

## **RUTLAND INTEGRATIVE HEALTH**

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### **Castor Oil Pack Shortcut**

#### **Indications:**

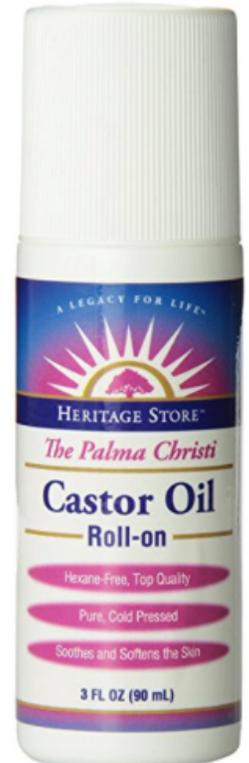
- Musculoskeletal pain and inflammation
- Gas, bloating, constipation
- Detoxification
- Fibrocystic breasts

#### **Materials:**

- Heating pad or hot water bottle
- Castor oil roll on
- Old t-shirt or flannel cloth and towel

#### **Instructions:**

- Apply roll-on castor oil directly over the area of pain or inflammation
- Cover the area with an old cloth or t-shirt you don't mind getting stained
- Apply an external heating source (hot water bottle or heating pad) for approximately 30-60min and then remove heat.
- If castor oil is applied to the abdomen it can remain there overnight (while protecting sheets and other clothing from staining), and be washed off in the morning.



### **Traditional Castor Oil Pack**

#### **Background:**

The castor bean (*Oleum ricini*) is known principally as a cathartic (strong laxative when taken internally). 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, nutritive treatment, which stimulates immune function via the lymphatic system and tonifies internal organs. Castor oil packs are anti-inflammatory and aid in elimination and detoxification processes in the body.

#### **Indications:**

- General detoxification
- Liver and/or lymphatic congestion with poor elimination
- Inflammation, pain and/or infection, including arthritis
- Uterine fibroids, non-malignant ovarian cysts, or prostate issues
- Colitis, constipation, diarrhea, gallbladder inflammation and stones

#### **Contraindications:**

Castor oil packs should be used with caution or avoided during pregnancy, bleeding disorders and active ulcers. Use with caution during menstruation, as it may create heavier bleeding. Individuals with chemical sensitivity disorders may have an increase in symptoms after using the castor oil pack, especially at the beginning of treatment, as it aids (and stimulates) the process of elimination and detoxification.

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### **Supplies**

Flannel Cloth (cotton or wool, washed and dried, 20" to 40" x 24" to 48")  
Plastic wrap (clear kitchen plastic wrap or plastic bag without printing)  
Glass dish (large enough to warm the flannel castor oil pack prior to use)  
Large zip-lock bag

Old bath towel  
Hot water bottle/pack  
Castor oil

### **Traditional Castor Oil Pack**

#### **Directions**

1. Fold the washed and dried flannel cloth so that it is 2-3 layers thick and fits over most of your abdomen (or area of use)
2. Soak the flannel cloth in castor oil, then loosely wring out the excess oil.
3. Put the castor oil pack in the heat-safe glass dish and heat in oven or in microwave until warm but not hot enough to burn.
4. Lay down in a comfortable position. You may want to place an old towel or plastic under you during the initial applications to avoid oil stains from getting on your bedding, upholstery or carpeting. (WARNING: castor oil stains) Place the castor oil pack directly on your abdomen.
5. Cover the pack with a sheet of plastic to avoid staining.
6. Wrap an old towel around your abdomen to hold the castor oil pack in place, and secure. Place a hot water bottle or gel pack over the towel. Wrap yourself in a warm blanket.
7. Leave the castor oil pack on for 45-60 minutes.
8. It is fine to fall asleep with the castor oil pack on, as long as you are not using an electrical heating source.
9. When you are done, store the pack in a large zip-lock bag in the refrigerator. The pack can be used repeatedly, adding more castor oil as needed. The castor oil pack can be used for several months.

#### **Prescription:**

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. Once the pack has been used at its' effectiveness felt, most patients will continue to use the pack on a regular basis for many years.

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