

Guide to proper Bowl Movements

	Balanced	Vata	Pitta	Kapha
Quantity	Moderate	Scanty	Moderate	Copious
Qualities	soft & slightly oily	dry, hard to pass	oily, liquid, hot, scattered	slimy, sticky, slow
Makeup	Similar to a ripe banana	pellet like or rabbit droppings	loose stools	well formed
Buoyancy	floats (which means your absorbing fat well)	sinks	can float or sink	sinks
Color	light brownish yellow	dark brown	yellow green or red	pale yellow
Odor	mild or no odor	slight astringent	sour, pungent, very strong	may smell sweet

In General:

- You should have 1-3 bowel movements a day. It should not be difficult to pass and should float.
- Hydrate, allow time to digest your food in between meals, pay attention to your agni.
- Ideally your first bowel movement is upon waking without caffeine or substance stimulation
- Have yellowish/brown stools
- Eliminate at a consistent amount each day & feel at ease afterwards