

Castor Oil Pack

A castor oil pack is placed on the skin over an organ or area of pain to increase circulation and to promote elimination of toxins. It can be used to stimulate the liver, relieve pain, increase lymphatic circulation, reduce inflammation, and improve digestion.

Clinical uses of Castor:

- Subclinical liver injury; fatty liver; drug-induced liver injury; hepatitis A,B, and C; early and intermediate stages of cirrhosis; and liver tumors
- Acute and chronic muscle injury and muscle spasm;
- Acute and chronic ligament and tendon injuries;
- Acute and chronic soft tissue injury;
- Chronic neck and back pain;
- Chronic abdominal discomfort: (1) constipation; (2) irritable bowel issues; (3) acid reflux; (4) colon diverticuli; (5) ulcerative colitis, (6) hemorrhoids; and (7) ileocecal valve;
- Chronic problems of poor circulation to limbs; chronic leg swelling; and chronic lymphedema

Castor oil packs are made by soaking a piece of flannel in castor oil and placing it on the skin. The flannel is covered with a sheet of plastic, and then a hot water bottle is placed over the plastic to heat the pack.

Materials

1. Three layers of undyed wool or cotton flannel large enough to cover the affected area
2. Castor oil
3. Plastic wrap cut larger than the flannel (can be cut from a plastic bag)
4. Hot water bottle or heating pad
5. Old clothes and sheets as castor oil will stain.

Method

1. Soak the flannel in castor oil so that it is saturated but not dripping.
2. Place the soaked flannel over the affected body part.
3. Cover with plastic.
4. Place the hot water bottle or heating pad over the pack. Leave it on for 45-60 minutes. Rest while the pack is in place.
5. After removing the pack, cleanse the area with soap and water or a diluted solution of baking soda and water.

Frequency and Precautions

If the soaked flannel is stored in the refrigerator in a closed container; it can be reused up to 25-30 times. It is generally recommended that a castor oil pack can be used for 3 to 7 days in a week to treat an issue or for detoxification. Castor oil should not be taken internally. It should not be applied to broken skin, or used during pregnancy, breastfeeding, or during menstrual flow.