



THE CASTOR OIL PACK

Background:

The castor bean (*Oleum ricini*), also known as Palma Christi, due to its shape and healing properties, is known principally as a cathartic (strong laxative). 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 to provide a soothing, cleansing, and nutritive treatment, which stimulates immune function and tonifies internal organs.

Use:

The castor oil pack has many applications, and has been used in specific cases such as uterine fibroids and ovarian cysts that are non-malignant. Other conditions which respond well include: headaches, liver disorders, constipation, diarrhea, intestinal disorders, gallbladder inflammation or stones, conditions with poor elimination, night time urinary frequency and inflamed joints and most important, general detoxification.

Materials Needed:

castor oil,
36" x 10" cotton flannel or wool flannel (must be washed if new)
hot water bottle or heating pad
old bath towel.

Procedure:

1. Fold flannel into 2 - 3 thickness to fit over your entire abdomen.
2. Drizzle approximately ½ cup of castor oil to the flannel. Fold flannel in half to saturate. Unfold and apply to abdomen. Note: The first couple of weeks you use the pack you will have to apply a tablespoon of oil about every 3-4 days. Eventually, the pack will be saturated enough that reapplication of oil should only be needed every couple of weeks. The pack should **not** be dripping with oil. As an example, it should have just enough oil to make a slight oil mark on furniture as if you were going to polish it.
3. Lay an old towel out on the surface you will be lying on. This will prevent STAINING as castor oil stains and you will not be likely to get it out, so be cautious.
4. Lie on your back, with your feet elevated (use of a pillow under your knees and feet works well), placing flannel over entire abdomen, cover with a towel and then place a hot water bottle or heating pad on top.



5. Leave pack on for 45-60 minutes. This is an excellent time to now practice visualization, mediation or relaxation breathing. (This involves placing 1 hand on your diaphragm and the other on your lower abdomen. As you breathe in, force your lower abdomen to swell like a balloon. With each breath out, practice relaxing your jaw and shoulders. As you practice more, relax all muscles in your body. Alternatively to these you may just sleep. Some people will wear the pack all night using an ace bandage to hold it in place.
6. After finishing you can remove the excess oil simply by wiping your belly gently with the bath towel you had under you. If you are very concerned about leaving any on your skin, with a solution of 2 tablespoons of baking soda to 1 quart water or often hair conditioner works well. You also choose to leave the oil on the skin to be totally absorbed over time.
7. Store the pack in a large zip-lock bag. Reuse the pack many times, adding more oil as needed to keep the pack saturated. It does not need to be washed inbetween uses. Replace the pack after it begins to change color (usually several months).
8. 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.