

Castor Oil Packs

A castor oil pack is an external application of castor oil. Castor oil packs can improve assimilations, eliminations and circulation. Applications of the castor oil packs can be helpful in reducing lymphatic stagnation, menstrual cramps, abdominal discomfort, and detoxification.

INSTRUCTIONS FOR CASTOR OIL PACKS

To Make the Pack

Take a piece of wool flannel and fold it into 3 thicknesses (12 x 18 inches- about the same size as your heating pad). Put it in a large disposable baking pan and pour castor oil on it. Saturate the whole flannel and leave it until it is well-saturated. When you use it, you want it saturated, but not dripping. After each use, you will probably need to add a little more castor oil. You can use the pack many times. When you are not using it, you can store it in a plastic bag in the refrigerator.

Where to Place the Pack

This will depend on what the problem is. In general, it should be on the right side of the body, extending from a little above the bottom of the breastbone/sternum to about 4 inches below the navel. It should go from the navel around the body on the right side as far to the side as you can get it. Cover as much as your right side as you can. You may also put it over the affected area (menstrual cramps= abdomen).

Using the Pack

Use the pack in the evening, as you are resting before bed, 3 days in a row. Spread a large plastic garbage bag on the bed so that the castor oil won't leak onto the bed. Fold a towel (that you will use only for castor oil packs, because the oil is almost impossible to wash out completely). Take the cloth cover off the heating pad. Then put the heating pad or hot water bottle on top of the towel (before you put it on your body) and let it heat up for a few minutes.

Lie down on your back on the plastic bag. Place the pre-heated pack on the affected area of your abdomen, with the heating pad/hot water bottle on top and the towel on top of that. Have the heating pad control within easy reach of your hand so you can adjust easily. It should be very warm but not so hot that it burns you. It may be helpful to rest your arms and hands on the towel to press the pack onto your body.

Keep the pack on for 1 to 1 ½ hours. Have a paper towel handy to wipe the oil off your body when you get up, and be careful not to get any on the bed. Make up a solution of baking soda in warm water (2 teaspoons to a quart) and use paper towels or a sponge with the baking soda solution to clean off the castor oil.

After 3 days take a break for 4 days, and repeat if symptoms persist. For further information go to EdgarCayce.org.