

## ROLE OF RASA MANIKYA IN THE MANAGEMENT OF VICHARCHIKA (ATOPIC DERMATITIS): AN OPEN-LABEL CLINICAL TRIAL

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## ABSTRACT

Currently, people are increasingly exposed to various toxins through food and the air, such as inhalation, intake of preservatives in added food substances, bakery items, pesticides, synthetic cosmetics, and junk food, leading to toxin accumulation in the body. This condition is described in the context of *Dushi visha* in *Agada Tantra*, which may manifest as various *Twak Vikaras*. Eczema is not life-threatening but can cause significant disability, particularly when it affects the hands and feet, impacting the individual's quality of life. Although many medications exist for treating eczema, a fast and effective solution is still needed. *Ayurveda* categorises eczema as *Vicharchika*, classified under *Kshudrakustha* (a group of minor skin diseases). The study involved 30 clinically diagnosed patients with *Vicharchika* (Atopic Dermatitis), and *Rasa Manikya* was administered internally twice daily for 60 days.

**Keywords:** *Vicharchika*, Atopic dermatitis and *Rasa Manikya*.

## INTRODUCTION

Skin disorders have been recognised as a challenging condition since the Vedic era. Atopic dermatitis (AD) is the leading cause of the global burden from skin disease and ranks 15th worldwide for non-fatal diseases. The lifetime prevalence of eczema is about 15% to 30% in children and 2% to 10% in adults. The global prevalence of eczema is estimated to be 2.6%. The symptoms of atopic dermatitis, including itching and skin pain, are negatively correlated with health-related quality of life. These symptoms lead to sleep disturbances and impaired daily activities such as work, school, sports, and socialising. Furthermore, many adult and adolescent patients with atopic dermatitis suffer from psychological co-morbidities such as social withdrawal, anxiety, depression, and suicidal tendencies.

*Kushta* is the word used in *Ayurvedic* literature to describe skin diseases. Acharyas have mentioned *Kushta* as one of the *Ashta Mahagada*. In *Ayurveda*, “*Kushta*” is defined as “*twachaha kurvanti vaivarnya dustah kushthamushanti tat*”<sup>2</sup> The disease which destroys the skin, etc., *dhatu*s of the human body is called *Kushta*. *Kushta* is a condition where the skin is destroyed. *Vata*, *Pitta* and *Kapha*, which have become morbid, vitiate the *Twak*, *Rakta*, *Maamsa*, and *Lasika*. This is the complex of seven elements affected in *Kushta*<sup>3</sup>.

*Vicharchika*, one among *Kshudra Kushta* in particular, is considered *Kapha pradhana Tridoshaja* and *Rakta-Pradoshaja Vyadhi*<sup>4</sup>. The clinical presentation of *Vicharchika* is often correlated to eczema in modern dermatology. *Vicharchika*, characterised by *Kapha* dosha dominance, presents with excessive itching, discolouration, boiling, and profuse oozing. This is similar to Eczema in the Acute, Infantile, and Childhood phases. In cases where *Vicharchika* shows *Vata* dominance, symptoms include pronounced lining, increased itching, pain, and dryness. This suggests chronic or later stages resembling Atopic Dermatitis in adulthood with chronicity. Consequently, it indicates the two stages of *Vicharchika*, *Sravi Vicharchika* and *Ruksha (Asravi) Vicharchika*. Though Modern science is advanced in dermatology,

the cure for skin diseases like Eczema is still awaited destiny. In *Ayurveda*, there is an elaborated description available regarding the treatment of *Vicharchika*, which includes both *Shodhana* and *Shamana Chikitsa*<sup>4</sup>. So, in the present study, “Role of *Rasa Manikya* in the management of *Vicharchika*: An open-label clinical trial was planned and carried out.

### AIMS AND OBJECTIVES

- To evaluate the clinical efficacy of **RASA MANIKYA** in the management of *Vicharchika*.

