



# Ricinus Communis (Palm of Christ) Healing Touch of God

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## ABSTRACT

Various tribes of India since years using the ethnobotanical medicine without knowing the scientific basis, hence aim of this review is to the documentation of the healing touch of “ Arnika of Ayurveda castor plant” and & advised the uses of therapeutic benefit to oral health and diseases. Modern dental practices should be integrated to formulate their sustainable utilization with the traditional knowledge.

**Keywords:** Castor Oil, Healing, Traditional Knowledge.

## 1. INTRODUCTION

A great experience of medicinal herbs usage in the Periodontics has been gained to treat a huge amount of various diseases. Phytotherapy has been used since the appearance of medicine by itself and is still a popular method of curing of periodontal disease. During a long period of time using medicinal herbs was the only way to treat a whole range of pathologies. This fact made it possible to get much knowledge of how to use a healing power of plants in dentistry practice.. We focused our attention on the usage of certain herb to prevent and treat Periodontitis, and gingivitis. Before the benefits of any traditional medicine get lost it is necessary to document the properties of the plant. Various tribes of India since years using the ethno botanical medicine without knowing the scientific basis, hence aim of this review is to the documentation of the healing touch of “ Arnika of Ayurveda castor plant” and & advised the uses of therapeutic benefit to oral health and diseases. Modern dental practices should be integrated with to formulate their sustainable utilization with the traditional knowledge this review concluded that even though the accessibility of Western medicine for complex diseases is available, many people still continue to depend on medicinal plants for dental & systemic infection infections.<sup>1</sup>

Since thousands of years, Folk healers are using castor oil for a variety of systemic diseases. As far back as the ancient Egyptians. they use castor oil for the treatment of eye irritations, it is also used for excellent skin care remedy. Traditional Ayurvedic medicine practices in India, castor oil has been awarded for its skin-healing properties, digestive soother, followed by superb antibacterial properties.

## 2. HISTORY

Ricinus Communis is the native plant of India, Africa & Central America, & in most of the tropical & subtropical areas of the world. By the Egyptians 6000 years ago, it was mainly cultivated & they used it as fuel for burn the lamps. Herodotus who called castor oil as Kiki furnishes an oil much used by the Egyptians, seeds of Ricinus are found, in whose ancient tombs. At the same time, it was introduced into Greece around the 4th century BC, cultivated even today under the same ancient name. In the early middle Ages, It was introduced medically in Europe, used externally in skin diseases. However, around the 18th century, supplies of the seeds and oil for European medicine were obtained from Jamaica its cultivation in Europe as a medicinal plant had stopped. The name "castor" was originally applied to the plant in Jamaica where it is called "Agnus castus". Because the Castor plant's leaves look alike the palm of Christ hence many years ago the plant was referred to as “Palma Christe”

Since decades, many mothers and grandparents at the first sign of illness, immediately giving their children castor oil to naturally boost immune function either topically or internally & for the early healing of wound<sup>2</sup>.

### Castor Oil Properties

It is a vegetable oil obtained by the seeds of *Ricinus communis* which the botanical name of the castor oil plant.<sup>[1]</sup> The common name "castor oil", originate due to probably its use as a replacement for castoreum, a perfume base made from the dried perineal glands of the beaver.<sup>[2]</sup>

Castor oil has specific taste & smell, its boiling point is 313 °C (595 °F) and its density is 961 kg/m<sup>3</sup>.<sup>[3]</sup> It has ricinoleates. Oleate and linoleates are significant components, however ricinoleic acid, a monounsaturated, 18-carbon fatty acid is the main component, among all fatty acids, ricinoleic acid is unique in that it has a hydroxyl functional group on the 12th carbon, which to be more polar than most fats. Since centuries castor oil's most popular use has been lowering constipation and boosting the appearance of hair health, & especially used for treating skin infections, but many studies have shown that boosting the immune function is most important application of castor oil. Castor oil is capable of increasing a type of special white blood cells that act like antibodies as white blood cells and the count of T-11 cells produced within the body's lymphocytes that help kill viruses, fungi, bacteria and cancer cells.

