

Literature Review on Thurusu Chunnam in Siddha Medicine and Siddha Alchemy

Asfaq Basha M¹, Tamil Kumaran R², Chantrasekhar R^{3*}, Janani A M⁴

^{1,2,3}UG Scholar, BSMS, Nandha Siddha Medical College and Hospital, Erode-52

⁴Guide, Assistant Professor, Department of Gunapadam-Marunthakkaviyal, Nandha Siddha Medical College and Hospital, Erode-52

DOI: <https://doi.org/10.51244/IJRSI.2026.13010046>

Received: 07 January 2026; Accepted: 12 January 2026; Published: 27 January 2026

ABSTRACT

Background: The Siddha system of medicine is founded on principles practiced since time immemorial by the greatest philosophers, the Siddhars. It primarily focuses on curing diseases at their root by addressing the three humors: Vatha, Pitha, and Kabam. Additionally, it emphasizes the importance of alchemy to enhance the effectiveness of medicines. They emphasize the alchemy of Siddha medicine not only to practice it but also to enhance its effectiveness and superiority in purifying raw materials to their best form. Thurusu Chunnam, revered as the "Guru Chunnam," holds a pivotal role in Siddha medicine and Siddha Alchemy. This review compiles various preparation methods from existing literature on the subject. It plays a key role in diverse medicinal processes and improves alchemical practices, effectively addressing complex health issues. Various preparation methods highlight the challenges inherent in mastering Thurusu Chunnam, yet straightforward techniques are provided for efficacy. The paper explores ingredient lists and procedures for preparation, showcasing its transformative properties, including interactions with turmeric that change color and applications that can transmute metals into gold. The conclusion emphasizes the necessity for practical evaluations of its preparation methods while acknowledging the support of various contributors and literature sources that have bolstered this research. The academic references reflect a comprehensive exploration of Siddha medicinal literature, supporting the intricate study of Thurusu Chunnam and its myriad applications. **Objective:** This study aims to gather and present information from diverse sources, detailing the preparation processes of Thurusu Chunnam. **Result:** This review provides comprehensive insights into the preparation and multiple processes involved in making Thurusu Chunnam.

Keywords: Alchemy, Guru Chunnam, Siddha Muppu, Thurusu Chunnam, Vaithiya Muppu

INTRODUCTION

The Siddha system of medicine, one of the most ancient medical systems, encompasses both internal and external medicine, offering pathways for rejuvenation, disease prevention, and eradication. Additionally, Siddha medicine significantly contributes to the field of Alchemy.^[1]

This literature review focuses on Thurusu Chunnam, a crucial medicine known as "Guru Marunthu" in the Siddha system, which also plays a significant role in Alchemy. Various methods of preparing Thurusu Chunnam are documented under different Siddhargal concepts, and this review presents some of these methods along with references from available literature.^[2] Here, the process known as "parpam" refers to medicinal ash, while "chunnam" is associated with a high-grade form of calcium (calcinated powder), regarded as a potent medicine. Even a small dosage of chunnam, such as a grain or rice-sized amount, can yield effective results in treating diseases. Among the various types of chunnam, Thurusu chunnam, which consists of copper sulfate carbonates, is considered a superior form, often referred to as "guru chunnam" in Siddha medicine.^[1]

Despite the challenges many face in mastering the preparation of this medicine, we provide straightforward and efficient methods for its completion. For further guidance, it is recommended to consult the referenced literature.

All chunnams are considered "guru marunthu," with Thurusu chunnam being particularly esteemed. Notably, the efficacy of chunnam extends up to 500 years, contributing to its status as a guru marunthu. ^[1]

Understanding the concept of guru marunthu is essential; it is a medicine that facilitates the completion of various medicinal processes, enhances the success of alchemical practices, and promotes longevity. It is effective in curing a wide range of diseases, including complex and non-communicable ones. Thurusu chunnam stands out as a remarkable example of Siddha medicine, exemplifying the profound capabilities of chunnam. ^[2]

MATERIALS AND METHODS

Research design: Descriptive study

Research Type: Literature Review

Data collection: A comprehensive review was conducted by collecting information from a wide range of siddha classical books which are named below.

