

Castor Oil Therapy for Fertility

Castor oil therapy consists of using a warm castor oil wrap over the abdomen in order to stimulate blood flow to the uterus and ovaries. Castor oil is absorbed easily into the body through the skin and its healing components are delivered directly into the body tissues. This natural method is used to treat gynecological disorders related to infertility, endometriosis, fibroids, polycystic ovary syndrome, etc.

Properties of Castor Oil

Studies have shown that castor oil treatments can boost the immune system by increasing the number of total lymphocytes and castor oil assists the body in the removal of inflammatory components like prostaglandins. In addition, castor oil stimulates lymphatic drainage and removes waste products from the tissues and cells.

When to use a Castor Oil Pack

The typical duration of castor oil therapy is about 45-60 minutes 3-5 times a week for at least 8-16 weeks.

If you have endometriosis, PCOS, or ovarian cysts you should notice improvement during the first two menstrual cycles. During this time the ovarian pain and the menstrual discomfort should decrease considerably. As you notice improvement, taper off slowly by decreasing the number of sessions per week.

Safety Precautions

Do not apply a castor oil pack on broken skin. Avoid doing castor oil packs during menses. In women who are actively trying to conceive, it is best to avoid castor oil therapy after ovulation has been detected. Avoid applying heat on the abdomen during early pregnancy as this can affect the developing baby. Castor oil treatments are contraindicated in pregnant and nursing moms.

If you have uterine bleeding or suffer from cancerous tumors do not do castor oil packs. For any serious conditions talk to your doctor before doing castor oil therapy.

Note: Castor oil should not be taken internally. It causes severe abdominal spasms and can stimulate uterine contractions causing miscarriage.

To make a Castor Oil Pack you will need the following items:

1. Cold pressed Castor Oil Kit
2. Heating pad
3. Two cotton flannel pieces of 1 foot square each
4. One piece of plastic bag one foot square in size
5. A towel



How to apply the Castor Oil Pack:

1. Soak the flannel pieces in castor oil, generally about 1 cup of castor oil will be enough. Place it over your whole abdomen (make sure to include the liver and the uterus).
2. Place the piece of plastic on top and then place the towel.
3. On top of the towel place the warm water bottle or a heating pad. The pack should remain in place for about one hour.
4. When you remove the pack, the remaining oil can be massaged into the skin or cleaned off using the other clean flannel cloth.
5. Take it easy for a couple of hours after doing a castor oil application.

To make a quick and easy Castor Oil Pack:

1. Rub a tablespoon of castor oil on abdomen
2. Place an old towel on top of oil
3. Place a hot water bottle or heating pad on top of towel and rest for 45 minutes