Role of rasamanikya for the management of vicarciya

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Skin diseases are most common problems which require a dependable remedy. Vicarciya is a very common skin disease and it is categorized under kṣutrakushta in Ayurveda. Rasa drugs are more effective for skin diseases than herbal preparations. In the present study a clinical trial was conducted for the management of vicarciya with a special rasa drug, rasamanikya. It is an established rasa drug in the system of Indian medicine and main preparation of Haritaka. Although various researches have been carried out in India to study the efficacy of rasamanikya, it hasn’t been studied for the patients in Sri Lanka.

55 patients were selected (5 patients from each type) on the basis of clinical symptomatology and diagnostic criteria.

25 mg of rasamanikya was given as a single dose after mixing with one gram of sahāpāṇacūrṇa and bee honey was given twice a day for sixty days, as three courses, with 10 - 10 days gaping period.

Patients relief from three significant symptoms of vicarciya were observed during the treatment period. Two symptoms, itching and discharges were cured completely and one symptom pimpls dark was cured 80%. Vicarciya showed 93.3% of relief of signs and symptoms. It was not shown any significance at 5% level, but p-values were greater than 1.10. It also showed that the treatment is really effective for the patients who were having the above disease at 10% significant level.

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