HEALTHY TIPS

How To Make Castor Oil Packs To Help Relieve Pain, Reduce Inflammation And Encourage Healing

By bestfolkmedicine · 21/11/2019 · 2 min read



Castor oil comes from castor seed which is native to India. It's rich in ricinoleic acid that's believed to be the main reason for its claimed healing benefits.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

However, even though castor oil is considered to possess medicinal properties, castor seed itself can be deadly, so you need to be cautious.

The FDA labels it as 'Generally Regarded as Safe' and a tbsp of it on a daily basis is considered okay for internal use; however, in some people, it may cause digestive stress.

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So, knowing that there are a lot of dos and don'ts to internal consumption of castor oil, it's good to know that there's another, safer way to reap its advantages- castor oil packs!

What Are Castor Oil Packs?

A castor oil pack involves using a cloth previously soaked in castor oil and placing the cloth on the skin.

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Some alternative medicine practitioners use it to boost the blood flow, heal tissues, alleviate pain, minimize inflammation, and improve the digestive processes.

A piece of flannel is soaked in the oil and then put on the desired area of the body. Then, you need to cover the flannel with plastic sheet and a hot water to heat it up.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Where can You Place a Castor Oil Pack?

- Right side of belly- for liver cleanse
- On the joints- for inflammation, muscle strains
- Belly- to relieve constipation and other digestive issues
- Lower belly- menstrual pain or cysts

Important to Note

- Avoid taking castor oil internally
- Never apply castor oil to open wounds
- Don't use it in pregnancy, when breastfeeding or during menstruation

How to Make my Own Castor Pack at Home?

You'll need the following things:

3 layers of wool, not dyed or cotton flannel to cover the area

Castor oil

Plastic wrap, bigger than the flannel or wool

Bottle with hot water

Container with a lid

Old clothes and old sheets (because of staining)

How to Do it:

Put the chosen cover in the container. Then, soak it in the oil, but make sure it’s not dripping. Put it over the body part and cover it with the plastic wrap.

Put the bottle over it and keep it like that for 40 to 60 minutes. Make sure you rest while doing this.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
After removal, clean the body part with water and baking soda.

You can keep the pack in a container in the fridge and reuse it for 20 to 30 times.

Sources:

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