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Early Years

Tirun Gopal, M.D. (or Ty as he is affectionately called) was born and raised in Bombay, India. His early upbringing was steeped in the Ayurvedic traditions used for centuries to promote health and well-being.

Medical Training

After completing an internship and residency in Obstetrics and Gynecology in Bombay, he came to the US in 1974. He completed a second round of internships and a residency program in the US and began his practice in Allentown, PA. Ty received his

formal training in Ayurveda from the Open International University of Complementary Medicine and the New England Institute of Ayurvedic Medicine almost 20 years ago. Having incorporated this into his Ob-Gyn practice, he realized that other modalities would enhance the care he provided. He therefore delved into Medical Acupuncture and over a period of 4 years, he received certification in that discipline from UC Berkeley about 8 years ago.

Return to Ayurveda

Living and practicing in Allentown, PA, he experienced recurrent bouts of seasonal allergies, which quickly advanced to bronchitis and pneumonia on a yearly basis. This resulted in treatments with antibiotics and steroids that led to adverse reactions that further degraded his health.

Having been failed by Western Medicine, Ty sought to return to his childhood Ayurvedic practices for relief. He began to take daily measures to help prevent the recurrence of these infections that wrought havoc on his body and mind.

However, his knowledge of Ayurveda was limited to the daily rituals his mother had taught him as a child, so he began to dig deeper into his own research. While maintaining a busy practice, he took an intensive 4-year course in Ayurveda that had been suitably altered to conform to the Western mindset.

At this time, Ayurveda was gaining ground as a recognized discipline under the leadership of several eminent physicians, including Deepak Chopra and Vasant Lad. However, it was still not widely accepted by the medical community, and the physicians and institution with which Ty was associated were much dismayed when he began incorporating Ayurveda into his medical practice.

Beyond Ayurveda

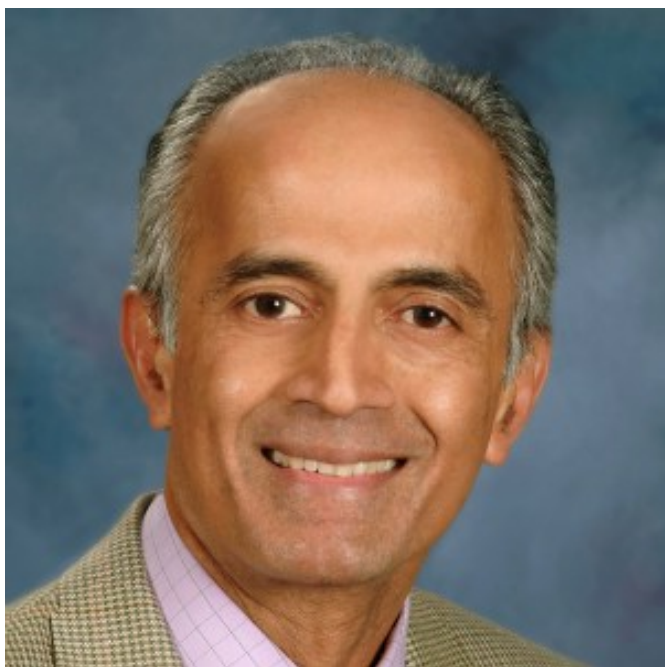
Ty continued his studies, and became a practitioner of Yoga, Pranayama and Meditation, which he continues to this day. He found that practicing Ayurveda alone was not enough, and realized that every form of alternate medicine offered something which enhanced one's life and health. He explored other options such as Medical Acupuncture and Homeopathy, both of which he has learned over the years and continues to incorporate in his current practice.

Recognition and Accolades

Based on his knowledge of and devotion to enhancing the health of the average American through lifestyle changes, dietary modifications and Eastern Herbology, Ty was offered the position of Medical Director of the Department of Ob-Gyn at St. Luke's Hospital in San Francisco. He accepted the position in April of 2014, and has found San Francisco to be ripe with people seeking Complementary Care through Acupuncture, Ayurveda, Homeopathy, Yoga and Meditation. To this day, Ty continues to help others in his community and beyond imbibe the rich and vibrant traditions that have stood the test of time, while also appreciating the value of mainstream medicine and maintaining a strong western medicine practice.

"I believe that every medical modality has its strengths and weaknesses, and that no one modality has the answer to all the problems that ail humanity. We must "cut the coat according to the cloth" – meaning that we must impart the types of treatments that the patient is most receptive to. To those who are content to have the "magic bullet" in the form of a pill, I can prescribe such, but for those who are willing to alter their lifestyles and diet for a healthier body and mind, I offer this option with the guidance of my experience and expertise.

Most of all, my main motive is to improve the physical and mental health of all those who come under my care, and offer them the ability to enhance their life and health through a better understanding of their mind and body." – Tirun Gopal, M.D.



Tirun Gopal

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Chair, Dept. of Obstetrics and Gynecology
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About

Tirun Gopal MD, is the Medical Director of the Department of Ob-Gyn at St. Luke's Hospital in San Francisco. He is devoted to enhancing health and well-being and has been awarded the [Center of Excellence designation in Minimally Invasive Gynecology™ \(COEMIG\)](#).

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