

## Role of *rasamānikya* for the management of *vicarcikā*

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Skin diseases are most common problems which require a dependable remedy. *Vicarcikā* is a very common skin disease and it is categorized under *ksudrakustha* 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 *vicarcikā* with a special *rasa* drug, *rasamānikya*. It is an established *rasa* drug in the system of Indian medicine and main preparation of *Haritāla*. Although various researches have been carried out in India to study the efficacy of *rasamānikya*, 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 criterias.

25 mg of *rasamānikya* was given as a single dose after mixing with one gram of *sahapānacūrna* 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 *vicarcikā* were observed during the treatment period. Two symptoms, itching and discharges were cured completely and one symptom pimples dark was cured 80%. *Vicarcikā* 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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