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Review Article

Ayurveda Perspective of *Rasamanikya* and its Role in Skin Disorders: A Review

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ABSTRACT

Rasamanikya is drug used commonly in Ayurveda practice for various therapeutic purposes. *Rasamanikya* made out of *Shuddha Haratala* and due to the *Manikya* (Ruby) colour of formulation it is termed as *Rasamanikya*. *Rasamanikya* can be prepared by classical *Abhraka Patra* method and *Sharava Samputa* method, etc. It is recommended for the management of *Kustha Roga*, *Shwasa*, *Phirana Roga*, *Vicharchika*, *Bhaganadara* and *Vatarakta*. The classical descriptions on *Rasamanikya* establish it as drug of choice for skin related health ailments due to its Ayurveda properties and health benefits. Therefore present article reviewed Ayurveda perspective of *Rasamanikya* and its role in skin disorders.

Keywords: *Ayurveda*, *Rasamanikya*, *Skin*, *Disorders*, *Kustha Roga*

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INTRODUCTION

The revolution in Ayurveda science brings trust of global population towards this classical science of healing and health management. The scientific, evidence based and rational approaches of Ayurveda make it choice of therapy for many human being. Ayurveda described several principles and therapies for the treatment of diseases including use of natural herbs and classical Ayurveda formulation. *RasManikya* is one such Ayurveda formulation mentioned in classical literary of Ayurveda that offers beneficial in many skin disorders and other health problems. *RasManikya* is prepared by heating *Shuddha Haratala* powder which is sandwiched between *Abharaka Patra*. It should use only after advise by medical practitioner since over-dosage may cause poisonous effect, not recommended in pregnancy and during period of lactation. It should be avoid using *RasManikya* in children.

The major constituents of *RasManikya* are as follows:

- *Shuddha Haratala* (Arsenic tri-sulphide)
- *Shuddha Gandhaka* (Purified sulphur)
- *Manashila* (Arsenic di-sulphide)

- *Shuddha Parada* (Purified mercury)
- *Naga Bhasma* (Lead calx)
- *Tamra Bhasma* (Copper in micronized formulation)
- *Abhraka Bhasma* (Processed Mica)
- *Loha Bhasma* (Iron Bhasma)
- *Vataksheera* (*Ficus bengalensis*)
- *Nimba* (*Azadirachta indica*)
- *Guduchi* (Indian *Tinospora*)
- *Hrivera* (*Pavonia odorata*)
- *Tala* (*Borassus flabellifer*)
- *Vanari* (*Atmagupta*)
- *Shobhanjana* (seeds of *Moringa oleifera*)
- *Nirgundi* (*Vitex negundo*), etc.

COMMON HEALTH BENEFITS OF RASMANIKYA:

It is used for anemia, fever, pruritis, hiccups and jaundice. It helps in diseases that arise due to the vitiation of *Vata* and *Kapha*, offers health benefits in skin and respiratory diseases.

It also relieves symptoms of *Vatarakta*, *Arshas* and *Nadi Vrana*, etc.

RasManikya in skin disorders:

It offers beneficial effects in the management of diseases such as; leprosy, surface wounds, pus, boils dryness of skin, eczema, rashes and leukoderma, etc. Impurity of blood is one of the reason of skin ailments and *Rasmanikya* acts as *Raktashodhak* means it purify blood thus gives relief from skin problems, it is believed that presence of purified sulfur helps to detoxify blood. The ingredients of *Rasmanikya* acts as *Kushtha har* thus relive symptoms of leprosy or many other skin diseases. The formulations imparts calming and soothing effects thus help to reduces pain, itching and burning sensation related to skin problems. It reduces damage caused by sun-burn, restore energies and redress blood morbidity. The immunosuppressants effects give benefits in autoimmune skin diseases such as; Polymorphous Light Eruption and Systemic Lupus Erythematosus, etc. The presence of metallic compounds initiates re-pigmentation lost by disease consequences. The ingredients of formulation help to manage *Kapala* and *Audumbera Kushtha* thus improves manifestations of erythroderma.

