

Forrest Health Center

- Healing For Body, Mind & Spirit -

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 non-malignant uterine fibroids, ovarian cysts, headaches, liver disorders, constipations, diarrhea, intestinal disorders, gallbladder inflammation or stones, poor elimination, night time urinary frequency, inflamed joints, and most importantly general detoxification.

Modified castor oil packs: Malignancy, pregnancy, and menstruation. The castor oil pack may be used during pregnancy and malignancy without applying heat to the abdomen. Some patients notice an increase in blood flow when applying heat to the abdomen during menstruation and choose to do their packs without heat as well.

MATERIALS NEEDED:

Castor oil

36" x 10" white cotton flannel

Hot water bottle or heating pad

Sheet of plastic (garbage bag is ok), Or a Castor Oil Pack Holder may be purchased at the clinic

Old towel

Old t-shirt and sweat pants

PROCEDURE:

- Cut a piece of plastic that will cover the flannel with 1-2 inches extra around the border of the flannel.
- Drizzle approximately ¼ cup of castor oil onto the flannel, then fold it in half to saturate. Unfold the flannel as it is now ready to apply to your abdomen. *Note:* The first couple of weeks you use the pack you will have to apply a tablespoon or so 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.
- Lay out an old towel on the surface you will be lying on. Castor oil stains and you want to avoid getting it on sheets, carpet, or clothing.
- Lie on your back and place the saturated flannel on your abdomen.
- Cover the flannel with plastic.
- Place a hot water bottle or heating pad over the plastic and wrap the towel around you.
- Relax for 45-60 minutes. This is an excellent time to practice visualization, meditation, or deep breathing exercises, listen to classical music or sleep. Some people will wear the pack all night long, using an ace bandage to keep it in place.
- After finishing you can remove the oil with warm water and soap in the shower. You may also choose to wipe your abdomen with an old towel and leave the oil on your skin to be completely absorbed over time.
- Store the pack in a large zip lock bag. Reuse it many times, adding more oil as needed to keep the pack saturated. Replace the pack after it begins to change color (usually several months). Do not wash the flannel.

Forrest Health Center

- Healing For Body, Mind & Spirit -

- 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 to 6 weeks. Patients who use the pack daily will receive the most beneficial effects.

THE DO ANYWHERE CASTOR OIL PACK

- Soak flannel in castor oil until saturated.
- Apply to abdomen and cover with a piece of plastic.
- Wrap the abdomen with an old towel so that it overlaps in the front.
- Secure the pack with two ace bandages, one around the ribs and one around the waist, keeping the pack close to the body.
- Apply heating pad or hot water bottle to maintain heat.
- Wrap up in a robe and read or relax for 45 minute to an hour.
- Store pack as previously described.
- Use pack as often as possible.

THE OVERNIGHT CASTOR OIL PACK

- Put on an old t-shirt. Put an old sweatshirt or second t-shirt over this.
- Apply to castor oil to abdomen under the rib cage.
- Go to sleep.
- The oil will be absorbed while you are sleeping.
- The t-shirts can be reused for months. They can also be washed separately in hot water and detergent.
- Store pack as previously described.
- Use pack as often as possible.