### MATERIAL AND METHODS

**STUDY DESIGN:** Randomized, open clinical trial.

#### SELECTION OF THE PATIENTS:

Patients attending the O.P.D. and I.P.D. of Dr. A.L. Govt. Ayurvedic Hospital, M.G. road, Vijayawada fulfilling the criteria of the disease were selected irrespective of their age, sex, religion etc.

#### Sample Size and Grouping

For clinical trial, a minimum sample of 30 patients diagnosed with *Vicharchika* and *Rasa Manikya* was given internally twice daily for 60 days.

#### Inclusion Criteria

- ❖ Patients fulfilling the criteria which are based on symptomatology of *Vicharchika* explained in *Ayurvedic* classics.
- ❖ All types of Eczema.
- ❖ Age between 18 – 60 irrespective of sex, religion and occupation.
- ❖ Patient willing to participate in the study.

#### Exclusion Criteria

- ❖ Age below 18 years and above 60 years.
- ❖ Systemic diseases.
- ❖ Infectious skin diseases.
- ❖ Lactating mothers, pregnant women.
- ❖ Women planning for pregnancy.

#### Posology

##### Internal therapy - *Rasa Manikya*

Administration: Orally

Dose: 125mg two times a day

Duration: 60 days

**Follow-up** - Follow-up of the patient was done on the 15<sup>th</sup> day, 30<sup>th</sup> day, 45<sup>th</sup> day and 60<sup>th</sup> days of treatment.

Improvement in the symptoms, if any, and other effects were noted.

### Diet and Regimen

**Pathya** - Laghu ahara, Tikta rasa pradhana, Shastika shali, Triphala, Nimba, Takra, Karavellaka, Kushta, Musta, Kanjika, Yusha, Patola, Shigru, Purana ghrita, jangala mamsa<sup>6</sup>.

**Apathya** - Viruddahara (amla, payo, dadhi, guda, tila, anupa mamsa, Matsya), Adhyashana, Vishamashana, Diva swapna, Mala mutra vega dharana<sup>7</sup>.

### METHOD OF PREPARATION

#### RASA MANIKYA<sup>8</sup>

1 kg of Ashodhita Patra Haratala was taken, and hodhana was done by Dola Yantra Swedana with Kushmanda Swarasa and Churnodaka, respectively. 989 gms of purified Haratala was obtained made into powder, kept between Abhraka patra and heated on a gas stove until the powder turned into Manikya varna. The product obtained between the Abhraka patra was collected and powdered in Khalwa yantra. Nine hundred seventy-six gms of Rasa Manikya was obtained at the end. The powder was made into tablets of 125mg at Manphor Pharmacy, India Pvt Ltd, Vijaya-wada.

### ANALYTICAL PARAMETERS

Colour - Brownish yellow

Loss on drying at 110°C - 0.44%

Total ash - 4.23%

Acid insoluble ash - 3.46%

pH - 5.18

Alcohol solubility - 1.72%

Water solubility - 2.60%

Disintegration time - 20min

Hardness - 5

Arsenic weight - 66.26%

Sulphur weight - 33.74%.

Particle size - 230nm.

### SUBJECTIVE PARAMETERS:

- Kandu
- Daha
- Pidika
- Srava
- Twak rukshata
- Vaivarnyata
- Vedana
- Shotha

**Criteria for Assessment—The criteria for assessment were set based on** relief in the signs and symptoms of the disease *Vicharchika*. For this purpose, the cardinal signs and symptoms of *Vicharchika* will be given scores according to their severity before and after treatment.

### Scoring criteria for assessing Vicharchika

<b>Kandu (Itching)</b>	<b>Grades</b>
No itching	0
Mild itching not disturbing normal activity	1
Occasional itching disturbs normal activity	2
Itching present continuously and even disturbing sleep	3
<b>Daha (Burning Sensation)</b>	<b>Grades</b>
No burning sensation	0
Mild burning not disturbing normal activity	1
Occasional burning disturbs normal activity	2
Burning present continuously and even disturbing sleep	3
<b>Pidikotpatti (Eruption)</b>	<b>Grades</b>
No eruption in the lesion	0
Scanty eruptions in few lesions	1
Scanty eruptions in at least half of the lesions	2
All the lesions full of eruption	3
<b>Srava (Oozing)</b>	<b>Grades</b>

