Step-1

Given that $A = R + iS$ is a Hermitian matrix.

We have to verify that the real matrices R and S are symmetric or not.

Step-2

Now

$$A^H = A$$
$$\Rightarrow (R + iS) = (R + iS)^H$$
$$= R^H - iS^H$$

Since R, S are real matrices.

So $R^H = R^T$ and $S^H = S^T$

$$\Rightarrow R = R^T \text{ and } S = -S^T$$

Hence R is symmetric and S is skew-symmetric.