

## Castor Bean Oil

*Ricinus communis*

Native to India

Derived from the castor seed with unique chemical composition. Edgar Cayce, a medical intuitive known as the "sleeping prophet", introduced castor oil packs for the treatment of many conditions.

Castor plant referred to as "Palma Christe," centuries ago due to the leaves that were said to resemble the hand of Christ. This association likely arose out of people's reverence for the plant's healing abilities.

Used medically in Ancient Egypt, China, Persia, Africa, Greece, Rome, and eventually in 17<sup>th</sup> Century Europe and the Americas. Castor oil is now widely used in industry. The stem of the plant is used in the textile industry, particularly in Russia, where castor oil is known as "Kastorka."

Double blind studies conducted by the Association for Research and Enlightenment, Inc. demonstrated an increase in lymphocyte production and the level of activity of T-cell lymphocytes in the group that used castor oil packs.

T-cell lymphocytes originate from bone marrow and the thymus gland and identify and kill invaders such as virus, bacteria, and fungi. In addition to strengthening the immune system, castor oil appears to have a balancing effect on the autonomic nervous system, increasing liver activity and improving digestion. Tumors, fibroids, and cysts can be shrunken and eliminated by re-absorption.

### Medicinal Benefits

- Triglyceride, comprised of fatty acids, 85- 95% of which is ricinoleic acid.
- Potent anti inflammatory
- Anti-microbial
- Breaks up & reduces scar tissue & adhesions
- Increases blood flow
- Decreases stagnation: Reaches deep in the body to and accesses organs- helps clear lymph and excess body fluids, helps move blood
- Powerful pain-relieving properties are in the ricinoleic acid
- Alleviates constipation and encourages detoxification
- Skin health and skin conditions- providing nourishing and moisturizing effects
- Helps to promote self-care
- Wherever there is congestion, scar tissue, decreased blood flow and need for healing, castor oil can be an effective treatment option

### Uses

- Externally to treat a variety of health conditions such as arthritis, liver and intestinal disorders, tumors, cysts, and skin conditions.
- Breast cysts, fibroids, ovarian cysts, congestion of abdominal organs, skin conditions, small benign cysts, and adhesions from surgery.

### How- to use Organic Castor Oil & RMB Motor Oils

Apply liberally the organic castor oil or RMB Motor Oil to upper & lower abdomen in need of treatment. Perform massage. Again, apply Castor Oil or Motor Oil. Place towel or tee shirt (you don't mind getting pungent, because castor bean oil gets more embedded in fabric

compared to other oils) over abdomen. Then set heat source (either a hot water bottle or electric pad) atop the abdomen.

The heat turns on the medicinal quality of the castor oil to be more effective.

**CAUTION:** Do NOT fall asleep while using the heating pad!!

#### Preventing staining from Castor Oil

Castor oil is highly penetrating so protect any bedding or clothing from staining. Place old towels on flat surface, beneath you prior to massage so that if any oil slides from the surface of skin, there'll be a towel under your back as you perform abdominal massage.

Baking soda or washing soda (sal soda) may be used during laundering to remove some of the stains on fabric.

#### Contraindications

Avoid during menstrual cycle, pregnancy, or if you believe you are pregnant. Check in with your Arvigo Practitioner for specific Maya Self Care Massage for home protocol during fertility treatment(s).

Massage may be modified during gaseous stomach, intestinal conditions.

#### Note

On rare occasion a rash may occur at the site. This is a normal occurrence of the body's way to eliminate toxins. Cleanse the area with a weak solution of 1 TBL baking soda to one cup of warm water.

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