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Castor oil is derived from the castor bean of the Palma Christi plant (*Ricinus communis*). Castor oil has long been used for its healing properties, as far back as ancient Egypt. Castor oil packs are recommended due to their ability to promote healing, reduce inflammation, and improve circulation, especially lymphatic circulation, along with many other benefits. Although castor oil packs are safe it is recommended that you speak with a Naturopathic Doctor before use to maximize the benefits and eliminate side effects, such as diarrhea.

What Is a Castor Oil Pack?

A castor oil pack involves the use of cloth (unbleached flannel) soaked in castor oil which is placed on the skin. Heat may also be applied when indicated.

Cautions

Castor oil should not be taken internally unless directed by a healthcare professional. Castor oil and castor oil packs should not be placed over

broken skin. Women who are pregnant, breastfeeding, or menstruating should consult a healthcare professional before using a castor oil pack on any area of the body.

Materials

- Undyed/unbleached cotton flannel, large enough to cover the affected area.
- Hexane-Free Castor oil
- Plastic wrap, large enough to cover the affected area plus a few inches extra to avoid staining clothes/bedsheets and/or making a mess. (Castor oil is quite sticky.)
- Heating pad. (A hot water bottle may be used if a heating pad is not available.)
- Plastic bag or container with a lid. This will also be used to store the cloth between uses.

Directions (Best to apply before bed.)

- Place the flannel in the container. Soak it in castor oil so that it is saturated, but not dripping.
- Place the pack over the affected body part.
- Cover the cloth with plastic wrap.
- Place the heating pad over the pack. Leave the heat on for 15-20 minutes. To receive the maximum benefit leave the pack in place overnight.
- After removing the pack, cleanse the area with soap and water.
- Store the pack in the covered container in the refrigerator. Each pack may be reused up to 25-30 times. Washing and reusing is **not recommended**.

Uses: Joint pain, fractures, nerve damage, tennis/golf elbow, enhance organ function, lymphedema, etc.

References

Castor oil and Ancient Egypt

<https://www.encyclopedia.com/science-and-technology/chemistry/organic-chemistry/castor-oil>

Benefits of Castor Oil Packs

<https://ndnr.com/dermatology/topical-use-of-castor-oil/>

Castor Oil and Arthritis

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Effect+of+ricinoleic+acid+in+acute+and+subchronic+experimental+models+of+inflammation.++Mediators+Inflamm.>

Evidence for the Topical Application of Castor Oil

<http://intjnm.com/abstract-evidence-for-the-topical-application-of-castor-oil/>