-term achievements. Its transit often brings important karmic lessons that help build maturity, stability, and wisdom through patience and perseverance.

This transit report provides a detailed understanding of how these planetary energies operate during specific periods and how they may influence different areas of life. By understanding these transits consciously, one can make wiser decisions, remain emotionally balanced, and utilize favorable periods effectively while handling challenging phases with patience, awareness, and spiritual strength.

Future Predictions

Saturn, Rahu & Ketu Transit Report Analysis

Saturn represents karma, discipline, responsibility, delays, profession, endurance, and long-term transformation. In your report, Saturn's transit mainly influences career, foreign travel, responsibilities, emotional pressure, and life restructuring.

Saturn Transit: 01/01/2026 – 31/12/2026

Saturn Conjunction/Aspect Natal Rahu: This transit indicates karmic pressure in professional and family life. Sudden responsibilities, career stress, and emotional heaviness may increase during this period. There can be major transformation in work style, professional environment, or business operations.

Saturn Transit: 01/01/2027 – 03/06/2027

Saturn Conjunction/Aspect Natal Venus: This period is favorable for financial growth and professional beginnings. Marriage, property acquisition, vehicle purchase, and material comforts are possible.

Saturn Conjunction/Aspect Natal Moon: This transit creates emotional seriousness and professional movement. Foreign travel or change in profession is possible.

Saturn Conjunction/Aspect Natal Rahu: This transit again indicates karmic challenges and emotional heaviness.

Saturn Transit: 03/06/2027 – 21/10/2027

Saturn Conjunction/Aspect Natal Sun: This is a powerful career-building transit. Recognition, authority, promotion, and appreciation are strongly indicated.

Saturn Conjunction/Aspect Natal Jupiter: This transit supports business growth, expansion, and stability.

Saturn Conjunction/Aspect Natal Mercury: This period improves intellectual growth and business communication.

Rahu Transit Report

Rahu represents illusion, ambition, foreign influence, sudden rise, unconventional thinking, confusion, obsession, and material desires. Your Rahu is placed in Cancer, which creates emotional intensity and psychological sensitivity.

Rahu Transit: 01/01/2027 – 31/12/2027

Rahu Conjunction/Aspect Natal Ketu: This transit creates karmic confusion and obstacles in good deeds.

Future Predictions

Rahu Conjunct/Aspect Natal Saturn: This transit brings major changes in professional style and work patterns.

Rahu in House No. 7 (21/05/2027 – 15/07/2027)

This is a sensitive transit for partnerships and relationships.

Ketu Transit Report

Ketu represents spirituality, detachment, karmic release, losses, inner awakening, intuition, and mystical experiences.

Ketu Transit: 01/01/2026 – 26/11/2026

Ketu Conjunct/Aspect Natal Sun: This transit may create issues related to father, reputation, or authority.

Ketu Conjunct/Aspect Natal Jupiter: This is a strong spiritual transit.

Ketu Conjunct/Aspect Natal Mercury: This transit affects communication, learning, and decision-making.

Ketu Transit: 01/01/2027 – 31/12/2027

Ketu Conjunct/Aspect Natal Venus: This transit impacts finances and relationships.

Ketu Conjunct/Aspect Natal Moon: This creates emotional isolation and spiritual contemplation.

Ketu Conjunct/Aspect Natal Rahu: This is a karmic nodal transit affecting health and emotional balance.

Overall, the combined influence of Saturn, Rahu, and Ketu during 2026–2027 indicates a karmically important phase of transformation and spiritual evolution. While challenges related to stress, relationships, profession, emotional balance, and health may arise, the period ultimately supports long-term success, wisdom, maturity, and spiritual growth. Regular meditation, mindfulness practices, disciplined living, charity, emotional control, and spiritual practices will be extremely beneficial during this phase. Patience and balanced decision-making will help convert temporary struggles into lasting success and inner stability.

