



Dr Kavitha M Chinnaiya: The Marriage of Tāntra and Medicine



Dr Kavitha Chinnaiyan is a Cardiologist and Professor of Medicine at Oakland University William Beaumont School of Medicine in Royal Oak, MI as well as an Advaita Vedānta, Āyurveda and yoga teacher. This session explores classical tantra and the application of non-dual Tañtrick principles in medicine.

TOP EMBODIMENT TIP: Come back to the breath

Tantra: A combined definition of two roots

- **Tan** - alludes to expansion of elaboration & **Tra** - an instrument (one meaning): **An instrument for expansion**
- **Tra** - protection (second meaning): **System of philosophy & practice which expands on the nature of reality**
- Classical Tantra (non-dual, Shakta Tantra and Shayla Tantra) protects people from the suffering (i.e., the collective seeks to find a permanent source of contentment or freedom of seeking because the majority of lives are punctuated with the next thing: cup of coffee, meal, relationship, job etc)

Cardiologist & Spirituality: Practicality, Pragmatism and pure logical questions on how a disease can be seen as a gift

- Is the disease curable or manageable? Can you cultivate a gift receiving perspective? Does the disease become your identity? Can the disease become a stepping stone to freedom and expansion?
- Life is very kind and provides the opportunity to rise from suffering similar to an alarm clock?

Life practices and Routine: Physiological stability in neuro-hormonal pathways and baseline of quietness

- Integrating mind-body in the presence allows for small and great insight because the body is the portal for an experience, and through embodiment, one can experience the world
- In alignment with the ayurvedic practice: wake up, sleep, and eat this at the same time with no food after 6 pm
- Subtle property which cause a lot of instability in neuro-hormonal pathways (Reference: The Heart of Wellness)

Marriage of Tantra and Modern Medicine: Emotional and Physical Immune system to create space now

- No supplements to do the work for a disciplined lifestyle
- An Innate kind of immunity starts by discerning what to take in from the senses to discussions topics
- Honour the circadian rhythm, metabolic hormones: cortisol and melatonin

Resources:

- ❖ **Books:** [Glorious Alchemy](#) / [The Heart of Wellness](#) / [Shakti Rising](#)
- ❖ **Courses:** [Sri suktam online course](#) / [Sabda series for women](#) / [Kali mahavidya self-study course](#)
- ❖ **Website:** <https://kavithamd.com>
- ❖ **References:** [Chants](#)

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