

The Castor Oil Pack

Background

The castor oil bean (*Oleum ricini*), also named Palma Christi due to its shape and healing properties, is known mainly as a “cathartic” (strong laxative). When applied over the abdomen, usually with an accompanied heat source, the oil is absorbed into the lymphatic circulation thus promoting a soothing, cleansing, and nutritive treatment.

Indications

The castor oil pack is extremely effective in promoting proper bowel elimination and liver function, as well as enhancing the immune function. Conditions that respond well to the castor oil pack include: migraines, liver disorders, uterine fibroids, chronic skin conditions, and poor digestion. The pack may be avoided during menstruation due to the potential for heavier bleeding.

Items Needed

Castor Oil
Cotton/Wool Flannel
Cover Fabric (towel, t-shirt, etc)
Heating Source (if indicated)

Instructions

1. Pour castor oil evenly over flannel (saturated, not dripping)
2. Lie down placing flannel over abdomen
3. Cover flannel with cover fabric (prevents oil from staining bedding)
4. Place heating source on top of cover fabric; avoid heat if infection or fever is present or suspected
5. Rest for 1 hour or more--use visualization, meditation, soft music, or literature for inspiration or sleep
6. When finished, fold flannel and place in large plastic zip-lock bag or other container and refrigerate
7. For continued treatments simply re-saturate flannel and repeat steps
8. Flannel may be used for ~24 treatments (about 3 months)