Due to its specific compound ricinoleic acid. Castor oil is considered to be pretty unique because is not found in many other substances, and it's such a dense, concentrated source, produced by cold-pressing the seeds & clarification of the oil by heat application.

Aside from ricinoleic acid, its primary constituent, castor oil also contains certain beneficial salts and esters that mainly function as skin-soothing agents. subsequently, they also help in stabilize the consistency & texture of products, that is why castor oil is used in so many skin-care cosmetics & hair treatments.

However Castor oil also has Ricin is a deadly toxin is an alkaloid, protein toxin. Even in minute quantities, Ricin is more poisonous than cobra venom, Ricin gets inside body cells causes the cells to die by preventing making necessary proteins. If castor beans are chewed Ricin is released, can be made from the waste left over from pressing castor beans into the oil. It has been reported, a modified form of ricin has been used experimentally to selectively kill cancer cells & used as a toxic war agent in the 1980s in Iraq and more recently by terrorist for unethical use.<sup>3</sup>

### 3. MECHANISM OF ACTION



### **Other Therapeutic Castor Oil Benefits**

Ricinoleic acid as an unsaturated fatty acid has many healing abilities as mentioned;

- Inhibiting the growth of bacteria, viruses, yeasts
- Treating skin disorders and infections
- Acne correction ability
- Helping in hair growth
- Treating itching & inflammation of the skin
- Nail fungus treatment
- Constipation correction
- Hydration of cracked lips
- Sunburn correction
- Helping in the induction of labour
- For a various disease, castor oil is magical panacea. It is analgesic and nervine, when applied externally hence the main factor in treating neural disorder.
- For vata dosha treatment in Ayurveda castor oil is the main constituents, including pains, constipation, and arthritis.
- This magical oil is used in the treatment of epilepsy, paralysis, & various nervous system disorders.
- Castor oil supports connective tissue and skin health & joint, muscle.
- It is used for wounds, trauma and minor pain. Although it is not used for acute pain relief but chronic pain can easily be relieved. It is used on area of chronic joint pain, including fibromyalgia or osteoarthritis
- Castor oil is the “arnica of Ayurveda.” prevents bruising by treating destroyed structural and connective tissue.
- Castor oil also acts as an astringent
- It is used in the treatment of benign growth, as ovarian cysts, breast cysts, lipomas, varicose veins, swollen lymph glands, enlarged liver or spleen.
- It improves the secretion of milk, by gentle massaging of castor oil to the nipple of a lactating mother.
- Apply castor oil to the abdomen as a pack for a diseased liver, menstrual pain, constipation or general abdominal discomfort acts as a major healer & analgesic.
- It provides amazing healing properties when castor oil is used as a castor oil pack & rubs
- A.F. Novak in 1961 reported in the Journal of American Oil Chemists' Society that Ricinoleic and oleic acid derivatives have excellent antimicrobial activity when compared to two known antimicrobial agents sorbic and 10-undecenoic acids. That is why castor oil has been used successfully in treating non-healing wounds; even when the patient is experiencing an acute infection at the wound site.<sup>8-9</sup>

### **4. CONCLUSION**

According to Food and Drug Administration castor oil is classified as safe for both internal topical use and is effective for use as an internal, external wound healer as well as a stimulant laxative. Daily castor oil dosage for an adult's 0.7 milligrams/kilograms body weight is accepted by World Health Organization Expert Committee on Food Additives. Its main constituent's Ricinoleic acid is considered short-lasting & nontoxic to the body. Many researchers reported that castor oil 10 percent of total calorie intake in the diet of rats was not toxic. In recent years ethnomedicinal plants have great interest. According to this review, castor oil has amazing medicinal properties, however further studies are much needed to investigate the side effects, toxicity and drug interactions of castor oil for dental applications. Who knows by knowing the healing capacity of castor oil pack might be there is no future of systemic dosage of analgesics.

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