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CASTOR OIL PACKING

This is probably the ultimate technique for bringing energy to any area of the body which is struggling to shift stagnation.

What does it do?

It is hard to find a complete explanation of why castor oil has such healing properties but its results have been documented for thousands of years dating back to ancient Egypt.

Castor oil packing is used for a number of ailments including constipation. It's used by some alternative practitioners to enhance circulation and to promote the healing of the tissues and organs underneath the skin. Practitioners also use it to improve liver function, relieve pain, reduce inflammation, and to improve digestion.

Castor oil is derived from the castor bean (*Ricinus communis*). Although it was once taken orally as a laxative, it's now known to be toxic and is used only externally over the unbroken skin. It should only be used after consulting a healthcare professional.

What Is a Castor Oil Pack?

A castor oil pack is typically made by soaking a couple of layers of dry flannel or folded cotton cloth in cold-pressed castor oil (organic is preferable) which is then placed on the affected area. The flannel/cloth is covered with a sheet of plastic/cling film, and then a hot water bottle is placed over the plastic to heat the pack. Castor oil pack can be purchased online at health food stores.

When applying castor oil packing there is a rule to be applied: wherever the problem area may be, you should always pack the liver first. This ensures that this main route of elimination is open and ready to receive toxicity from the troubled area. Once the liver has been opened you can return to the problem area to apply a castor oil pack to release the stagnation.

A castor oil pack is typically placed on the following body regions:

- The right side of the abdomen over the liver. Castor oil packs are sometimes recommended by alternative practitioners as part of a liver detox program
- Inflamed and swollen joints, bursitis, and muscle strains
- The abdomen to relieve constipation and other digestive disorders
- The lower abdomen in cases of menstrual irregularities and uterine and ovarian cysts

Caveats

Castor oil should not be taken internally. It should not be applied to broken skin. It should not be used during pregnancy, breastfeeding, or during menstruation. If you're considering the use of castor oil, talk with your therapist first. 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 you need?

- A large piece of unbleached cotton or woollen material 25 inches square which can be folded over or 2 smaller pieces of cloth
- A bottle of cold pressed castor oil (preferably organic)
- A roll of cling film
- A hot water bottle
- Container with a lid
- Old clothes and sheets. Castor oil will stain clothing and bedding.

Materials

- Pour the castor oil on the cloth so that it is saturated, but not dripping
- Place the pack over the liver and other affected body part
- Cover with plastic or wrap cling film round the body part
- Place the hot water bottle over the pack. Leave it on for 20 mins to start leading to 45-60 minutes. Rest while the pack is in place
- After removing the pack, cleanse the area with a dilute solution of water and baking soda or a mild natural soap
- If a lot of toxicity is drawn out the cloth may be stained a dark brown colour, if this happens it is best to discard the material and use a fresh piece (avoid washing in a machine as it could wreck your washing machine)
- Store the pack in the covered container in the refrigerator. Each pack may be reused up to 25-30 times