



## *The Perfect Stool*

By Dr. John Douillard | April 2015

Here are some of the requirements for a perfect stool:

- One complete elimination in the morning
- A brown color
- A banana shape
- Does not stick to the toilet
- Easy to wipe – no mess
- Minimal odor
- Almost always the same regardless of foods eaten

### **Body Type Variations**

Based on your constitution or your Ayurvedic Body Type, the stool may vary. Not sure of your type? [Take our interactive body type quiz.](#)

#### **VATA ELIMINATION**

Vata body types are governed by air, which generally means they have a constitution that is more light and dry. They are nervous-system predominant, which means they feel everything. This sensitivity can lead to emotional stress. We now know that stress is processed through the intestines, making Vata types more prone to constipation.

#### **Normal Vata Stools are:**

- Once a day within the first 2-3 hours of waking
- Firm, but regular
- Darker brown
- Complete elimination
- No gas
- Minimal odor

#### **Imbalanced Vata Stools are:**

- More dry or hard
- Scant, thin, pellets
- Less frequent – anything less than once a day
- Not a complete elimination
- Both frequency and consistency changes a lot
- Darker in color – a longer transit time allows the stool to absorb more bile, which darkens the stool
- Astringent foul odor due to longer transit time

- More gas or flatulence

#### Support for Vata Elimination

1. Stay hydrated – Vata types are dry and the digestive system needs water to function well.
2. Be relaxed and take time to eat meals – Vata types can have a hard time slowing down.
3. Have regular meals on a regular schedule.
4. Take [Triphala](#) before bed. Triphala is good for all three (Vata, Pitta, Kapha) aspects of digestion. For Vatas, it will tone and support healthy intestinal contractions. Vatas can add Slippery Elm and Licorice to Triphala to improve results.
5. Drink Slippery Elm Tea to lubricate the intestinal wall. You can find slippery elm tea formula here: [Slippery Elm Tea Formula](#)
6. [>>> Find out more about herbal support for imbalanced Vata stools](#)

#### PITTA ELIMINATION

Pitta types are governed by fire, which means they have a constitution that is hot, dry and potentially irritated. They generally have a strong digestive system but can easily become overheated or inflamed. Pitta types generally take on a lot of stress and this stress is processed through the intestines.

##### Normal Pitta Stools are:

- Firm, but breaks up when flushed
- Brown-yellow color
- Two complete bowel movements a day. One within the first hour of waking and the second after lunch.
- Mild odor

##### Imbalanced Pitta Stools are:



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- Herbs: Take [Amalaki](#) after meals. Amalaki cools, soothes and protects the gut from excess Pitta which can cause inflammation and a looser stool.
- [>>> Find out more about herbal support for loose stools.](#)

#### KAPHA ELIMINATION

Kapha types are governed by earth and water and generally hold on to more water making for calm, heavier set constitutions with a slower metabolism. Stress is still processed through their intestines, but since they handle stress well, their bowel movements are usually not affected.

##### Normal Kapha Stools are:

- Regular and complete
- Once a day within the first hour or two of waking

- Large in quantity and well-formed
- Less odor or even a sweet smell
- Brown color

#### Imbalanced Kapha Stools are:

- Mucus in stool due to excess Kapha (see more details under “mucus in the stool” below)
- Sticky stool – due to excess Kapha and incomplete intestinal absorption. Sticks to toilet bowl or hard to wipe clean.
- Pale brown or clay-colored due to liver congestion

#### Support for Kapha Elimination



Kapha types need regular exercise to keep the digestion healthy and the bowels moving.

1. Get more exercise – Kapha types need regular exercise to keep the digestion healthy and the bowels moving.
2. Three good healthy meals a day-no snacking. While snacking is taboo for everyone, it will bog down Kapha digestion especially quickly.
3. Herbs: Take [Triphala](#) before bed. Triphala is good for all three (Vata, Pitta, Kapha) aspects of digestion, but especially good for Kapha as it will pull mucus off the gut wall.

## More Poop Analysis

The most common imbalances of digestion seen in the stool can be supported by bringing Vata, Pitta or Kapha into balance. However, some stool imbalances are more complicated and require a separate explanation.

#### Mucus in the Stool

Mucus in the stool is caused by an irritation of the intestinal wall. This could be a medical condition so if it persists, see your doctor. If you see mucus in the stool – which typically looks like a white or clear stringy substance that wraps around the stool – the intestinal villi are likely flattened or bogged down by the mucus. It can be caused by:

- Excess spicy foods
- Excess coffee or congestive highly processed and “comfort” foods

- Excessive stress which is processed through the gut wall
- Weak upper digestion that lets undigested foods pass, which go on to become intestinal irritants

#### Support for Mucus in the Stool

1. **Amalaki:** Protects the intestinal villi and restores normal function.
2. **Slippery elm, marshmallow root and licorice tea:** soothes the irritated lining.
3. **If this persists,** see your doctor.

#### Green or Yellow Stool

A stool can become green due to excess green veggies, which is normal. If you can track your green stool back to eating more green vegetables than usual, not to worry. However, if you can't track this to more green vegetables, the stool can also become greenish or yellow due to foods passing too quickly through the large intestine. Bile turns brown as it transits the intestines. If it is moving too fast or is secreted in excess by the liver and gall bladder, it will not have time to turn brown, resulting in a green stool.

#### Support for Green or Yellow Stool

1. Eat more **soluble fiber** like oats and flax seeds.
2. **Slippery elm, marshmallow root and licorice tea:** soothes the irritated lining, which can cause a faster transit time. It also provides soluble fiber, which does the same.
3. Learn more about soluble and insoluble fiber here: [Eat the Right Fiber](#).
4. If this persists, see your doctor.

#### Black Stool

A black stool is most commonly due to old blood from an irritation in the stomach or upper part of the small intestine. This is a medical condition – see your doctor.

#### Greasy or Shiny Stool

When a stool is greasy or shiny, this is usually due to a lack of bile flow from the liver or gallbladder. The bile is needed to emulsify the fats and if the fats are not broken down, then the stool may carry undigested fat and become shiny or greasy.

#### Support for a Greasy Stool

1. This can be a medical condition and if this persists, see your doctor.
2. Increase bile flow with more **leafy greens, beets, cinnamon, and fenugreek**.
3. Herbs: **Turmeric Plus, Beet Cleanse, Liver Repair**

#### Clay Colored Stools

Clay colored stools are also caused by a lack of bile passing through the gut. Remember, bile is responsible for the color of the stool. No color means no bile.

#### Support for a Clay Colored Stool

1. This can be a medical condition and if this persists, see your doctor.
2. Increase bile flow with more **leafy greens, beets, cinnamon, and fenugreek**.
3. Herbs: **Turmeric Plus, Beet Cleanse, Liver Repair**

#### Blood in the Stool

Most commonly, fresh blood in the stool is caused by a hemorrhoid. It could be a medical condition – if it persists, see your doctor.

### **Undigested Food in the Stool**

The most common reason for undigested food to be passed through the entire intestinal tract into the stool starts in the stomach. The stomach is responsible for the initial breakdown of food. If stomach acid production is weak, hard-to-digest foods will not be broken down.

### **Support for Undigested Food in the Stool**

Increase stomach acid:

1. Drink 8-12 ounces of water 15 or 20 minutes before each meal.
2. Take ginger before each meal.
3. Drink ginger tea with meals.
4. Herbs: Warm Digest
5. If this persists, a further evaluation of the digestive process is needed. See your doctor.

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