



# The Alchemical Body: Siddha Traditions in Medieval India

*David Gordon White*

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*The Alchemical Body* excavates and centers within its Indian context the lost tradition of the medieval Siddhas. Working from previously unexplored alchemical sources, David Gordon White demonstrates for the first time that the medieval disciplines of Hindu alchemy and *hatha yoga* were practiced by one and the same people, and that they can be understood only when viewed together. White opens the way to a new and more comprehensive understanding of medieval Indian mysticism, within the broader context of south Asian Hinduism, Buddhism, Jainism, and Islam.

"White proves a skillful guide in disentangling historical and theoretical complexities that have thus far bedeviled the study of these influential aspects of medieval Indian culture."—*Yoga World*

"Anyone seriously interested in finding out more about authentic tantra, original *hatha yoga*, embodied liberation . . . sacred sexuality, paranormal abilities, healing, and of course alchemy will find White's extraordinary book as fascinating as any Tom Clancy thriller."—Georg Feuerstein, *Yoga Journal*

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