

Castor Oil Pack

Background

The castor bean (*Oleum ricini*) is known principally as a cathartic (strong laxative). As 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.

Use

The castor oil pack is specific for non-cancerous uterine fibroids and ovarian cysts. Other conditions which seem to respond well include headaches, liver disorders, constipation, intestinal disorders, gallbladder inflammation or stones, conditions with poor elimination infertility, night time urinary frequency and inflamed joints. It is not to be used during pregnancy, heavy menstrual flow or the presence of internal bleeding.

Materials Needed

- organic castor oil
- hot water bottle (optional)
- 36" x 10" piece of cotton flannel

Procedure

1. Pour organic castor oil on a wool or flannel cloth. You don't need much, just 2 to 6 tablespoons (enough to moisten the middle of the cloth) Do not saturate the cloth. This is not necessary and too messy! You can cut the big wool or flannel cloth in 4 pieces so you don't have to wash them so often.
2. Place the cloth over the organ you are treating (e.g., liver, entire abdomen, pelvic region, scar). Put a towel over the cloth.
3. You may place a hot water bottle over the towel but this is not absolutely necessary. The body's natural heat is sufficient
4. Leave pack on for 30-45-60 minutes. Read or watch a relaxing video. Practice relaxation breathing by placing one hand on your diaphragm and the other hand 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. You may even fall asleep and wear the pack all night.
5. In preparation for your next castor oil treatment, wash the cloth separately from clothes or nice linens as the oil can stain for the next treatment.
6. Most individuals begin with a castor oil pack on the designated organ 1 to 4 evenings a week; however, with acute pain or dysfunction these packs can be applied 3 times a day or more. Continue utilizing these packs for weeks or months, depending on your symptoms. For maximum effectiveness, apply the pack as often as possible- at least 4 consecutive days per week for at least 4-6 weeks. Daily use provides the most beneficial effects.

Caution

- Castor oil packs should not be used during pregnancy or menstruation without medical supervision.
- If you have had recent abdominal surgery, consult your physician before beginning castor oil packs.
- If you have colitis, Crohn's or chronic diarrhea, start with 10 minutes per treatment.
- Contraindicated over the abdomen of women with IUDs.