Literature Sources: ^[3-27]

1. Yugi vadha kaandam 1000 - R.C.Mohan
2. Yugimuni paripooranam 200 vaithiya gummi 1000 - R.C.Mohan
3. Yugimuni vadha kaandam mudhal 1000 - R.C.Mohan
4. Yugimuni pidivadham - R.C.Mohan
5. Yugimuni vadhanga deetchavidhi 300 - R.C.Mohan
6. Yugimuni vadha vaidhya vizhakam 200 - R.C.Mohan
7. Konganavar mudhal kaandam - CCRS
8. Konganavar nadukaandam - CCRS
9. Konganavar kadai kaandam - CCRS
10. Yagobu chunnam 300 Logachendooram 300 vadha vaithiyam 300 - R.C.Mohan
11. Yagobu chunnakandam 600 - R.C.Mohan
12. Yagobu vaidhya chindamani 700 -.R.C.Mohan
13. Yagobu ennum Ramathevar vaidhiya kaaviyam 1000 - R.C.Mohan
14. Karuvurar vadha kaaviyam 700 - R.C.Mohan
15. Romarishi vaidhiyam 300 - R.C.Mohan
16. Sattamuni vadha kaaviyam 1000 - Ramachandran
17. Pathinen siddhargal vadha Kovai rasa vatham - Ma.Vadivelu
18. Agathiyar vaidhya Ratna surrukam 360 - Dr.K.Radhakrishnan
19. Agasthiyar vagara soothiram 200 surukka suthiram 100 panniru kaandam vaidhyam 200 vaidhya pooranam 205 - R.C.Mohan

20. Agathiyar ilakasowmiya sagaram 1 mudhal 8 vadhu kaandam varai - Hakeem Pa.Mu.Abdullah Saheeb
21. Agathiyar mahathravagam 800 - R.C.Mohan
22. Agathiyar paripooranam 1200 - S.P.Ramachandran
23. Agathiyar vadha sowmiyam - R.C..Mohan
24. Agathiyar vaidhiya valladhi 600 - DIM&H
25. Agathiya sowmiya saagaram - DIM&H

Process and Methods

Process 1: ^[5]

Ingredients Required:

1. Rasa Chunnam
2. Dhiravagam

Procedure:

Grind the Rasa Chunnam and create a paste using Dhiravagam. Fully encase the piece of Thurusu with this paste, then allow it to dry thoroughly under sunlight. The process is completed with Pudam.

Process 2: Thurusu Neeru ^[13]

Ingredients Required:

1. Thurusu - 10 Parts
2. Vangam - 10 Parts
3. Vedi Uppu - 10 Parts

Procedure:

Grind all three ingredients and form a paste using Kattrazhai Charru. Complete the process with Pudam, resulting in a final product that is black in color.

Uses:

- When mixed with turmeric and water, it turns red.
- When combined with Navacharam, it produces Jaya Neer.
- Jaya Neer is used to transform Lingam into Linga Mezhu. When this Lingam is added during metal melting, it converts the metal into gold.

Process 3: Thurusu Chunnam ^[14]

Ingredients:

1. Thurusu
2. Vangam

Procedure:

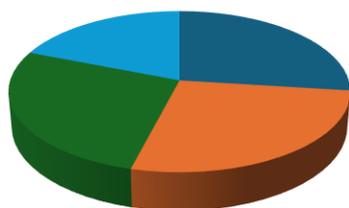
Melt the Vangam in an iron pan, then immerse the Thurusu piece in it to form Thurusu Chunnam. This process yields Thurusu Chunnam, a key component in Siddha medicine and alchemy.

RESULT AND DISCUSSION

By comparing various preparations of Thurusu Chunnam, it is evident that while it appears to be the guru chunnam of Siddha medicine, it is one among several. Adding a small amount

Fig. 1 - Thurusu & Thurusu chunnam

Image	Tamil name and chemical name
	Thurusu - copper sulphate (Cu_2SO_4)
	Thurusu chunnam - Carbonate of copper sulphate



- YUGIMUNI VAATHA KAAVIYAM - 2
- YAGOBU CHUNNA KAANDAM - 2
- KONGANAR VAATHA KAAVIYAM - 2
- OTHER BOOKS WHICH ARE MENTIONED IN THE REFERENCE (each 1)

Chart 1- Number of preparations in the books

CONCLUSION

Although there are various methods for preparing Thurusu Chunnam, practical evaluation is necessary to determine the most effective approach. This paper focuses on the collection and preparation of Thurusu Chunnam using different methods as outlined in Siddha texts.

