

Parhez Chart — Digestion

BAIT UL SHIFA UNANI CLINIC · NIZAM-E-HAZM (DIGESTIVE HEALTH) · NATURAL & HERBAL TREATMENT

TAKE FREELY (GHIZA)	AVOID (PARHEZ)
• Warm, freshly cooked meals at regular times • Soft khichdi, daliya on heavy days • Saunf (fennel) or zeera water after meals • Ginger in cooking; lukewarm water through the day • Curd at midday (not at night) • Papaya, stewed apple, seasonal fruit • Light dinner, finished 2-3 hours before sleep	• Deep-fried and very oily food • Very spicy pickles and chutneys in excess • Ice-cold water and cold drinks • Tea or coffee on an empty stomach • Maida and bakery items daily • Heavy, late-night dinners • Overeating - stop when three-quarters full

Daily routine

Walk ten minutes after meals. Do not lie down within an hour of eating. Chew slowly - digestion begins in the mouth.

This is general guidance only. Your hakeem will personalise your parhez to your condition and mizaj (temperament) at consultation. Do not stop any prescribed medicine on your own. For emergencies, visit the nearest hospital.

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