No discharge	0
Occasional discharge after itching	1
Occasional oozing without itching	2
Excessive oozing making clothes wet	3
<b>Rukshta (Dryness)</b>	<b>Grades</b>
No dryness	0
Dryness with rough skin (Ruksha)	1
Dryness with scaling (Khara)	2
Dryness with cracking (Parush)	3
<b>Vaivarnyata (Discolouration)</b>	<b>Grades</b>
Nearly normal skin colour	0
Brownish red discolouration	1
Blackish red discolouration	2
Blackish discolouration	3
<b>Shotha (Edema)</b>	<b>Grades</b>
No Shotha	0
Slight	1
Moderate	2
Severe	3
<b>Vedana (Pain)</b>	<b>Grades</b>
No pain	0
Occasional pain after scratching	1
Occasional pain without scratching	2
Severe pain	3

### EASI (Eczema Area and Severity Index) score:

The intensity of redness (erythema), thickness (infiltration, population, and oedema), scratching (excoriation) and Lichenification (lined skin) of the eczema is assessed as none (0), mild (1), moderate (2) and severe (3). Half scores are allowed.

Area score							
% Involvement	0	1-9%	10-29%	30-49%	50-69%	70-89%	90-100%
Area score	0	1	2	3	4	5	6

EASI Score Interpretation					
Clear (0)	Almost Clear (1)	Mild (2)	Moderate (3)	Severe (4)	Very Severe (5)
0	0.1-1.0	1.1-7.0	7.1-21.0	21.1-50.0	50.1-72.0

### Effect of clinical study

#### Showing Signs and Symptoms-wise distribution of 30 patients of Vicharchika.

Signs and symptoms	No of Patients	%
Kandu	30	100
Daha	15	50
Pidika	18	60
Srava	15	50

Rukshata	27	90
Vaivarnyata	30	100
Shotha	16	53.3
Vedana	16	53.3

**RESULT**—The obtained information was analysed statistically in terms of mean score(x), Standard Deviation (S.D.), Standard Error (S.E.), and Paired t-test at the levels of 0.05, 0.01, and 0.001 of P levels.

Insignificant:  $p > 0.05$

Significant:  $p < 0.05$

Highly significant:  $p < 0.01$ ,  $p < 0.001$

Extremely significant:  $p < 0.0001$

**Effect of Therapy on General Symptoms:** The assessment criteria explain that the effect of therapy will be evaluated based on clinical features, using a scoring system described in the criteria.

Lakshana	Mean		B.T- A.T	%relief	SD		SE		't' value	'p' value
	B.T	A.T			B.T	A.T	B.T	A.T		
KANDU	2.57	1.13	1.44	56%	0.57	0.63	0.10	0.11	13.81	<0.001
DAHA	0.97	0.47	0.50	52%	1.03	0.57	0.19	0.10	4.78	<0.002
PIDIKA	0.63	0.30	0.33	53%	0.56	0.47	0.10	0.09	3.81	<0.001
SRAVA	0.63	0.23	0.40	63%	0.72	0.43	0.13	0.08	3.89	<0.001
RUKSHATA	2.10	1.03	1.07	51%	0.96	0.76	0.18	0.14	9.13	<0.001
VAIVARNYA	2.30	1.37	0.93	41%	0.75	0.67	0.14	0.12	14.00	<0.001
SHOTHA	1.07	0.53	0.54	50%	1.14	0.68	0.21	0.12	5.11	<0.003
VEDANA	0.90	0.37	0.53	59%	0.92	0.56	0.17	0.10	4.29	<0.001
EASI	2.50	1.70	0.80	32%	0.57	0.47	0.10	0.09	7.95	<0.001