ACKNOWLEDGEMENT

We extend our deepest gratitude to our principal for her invaluable support in the development of this research paper. We also express our sincere appreciation to our colleagues for their assistance in completing this work. Finally, we thank the library staff for their help in sourcing various books essential to our research.

REFERENCE

1. M Pitchiah Kumar. Fundamentals of siddha internal medicine, 1st ed, Madurai, Shanlax publications , 2018
2. V Balaramaiah. Agathiyar panirendayiram thoguppu, 1st ed, Chennai, Aruljothi publishers, 1986
3. RC Mohan. Yugimuni vaatha kaandam 1000. 3rd ed. Chennai-600026: Thamarai Noolagam; 1998.
4. RC Mohan. Yugimuni paripooranam 200. 3rd ed. Chennai-600026: Thamarai Noolagam; 2015.
5. RC Mohan. Yugimuni vaatha kaandam mudhal 1000. 1st ed. Chennai-600026: Thamarai Noolagam; 2006.
6. RC Mohan. Yugimuni pidivaatham. 1st ed. Chennai-600026: Thamarai Noolagam; 2015.
7. RC Mohan. Yugimuni vadhanga deetchavidhi 300. 3rd ed. Chennai-600026: Thamarai Noolagam; 2014.
8. RC Mohan. Yugimuni vadha vaidhya vizhakam 200. 3rd ed. Chennai-600026: Thamarai Noolagam; 2014.
9. K Velusamy. Konganavar mudhal kaandam.. 1st ed. New Delhi-110058: CCRAS; 1999
10. TS Jayakaran. Konganavar nadukaandam. 1st ed. New Delhi-110058: CCRAS; 2001
11. K Velusamy. Konganavar kadai kaandam 1st ed. New Delhi-110058: CCRAS; 2005
12. RC Mohan. Yagobu chunnam 300 Logachendooram 300 vadha vaithiyam 300 4th ed. Chennai-600026: Thamarai Noolagam; 2020.
13. RC Mohan. Yagobu chunnakandam 600, 3rd ed. Chennai-600026: Thamarai Noolagam; 2019.
14. RC Mohan. Yagobu vaidhya chindamani 700 4th ed. Chennai-600026: Thamarai Noolagam; 2015.
15. RC Mohan. Yagobu ennum Ramathevar vaidhya kaaviyam 1000 3rd ed. Chennai-600026: Thamarai Noolagam; 2013.
16. RC Mohan. Karuvurar vadha kaaviyam 700 - R.C.Mohan 4th ed. Chennai-600026: Thamarai Noolagam; 2013.
17. RC Mohan. Romarishi vaidhiyam 300 3rd ed. Chennai-600026: Thamarai Noolagam; 2016.
18. S.P.Ramachandiran , Sattamuni vadha kaaviyam 1000 2nd ed. Chennai-600026: Thamarai Noolagam; 2016.
19. M.Vadivelu. Pathinen siddhargal vadha Kovai rasa vatham – 1st ed. Chennai-600079 B.rathna nayakkar and sons , 2016
20. S.P.Ramachandiran Agathiyar vaidhya Ratna surrukam 360 -4th ed. Chennai-600026: Thamarai Noolagam; 2019.
21. RC Mohan. Agasthiyar vagara soothiram 200 surukka suthiram 100 panniru kaandam vaidhyam 200 vaidhya pooranam 205 2nd ed. Chennai-600026: Thamarai Noolagam; 2014.
22. RC Mohan Agathiyar ilakasowmiya sagaram 1 mudhal 8 vadhu kaandam varai 2nd ed. Chennai-600026: Thamarai Noolagam; 2012.
23. RC Mohan Agathiyar mahathravagam 800 3rd ed. Chennai-600026: Thamarai Noolagam; 2015.
24. S.P. Ramachandiran .Agathiyar paripooranam 1200 - S.P.Ramachandran 5th ed. Chennai-600026: Thamarai Noolagam; 2016.
25. RC Mohan. Agathiyar vadha sowmiyam - 3rd ed. Chennai-600026: Thamarai Noolagam; 2013.
26. RC Mohan Agathiyar vaidhya valladhi 600 - 2nd ed. Chennai-600026: Thamarai Noolagam; 2016.
27. K Velusamy. Agathiya sowmiya saagaram 1st ed. New Delhi-110058: CCRAS; 2007