7. Suggestions and Remedies

The Suggestions & Remedies chapter provides practical guidance to improve health, balance, and overall wellbeing through personalized lifestyle changes and supportive remedies. It includes advice on suitable food habits, exercise routines, sleep timing, and stress management according to individual tendencies. This chapter also covers astrological remedies such as mantras, gemstones, charity, fasting, and planet-strengthening methods, along with numerology remedies like lucky colors, favorable dates, name corrections, suitable mobile or vehicle numbers, and vibrational balancing techniques. The purpose of this chapter is to help individuals create harmony in life through simple, positive, and effective actions.

Suggestions

- Follow routine strictly. Follow a strict timeline for sleeping, eating & work.
- Do a regular exercise.
- Before bath do the self-message with warm sesame oil or mustard oil.
- Try to meditate and be relax. Pitta Dosha person often feels restless so you need to calm your mind by meditating or listening relaxation music.
- Pitta elevates anger so keep your mind cool. Also try to compromise sometimes as per situation rather than controlling everyone.
- Try to use Homoeopathy Medicine, it is more suitable for you.
- For a person with dominant Vata–Pitta Dosha, the ideal diet should be warm, light, balanced, easy to digest, low in refined sugar and calming for both digestion and the nervous system. The focus should be on stabilizing blood sugar, reducing inflammation, improving digestion, and keeping the body cool and calm.

Remedies

Rituals:

- Pray to Lord Narayan.
- Pour water to Plants.
- Make free some birds from the cage. Particular Green color one or parrot.

Donation:

- Give food to birds.

Wear:

- Wear Rudraksha and a crystal Bracelet.
- Wear a Panna (Emerald) with proper consultation.

Yoga: Do Surya Namaskar daily. It controls all the Vata, pitta, and kapha in the body.

Suggestions and Remedies

Pranayama: Do at least one of the pranayama's from the list below or all the pranayama's to keep you healthy:

- Nadi sadhana pranayama.
- Anulom vilom pranayama.
- Ujjai pranayama.
- Bhastrika.
- Bhramari

Vastu Dosha and Remedies

Missing Number 2 : If number 2 is missing in the chart, as per Vastu, it creates Dosha in the SW direction. If there is a Dosha in the SW direction, then there will be a problem in marriage or relationships; this also creates issues in business partnerships. There will be ups & downs in happiness and difficulty in taking any initiatives. There will be troubles from maternal grandparents; natives may get diseases related to Skin, headache, or blood. The natives will lack stability and the constancy of ideas and actions. Ability to reach one's goals.

Missing Number 3 : If number 3 is missing in the chart, as per Vastu, it creates Dosha in the East direction. If there is a Dosha in the East direction, then there will be a problem related to family, relationship, or overall growth; this also impacts good health, longevity, and confidence. There will not be a smooth relationship between Father & Son. There will be troubles from the Government side; natives may get diseases related to Eyes, headaches, heart, skin, or Jaundice. The Native will be lacking in the following areas: Creativity and the ability to ideate innovativeness.

Lucky Date, Lucky Days, Lucky Colors & Lucky Direction

Your birthday number, life path number, month number, year number, and zodiac sign all play essential roles in your life. You can determine your lucky dates, days, colors, and directions by considering all these numbers. Consider which ones align with essential events or positive news if you notice multiple lucky dates, days, or colors. Consider those as your primary lucky dates, days, or colors.

Lucky Number : 5,9

Lucky Date : 5, 9, 14, 18, ,23 ,27

Lucky Days : Thursday, Monday, Wednesday , Thursday, Monday, Wednesday

Lucky Colors : Ash Grey, Yellow, Light Green, Light Red , Ash Grey.

Colors To Be Avoided : Dark Green , Black

Lucky Direction: Center of the House , South, North-West

Conclusion

The Conclusion brings together the key insights of the entire Astronumero Health Analysis Report into a clear and practical overview. It provides a final understanding of the individual's overall personality, natural strengths, and important life tendencies, along with major health advantages and areas requiring caution. This chapter also highlights the most favourable years, essential remedies to follow, and practical guidance for maintaining balanced physical, mental, and emotional wellbeing. Its purpose is to offer a simple roadmap for living with greater awareness, harmony and confidence in the years ahead.

