

Parhez Chart — Joints & Back

BAIT UL SHIFA UNANI CLINIC · WAJAUUL MAFASIL (JOINT PAIN) · NATURAL & HERBAL TREATMENT

TAKE FREELY (GHIZA)	AVOID (PARHEZ)
• Warm food and lukewarm water • Haldi (turmeric) in milk or food • Methi seeds soaked overnight, in the morning • Dals and fish for gentle protein • A short daily walk and morning sun • Warm roghan massage as advised by the hakeem	• Cold, stale and refrigerated food • Curd and rice at night • Excess sour (khatta) items • Heavy exertion during a flare-up • Sitting in one position for long hours • Cold-water baths in the early morning, in winter

Daily routine

Keep the joints warm, especially in winter. Gentle movement daily - stiffness grows in stillness. Weight management lightens every joint.

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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