



healthcare for the whole family

The Castor Oil Pack

Background:

The castor bean (*Oleum ricini*), also known as Palma Christi due to its shape and healing properties, is known principally as a cathartic (strong laxative). A gentler use in the form of a pack placed over the abdomen, usually with applied heat. The oil is absorbed into the lymphatic circulation to provide a soothing, cleansing, and nutritive treatment.

Ingredients needed:

Castor Oil

1 yard of cotton, wool or flannel

Heating pad (if indicated)

Baking soda for cleansing area after treatment

Method

Put Castor oil on abdomen to cover area

Put towel over area

Put heating pad over towel

Lie for ½ hour.

After finishing, wash with a solution of 3 tablespoons of baking soda to one quart of water to cut the oil.

**Note: Castor oil will stain.