

## Castor Oil Purgation Therapy

### Personal Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Instructions:

Excessive heat or fire (pitta) can stagnate in the small intestine. This obstructs the assimilation of the fire element throughout the body. You can use castor oil to purge the small intestine.

It is advisable to eat lightly during the period of the purge, avoiding meat, alcohol, and cheese. Eat your largest meal for lunch and take a light and healthy dinner with plenty of fluids an hour before bed.

Take 2 tsp of castor oil with 1 cup of ginger tea at bedtime. You should wake up at least once in the night to pass stool. If not, increase your castor oil to 3 tsp the next night. If by utilizing this method you only pass stool in the morning upon waking, as long as it's a large and easy quantity, the purgation can still be effective and may be continued for three days.

Try this out for a few nights and see how much stool you can evacuate. Do not purge when you are in a stressful environment, make sure you get extra rest, good diet, and fluids.

Use only organic cold pressed, or expeller pressed castor oil. You can get it from Starwest Botanicals through my website.

The difference you will feel may be very subtle. So tune into your digestive system and any symptoms you may have noticed, or were revealed during your Ayurvedic consultation.

Once you do your first three-day purge, if you have a good experience you may want to repeat the purge the following week.

The purge of fire from the small intestine can be done as a stand-alone therapy. However, in Ayurveda all the therapies work synergistically. So the small intestine purge at night can be followed by a large intestine cleanse in the morning – removing all the waste and further cleansing the pathway for elimination. These two therapies working together form a powerful combination.