

Parhez Chart — Skin

BAIT UL SHIFA UNANI CLINIC · AMRAZ-E-JILD (SKIN HEALTH) · NATURAL & HERBAL TREATMENT

TAKE FREELY (GHIZA)	AVOID (PARHEZ)
• Plenty of plain water through the day • Fresh vegetables and seasonal fruit • Light, home-cooked meals • Early, adequate sleep • Gentle morning sun • Cotton clothing in the heat	• Excess oily, fried and spicy food • Excess sugar and bakery items • Foods you have noticed cause flare-ups • Scratching or picking the skin • Harsh soaps and strong self-applied creams • Late nights and long screen hours

Daily routine

Note which foods your skin reacts to - every mizaj (temperament) is different, and your hakeem will refine this chart for yours.

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.

Bait Ul Shifa Unani Clinic - with Sayeeda Siraj Unani Hospital & Wellness Center | Purani Haveli & Attapur, Hyderabad | WhatsApp 092478 85724