

WATERMARKED EXAMPLE

Ayurvedic Elimination Journal

ACT - Purisha Darshana A4.pdf

Number of bowel movements observed ____ over ____ days

For each bowel movement indicate the COLOUR, FORM, HOUR, VOLUME, ODOUR ETC below:

COLOUR

dark brown	normal brown	light brown
orange tint	yellow tint	very yellow
dark green tint	green tint	light green tint
grey tint	light grey ("tahini")	off-white
black	dark red / maroon	redish

HOURS

< 7h	
8h	
10h	
12h	
14h	
16h	
18h	
20h	
> 22h	

FORM

	Many small separated hard lumps Like marbles or hazel nuts	
	Hard lumpy sausage. Many hard - - segments compacted together	
	One slightly hard sausage with some cracks or irregularities on the surface	
	One smooth bowel movement Comfortable density Like a ripe banana neither hard nor soft	
	Several soft lumps with clearly defined edges	
	Fluffy pieces with irregular edges Very soft too mushy texture	
	Entirely liquid	

VOLUME

Very little
Moderate
Lots

ODOUR

No odour
Normal / inoffensive
Moderate
Strong / penetrating
Very strong / offensive

mucus in stool	undigested food	very sticky	stool sinks	stool floats (hard to flush)
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