Biological response of RasManikya in skin disorders:

- It balances *Vata* and *Kapha* thus relieve skin ailments.
- It relief fever related to other diseases.
- Remove excessive phlegm and toxins from body which may sometimes initiate pathogenesis of skin diseases.
- It treats disease like; ring worm, scabies, psoriasis and urticaria, etc.
- *Rasamanikya* breaks immunological adversity which can trigger skin manifestation.
- Relieve pain, inflammation and swelling
- The antimicrobial property resists skin infection
- The metallic components enhances colour, complexion and integrity of skin

The major ingredients of *RasManikya* are *Tamara Bhasma*, *Hartala* and *Abhrak Bhasma*. *Tamara Bhasma* helps in red blood cells formation thus restore complexion and colour of skin. The presence of *Tamara Bhasma* reduces chances of disease which can arise due to the vitiation of blood. *Hartala* offers beneficial effects in skin diseases like; itching, eczema and herpes, etc. *Abhrak Bhasma* another component of *RasManikya* boosts immunity thus prevent skin infection, it also imparts strength thus maintain physical compatibility and skin integrity. Formulations helps to maintain youthfulness of skin nourishes skin and rehydrate skin therefore provide natural beauty and strength of skin. *RasManikya* prevent wrinkles and skin symptoms of premature aging.

Effect of RasManiky on Doshas for skin vitality

Ayurveda formulation *RasManiky* offers beneficial effects towards the pacification of *Doshas* and gives specific benefits in the management of skin problems as depicted in **Figure 1**.

- The skin predominance to *Vata Dosh* remain dry and sensitive to touching sensation, *RasManikya* pacifies excess *Vata* thus prevent skin dehydration and sensitivity.
- Pacification of *Pitta Dosh* by *RasManikya* helps in breakouts & photosensitivity tolerance of skin.
- *RasManikya* correct aggravated *Kapha dosha* thus help to maintain skin texture and tolerant to sun exposure.
- The simultaneous corrections of *Vata-Pitta* related to skin problems helps in dry and sensitive skin.
- The ingredients of formulation pacifies *Kapha-Pitta* together therefore resist skin problems that may occur due to the excessive oily layer.
- It removes *Ama* (toxins) accumulated under the skin.
- Improves circulation thus enhances supply to skin tissue.
- Ingredients of *RasManikya* enhance digestive fire therefore contributes towards development of skin tissue.

Figure 1: Effects of *RasManiky* on skin health through *Doshas* balances:

S. No.	Effects of <i>RasManiky</i> on <i>Doshas</i>	Health benefits to skin tissue
1	Establish balances of <i>Vata</i>	Decrease skin susceptibility to become thin and dry. Resist formation of wrinkle.
2	Establish balances of <i>Pitta</i>	Decrease skin susceptibility to rashes and breakouts.
3	Establish balances of <i>Kapha</i>	Balances oily skin, remove blackheads, pimples and help to prevent prevalence of disease like; eczema.

CONCLUSION

Rasamanikya is Ayurveda drug possess *Manikya* (*Ruby*) colour, recommended for the management of *Shwasa*, *Phirana Roga*, *Vicharchika*, *Bhaganadara*, *Vatarakta* and *Kustha Roga*, etc. The Ayurveda properties of *Rasamanikya* helps to prevent skin related health ailments. It helps to treat many skin problems like; leprosy, wounds & pus, dry skin, rashes,

leukoderma and eczema, etc. It purify blood (*Raktashodhak*), imparts calming & soothing effects, reduces itching, prevent sun-burn, imparts immunosuppressants effects, improves manifestations of erythroderma, restore complexion and colour of skin, boosts immunity, prevent skin infection, imparts strength & skin integrity, maintain youthfulness, nourishes & rehydrate skin, prevent early wrinkles & symptoms of premature aging and pacifies *Doshas* therefore helps in the management of several skin disorders.

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