

## Why Castor Oil in the Belly Button Is Trending

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A traditional home remedy has resurfaced across India's beauty and wellness circles: **applying castor oil to the belly button before bed**. The practice, rooted in Ayurvedic navel therapy (*Nabhi Chikitsa*), has gained modern attention for its claimed ability to improve skin glow and reduce bloating. While social media influencers have popularised the trend, experts note that castor oil does offer proven skincare and anti-inflammatory benefits — though not all claims are scientifically validated.

This article explains the **real benefits, traditional logic, safe ways to use it** :

### Understanding the Trend

The belly button contains several nerve endings and blood vessels close to the skin's surface.

Ayurvedic practitioners believe this area plays a key role in maintaining internal balance and circulating nourishment throughout the body.

Modern dermatologists highlight that **castor oil is rich in fatty acids and ricinoleic acid**, a compound known for:

- Anti-inflammatory properties
- Deep moisturisation
- Antimicrobial protection

### Key Benefits

#### 1. Supports Skin Hydration and Natural Glow

Castor oil is a deeply penetrating moisturizer. When applied at night, it nourishes dry skin and helps strengthen the skin barrier.

While applying it to the navel won't directly brighten the face, improved hydration and relaxation can contribute to a healthier glow overall.

#### 2. May Help Reduce Bloating

Ricinoleic acid is known for its soothing effect on the digestive system.

Although navel application is not a medical treatment, many people report:

- Reduced heaviness

- A calmer stomach
- Relief from mild bloating

### **3. Encourages Better Sleep and Stress Relief**

Applying oil around the navel often involves slow, circular self-massage.

This routine can relax nerves, reduce stress, and support improved sleep quality — which indirectly benefits skin health.

### **4. Helps Soothe Menstrual Discomfort**

Castor oil packs are known to ease cramps.

Navel application, combined with a gentle massage, may help some women feel relief during menstrual bloating or lower-abdominal discomfort.

### **5. Improves Navel Skin Health**

The belly button often collects dirt and dead skin, leading to dryness or irritation.

Castor oil's antimicrobial and moisturizing qualities help maintain hygiene and softness in this area.

### **How to Use Castor Oil in the Belly Button Safely**

1. Choose cold-pressed, pure castor oil.
2. Clean the navel with warm water and dry it well.
3. Add **1–2 drops** of castor oil into the belly button.
4. Massage gently in a circular motion for 1–2 minutes.
5. Leave it overnight for best results.
6. Use 3–4 times a week consistently.

### **Important:**

Avoid use if you are pregnant, have an infection in the navel area, or have highly sensitive skin. Always patch-test first.

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