For some skin ailments: Moderate & Chronic
Observe intestine worms, thyroid, Spondilitis, emotion, itching in stomach.

**Avoid:**
Sunlight, tight clothing, avoid irritants, acidic food, spices, fermented food (or) liquids, chocolates, pain killers, ghee & sweet preparations, Non-veg, cold water, exercise, heavy food, Alcohol etc.
And avoid the non suitable food (observe if any)

For Patients information only