

Castor Oil – What is it? What is a Castor Oil Pack?

Castor beans were found in Egyptian tombs dating back to 4000 B.C.

The oil from the bean has been used for thousands of years as facial oil, lamp oil and internally as a cleansing oil. In the late 1800s, castor oil was peddled as strong medicine, a heroic cure for everything! (see below). The benefits from this warm pack include relief from constipation, menstrual irregularities, sore and bruised joints, broken bones, arthritis, liver congestion, immune issues and skin problems.

A castor oil pack is applied externally to the body. A piece of unbleached wool (or cotton) flannel, saturated with castor oil, is applied to a specified area with or without heat. The Edgar Cayce readings recommend a castor oil pack to relieve pain, stimulate the liver, to improve eliminations and to increase lymphatic circulation.

How do you make the Castor Oil Pack?

Castor oil (cold-pressed)

Unbleached wool or cotton flannel panel 12x14” long

Electric heating pad

Plastic wrap

A large plastic sheet, or any type of bed liner

Saturate a flannel cloth with castor oil. (I think the easiest way to saturate the flannel is to place the piece of fabric in a plastic shopping bag and pour the thick, cold-pressed castor oil over the flannel, squeezing the cloth within the bag until it is saturated). The first time you saturate the flannel, it will take almost half the bottle of oil. When the wrap is saturated, throw the plastic bag away. The pack is now saturated and ready for use. Additional amounts of castor oil will be needed to add to the pack to keep it saturated before each third use.

Note: heat is not recommended with active infections, bleeding, excessive gas or a recent injury.

For a sprain or broken bone: Wrap the injury with the saturated flannel pack and then wrap it with plastic wrap. Leave the plastic wrap on overnight, held on with a sock or ace bandage. In the morning, you can remove the sock and cut the plastic wrap off with a blunt-ended scissor, being sure not to cut the flannel cloth. You can reuse the flannel many times, just add more castor oil as needed to create that saturated feel.

For pain or injury that can benefit from heat: For this application, you can wrap the area with the castor oil pack or lie down on the pack. You will want to apply the flannel pack directly to your skin first. On top of the flannel, apply a form of plastic or bed liner barrier before applying the heating pad. Once the heating pad is on, you can wrap to hold in place. The bed liner will give a layer of insulation to prevent the heating pad from making the oil too hot to burn you. Check your heating pad and don't fall asleep with the electric heating pad on.

When using the castor oil pack, I suggest covering the bed or chair with an old towel or shower curtain. Castor oil is very thick and difficult to remove from any fabric.

The pack should be used:

Three days in a row for liver detox, on the right side of the abdomen, over the liver.

Six to eight hours a day for healing a broken bone or torn tendon.

As often as needed for muscle pain or back pain and strain.

The pack will last up to six months - keep adding oil to saturate the cloth.

Other uses for castor oil include:

- Antimicrobial, antifungal agent - use for toenail fungus, athlete's foot, etc.
- Gastrointestinal problems, constipation
- Immune and lymphatic system stimulant - place on the abdomen with heat
- Hair growth stimulant - use to thicken eyebrows and hair
- Arthritis and rheumatism pain, general joint stiffness, etc.
- Inflammation caused by injury, overuse, the aging process, etc.
- Skin cuts, acne, and eye sty healing
- Menstrual disorders – use on the abdomen