### Effect of Therapy on Patients

There is a Statistically Highly Significant reduction of *Kandu*, which has reduced its mean from (2.57 to 1.13) before treatment to after treatment with a mean difference of 1.44 with a relief percentage of 56%. *Daha* showed a Statistically Significant reduction in its mean compared to before and after treatment from (0.97 to 0.47) with a mean difference of 0.50 and a relief percentage of 52%. *Pidika* showed a Statistically Significant reduction in its mean (0.63 to 0.30) with a mean difference of 0.33 and a relief percentage of 53%. *Srava* also showed a statistically significant decrease in its mean (0.63 to 0.23) with a mean difference of 0.40 and a relief percentage of 63%. *Rukshata* also showed a Statistically Significant reduction in its mean when compared with before and after treatment from (2.10 to 1.03) with a mean difference of 1.07 and a relief percentage of 51%. *Vaivarnyata* also showed a statistically high reduction in its mean (2.30 to 1.37) with a difference of

0.93 and a relief percentage of 41%. *Shotha* showed a significant decrease in its mean from 1.07 to 0.53, with a mean difference of 0.54 and a relief percentage of 50%. *Vedana* showed a Highly Significant decrease in its mean compared to before and after treatment from (0.90 to 0.37) with a mean difference of 0.53 and a relief percentage of 59%. EASI score showed a significant reduction in its mean when compared with before and after treatment from (2.50 to 1.70) with a mean difference of 0.80 with a relief percentage of 32%.

## DISCUSSION

### Probable Modes of Actions of the Rasamanikya

*Rasamanikya* is having *Katu*, *Kashaya* and *Tikta Rasa*, *Ushna* and *Snigdha Guna*, *Ushna Virya* and *Katu Vipaka*. It has *Deepana*, *Kandughna*, *Kushtagna*, *Jantughna*, *Shothahara* and *Rakta shodhaka* properties due to *Kashaya Rasa*, which has *Sthambana* and *Kledahara* properties, excessive secretion of *Shleshma* and *Kleda* gets pacified. *Kashaya Rasa* is

mainly formed by conjugation of *Vayu* and *Prithvi Mahabhuta*, which dries up the excessive fluids present in the tissues by *Kathina*, and *Sthira Guna*, which is opposite to *Drava* and *Sara Guna*, reduces *Srava* and *Shotha*. *Kandu* is the cardinal symptom of *Kapha dosha vridhi*, *Rasa Manikya*, which has *Kaphaghna* and *Kandughna* properties and helps lower the *Kandu*. *Vedana* in *Vicharchika* is mainly due to scratching skin because of *Kandu*. As there will be relief in *Kandu*, *Vedana* will also be gradually reduced. *Vata Dosha* is the main factor for dryness; *Rasa Manikya* pacifies excess *Vata*, thus preventing *Rukshata*. Pacification of *Pitta Dosha* by *Rasa Manikya* helps reduce *Pidaka*. It improves circulation and, therefore, enhances blood supply to the body. It also has *Raktadoshahara* property. *Rakta dushti* is the main reason for any *Kushta roga*. So, it purifies the blood by suppressing symptoms and reducing the chance of reoccurrence. Because of *Deepana* property, it removes *Ama* (toxins) accumulated under the skin and, due to its *Varnya* property, reduces the *Vaivarnyata*. The components help in *Samprapti vighatana* by acting on the causative factors of *Vicharchika*. The immunosuppressant effect breaks immunological adversity, which can trigger the eczema flare-up.

## CONCLUSION

*Vicharchika* is a clinical entity defined under *Kshudra Kushta* and can be linked to Eczema based on its pathogenesis, signs, and symptoms. Administration of *Rasa Manikya* relieves symptoms due to its properties like *Katu*, *Kashaya* and *Tikta rasa*, *Ushna* and *Snigdha guna*, *Ushna virya* and *Katu vipaka* and *Kaphashamaka*, *Kandughna*, *Kushthaghna* etc. These properties of the drug help in reducing vitiated *Guru* and *Sheeta Guna* in *Vicharchika* by counting their action. Thus, it can be concluded that the internal administration of *Rasa Manikya* can be used as a safe and effective therapeutic agent in managing *Vicharchika*. All the patients tolerated the medicine well. No unwanted/ side effects were seen in any patients.

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