

Tirun Gopal



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### About

#### CONTACT INFO

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[info@tirungopal.com](mailto:info@tirungopal.com)

#### MORE INFO

##### About

Tirun Gopal MD, is the Medical Director of the Department of Ob-Gyn at St. Luke's Hospital in San Francisco.  
[www.tirungopal.com](http://www.tirungopal.com)

##### Biography

###### 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

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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.

Gender

Male

Personal Information

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

Public Figure

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