

Castor Oil Pack

Equipment Needed:

1. Flannel or Wool Cloth
2. Hot Water Bottle or Heating Pad
3. Plastic Wrap
4. 4 - 6 ounces of castor oil

Indications: Castor oil is an anti-inflammatory agent and has analgesic properties. It can be used for many situations. Listed below are just a few.

1. Liver Cleansing
2. Inflammation, pain and/or infection if closed
3. Breast Infection and/or plugged milk duct
4. Peptic Ulcers
5. Colitis
6. Prostate or female pelvic problems (apply over low abdomen, groin, medial thighs, and seat area).
7. Arthritis
8. Chest colds

Procedure:

1. Fold 1 to 2 inch thickness of flannel cloth about 10" x 12" for abdominal applications.
2. Dampen the cloth and pour castor oil onto the cloth.
3. Heat castor oil pack in oven on cookie sheet at a low temperature. You want the cloth to be as hot as possible without burning your skin and/or the cloth while in oven.
4. Place over treatment area and place plastic wrap over the castor oil pack to prevent soiling your clothes or sheets.
5. Place heating pad or hot water bottle on top. Pack may remain in place 1 - 8 hours. Minimal treatment time is 1 hour.
6. After treatment, if you choose, you may clean off castor oil with soda water prepared by adding one teaspoon baking soda to one pint of cool water. Dip a cloth into soda water and rub skin briskly until thoroughly cleansed.
7. Castor oil pack may be kept up to one year in a plastic container or zip lock bag.

Prescription: Usually, the castor oil pack in an acute situation is used 1 - 3 times/day. For a more chronic situation the pack is usually applied 1 - 3 times/week.

Personal Prescription:



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