

Castor Oil – A great remedy for bumps and bruises

By [Marty Layne](#)

A few days ago, I opened a window and smashed my finger in the process. It hurt!!! It throbbed and began to get more and more painful. I went to the bathroom, put some castor oil on a piece of cotton and wrapped it around my finger, holding it in place with a piece of Scotch tape. Within a minute, the pain stopped although it continued to throb a little bit. Ah relief!!

I worked in the garden for the next few hours, wearing a glove over my bandaged finger. When I came in I removed the cotton and castor oil to wash my hands. I thought the pain had stopped. Within a few minutes of washing my hands, it started to hurt again, so I re-bandaged it with the cotton and castor oil and a new piece of tape. At bedtime, I removed the cotton, and it had stopped hurting. I was so pleased to be reminded again of what amazing pain relief castor oil applied to the outside of the body can bring.

When my children were little, we used it all the time. In fact, I carried a bottle of castor oil, cotton batting, and ace bandages to wrap around the cotton in my first aid kit in the car. I still do. Now instead of scraped knees or elbows, dance injuries cause me to bring the bottle of castor oil out of the kit.

I first read about castor oil about 42 years ago when I was reading about the American psychic, Edgar Cayce. I used castor oil packs on my abdomen when I wasn't feeling well a few times back then, but never tried it for bumps, bruises or cuts. It wasn't until I had children that I began to use it in earnest.

I remember the first time clearly - I had inadvertently closed a car door on my two-year-old's fingers. I'd read an article by a mom who was also a nurse who described using castor oil for this type of injury for one of her children. I tried it out. I poured lots of castor oil on some cotton, held it to my child's fingers, which were bruised but not broken, and continued nursing him. He fell asleep. I continued to hold him and managed to get the cotton and castor oil wrapped around his fingers. He woke up about an hour and a half later. He said his fingers didn't hurt anymore. There was no swelling and the bruising had disappeared. I was amazed! This was the first of many experiences of the healing power of castor oil - "Palma Christi" or "the hand of Christ." Its external healing powers are nothing short of miraculous. And there are no negative side effects.

Although Edgar Cayce and Dr. John R. Christopher, the father of American Herbology revived it is use in this century, this oil has been used for many hundreds of years in various parts of the world. The Ebers Papyrus (1550 B.C.) from Egypt contains one of the first references to the use of castor oil as something that was placed in the eyes to relieve and protect them from irritation. Since that time it has been used in many countries for various ailments- from helping to remove warts and moles to promoting lymphatic circulation and promoting breastmilk production.

Most people think of castor oil as a very effective laxative with a horrible taste. When used externally, it doesn't have the laxative effect. Instead it promotes lymph flow, boosts white blood cell production and soothes away aches and pains while helping to reduce infection. It almost sounds too good to be true, doesn't it, but throughout my children's growing up years I watched it soothe and heal their cuts, bumps, and bruises. I felt less helpless when my children hurt themselves because I was able to put something on whatever hurt that stopped the pain and

helped promote healing.

When my sons played baseball, they found that applying castor oil to their pitching arms helped take away muscle pain and helped their muscles recover faster. When my daughter, who was four at the time slipped and fell hitting her forehead against the curb in a parking lot, castor oil again came to the rescue. Fortunately, no skin was broken, but a large bump began to form on her forehead. After crying for a little bit, she was ready for me to put castor oil on her bump. I poured a large amount of castor oil on some cotton and then placed this on her bump. She held it there for a minute and then let me fasten an ace bandage around her head to hold it in place. A few minutes later she said it was hardly hurting, and she was ready to go into the store. Later that evening, there was hardly any swelling or discoloration where she had hit her head. She kept the cotton and a bandage on her head that night and in the morning decided she didn't need it any more.

Dr. William A. McGarey has written a book about castor oil, *The Oil That Heals*, that relates how he has used it in his clinic for the past 25 years. In his book he also relates Edgar Cayce's description of why abdominal castor oil packs work for a number of conditions. Cayce explained that "castor oil packs can strengthen the Peyer's Patches, which are tiny patches of lymphatic tissue in the small intestine. These patches produce a substance which facilitates electrical contact between the autonomous and the cerebrospinal nervous system and affects the health of the entire nervous system. Although the Peyer's Patches were discovered in 1677, it is only recently that medical science has begun to recognize them as constituents of the body's immune system." (*The Oil That Heals*)

In 1961, a study was done that demonstrated that two of the ingredients that make up 94% of castor oil - ricinoleic acid and oleic acid – were "superior in their activity against several species of bacteria, yeasts and molds when compared to two known antimicrobial agents." I didn't know this when I used it on my children's cuts, but it does explain why those cuts never got infected.

The only problem with castor oil is that it is a very viscous, sticky oil. It stains cloth, furniture, bedding etc. The way around this is to put a layer of plastic over the cotton or cloth before putting a bandage or tape on to hold the castor oil in place. The kind of plastic wrap used for sandwiches works just fine.

We've been using castor oil externally in our family for many years. In all that time, we've only had positive results – rapid healing of cuts, bruises, sprains and best of all almost instant pain relief. It's sometimes still hard for me to believe. It only takes an incident like I mentioned at the beginning of this article – hurting my own finger, that makes me remember how quickly castor oil relieves pain and promotes healing. A first aid kit in a bottle, available in most pharmacies very inexpensively.

Oil That Heals by William McGarey, MD

A Physician's Diary: Case Histories of Hope and Healing with Edgar Cayce's and Other Natural Remedies by Dr. Myatt N MD

http://www.edgarcayce.org/are/holistic_health/data/thcast1.html

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