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Castor Oil Pack

Background: the castor bean (*Oleum ricini*) is known as a cathartic (strong laxative) when taken internally. A gentler use is in the form of a pack placed over the abdomen, usually with heat applied. The oil is absorbed into the lymphatic circulation, which stimulates immune function and tonifies internal organs.

Useful for

- General detoxification
- Liver and/or lymphatic congestion with poor elimination
- Inflammation, pain and/or infection, including arthritis
- Uterine fibroids, non-malignant ovarian cysts, or prostate issues
- Colitis, constipation, diarrhea, gallbladder inflammation and stones
- Sleep: castor packs are relaxing to the nervous and lymphatic systems, and therefore is indicated before sleep. Including a castor pack into a night-time routine is a good way to gain and maintain optimal health.

Caution in

- Pregnancy or during menstruation as it may create additional bleeding.

Equipment Needed

- Flannel or Wool Cloth
- Hot Water Bottle or Heating Pad
- Wax paper
- 8-16 ounces of castor oil
- Old towel

Procedure

1. Rub the Castor oil on the affected area.
2. Cover with clean cotton and then cover again with more cotton cloth or wax paper.
3. Top off with heating pad of hot water bottle.
4. Ideally, lie on your back with your feet elevated for 45-60 minutes. While the pack is in place is a great time for visualization, meditation, or relaxation breathing.

5. After treatment, rub skin with a towel and allow the excess oil to be absorbed. There should only be a VERY thin layer of oil on your skin after the treatment. Alternately, wearing an old t-shirt to bed will protect bed linens from oil stains.
6. Castor oil pack may be kept in a plastic container or zip lock bag until it starts to discolor (several months).

Duration of Treatment: for maximum effectiveness, it is necessary to apply the pack as often as possible. Try for at least 4 consecutive days per week for at least 4-6 weeks. Patients who use the pack daily will receive the most beneficial effects. Most patients will continue to use the pack on a regular basis for many years.