

FAMOUS PULSE PHYSICIAN RAJAVAIIDYA PADMA VIBHUSHAN BRIHASPATI DEV TRIGUNA

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Vaidyaraj Brihaspati Dev Triguna, popularly known as 'Trigunaji', was born on 21st June, 1920 in Barapind, District-Jalandhar, Punjab, India (1). Vaidyaraj (Vd.) Trigunaji is the foremost authority in the field of Ayurvedic Nadi Pariksha (Pulse diagnosis) not only in India but also in the whole world (2). Vd. Trigunaji was born in a Punjabi Vedic Pundit family. In the beginning Vd. Trigunaji received the traditional education of Sanskrit and Jyotish from his father. Vd. Trigunaji completed Prayag Pariksha, Visharad in Sanskrit from Punjab University. Later he joined the traditional Ayurvedic teaching institution in Punjab. Here the teaching was basically on Guru-shishya parampara system. All the students every day early morning had to collect herbs by visiting to local forests, then processing those herbs into various medicines. They had to study the Ayurvedic literature, clinical training through the teacher. Looking after cows, cooking etc, were other routine activities (3). Trigunaji received the Ayurved Bhushan from Jalandhar Ayurved Vidyalaya. After that Vd. Trigunaji was awarded Vaidya Visharad from Banwari Lal Ayurved Vidyalaya, Delhi under the guidance of famous Ayurvedic Physician Pt. Manohar Lalji (1).

Practicing Physician

Vd. Trigunaji started Clinical practice in 1936 in Punjab and shifted to Delhi in 1950. He had been in clinical practice for 70 years. In Delhi Vd. Trigunaji was practicing at two places. In morning hours - 9 to 1.30 pm at Triguneshwar Mahadev Mandir, 19-A, Sarai Kale Khan, Opposite to Nizamuddin Railway Crossing, New Delhi, and in Evening Hours - 6.30 pm to 9 pm at - 69-A, Masjid Road, Bhogal, New Delhi, India, his Son Vaidya Sri Devendra Triguna joined in clinical practice with him(4).

The renowned Pulse Physician, Vd. Trigunaji was believed to be one of those Physicians who have the ability to gain insight into the patient's medical history after a few seconds of contact with the wrist pulse of the patient (5), (6). As said by Vd. Trigunaji he had not gained this skill through his family, but, unusually, he developed it in times of great demand. He said once that he would read the pulses of 10,000 people in a day during epidemics. There used to be big queues of patients waiting for hours together to consult Vd. Trigunaji day after day(7). Vd. Trigunaji devoted his entire lifetime for treating people of society rich and poor, who visited for his advice. His skill in Nadi vigyan is always an inspiration for all. The world famous Trigunaji used to attend on an average 300 patients daily. Vd. Trigunaji's consultation was free of cost till his last breath(8).

As head of medical specialists team Vd. Trigunaji contributed his professional skills in 1979 in the 'Encephalitis' affected areas of Uttar Pradesh, Bihar and West Bengal. This team established camp hospitals in these states and successfully treated a good number of serious patients. The Central and State Governments acknowledged the services of Vd. Trigunaji1.

Contributions to Ayurveda

Vd. Trigunaji dedicated his entire life to the cause of growth and development of Indian System of Medicine in general and Ayurveda in particular. His contributions to Indian System of Medicine are numerous. Vd. Trigunaji was one of the committed figures of Ayurveda who contributed to the expansion of this Vedic knowledge of life science. Vd. Trigunaji introduced this ancient Indian art and science to many modern doctors around the world. Vd. Trigunaji first proposed to Maharishi Mahesh Yogi to enter into the field of Ayurveda(3). Maharishi Mahesh Yogi put his condition to create disease free society

amongst several doctors, scientists and vaidyas. In that meeting Vd. Trigunaji confidently stood up and said yes it can be done. Vd. Trigunaji along with other two Vaidyas Dr. V. M. Dwivedi and Dr. Balraj Maharshi started working with Maharishi Mahesh Yogi to re-brighten the full glory of Ayurveda to achieve the objective set by Maharishi Mahesh Yogi. This movement was named as Maharishi Ayurveda as insisted by Vd. Trigunaji to name it. Vd. Trigunaji always encouraged establishing highest standards of the system of Ayurveda and its quality. The popular product Maharishi Amrit Kalash of was the creation of Vd. Trigunaji(3).

Guiding and Positions Held in Ayurvedic Organizations:

Raj Vaidya Brihaspati Dev Trigunaji has guided many organizations and Associations in different positions of high. He was the elected President of All India Ayurvedic Congress for two terms first in 1983 and again in 1986, New Delhi (1). Vd. Trigunaji was President, fellow, and founding member of the National Academy of Ayurveda (Rashtriya Ayurveda Vidyapeeth) which is functioning under the AYUSH Department of the Ministry for Health and Family Welfare, Government of India since 1919, (10). As a President about 15 years Vd. Trigunaji made valuable contribution in guiding the RAV and flourishing it. Vd. Trigunaji served as elected President of Shri Indraprashthiya Vaidya Sabha, Delhi and Vice President of Central Council for Research in Ayurveda and Siddha, Government of India 1.

Vd. Trigunaji was Member of Ayurveda Pharmacopeia Committee, Government of India. Vd. Trigunaji rendered his services in guiding several research programmes as President of Scientific Advisory Committee, CCRAS, Government of India. He contributed as Member of Indian council of Research in Ayurveda. He was Director of IMPCL, Govt. of India. Vd. Trigunaji served as Chancellor, Maharishi Vedic University, Europe and Director, Planning Council, Maharishi's World Plan for Perfect Health. Contributions of Raj Vaidya Brihaspati Dev Trigunaji in re-starting the graduate course of Ayurveda at Banaras Hindu University were unmemorable. He is driving force to get the financial support to start the B A M S course in faculty of Ayurveda, BHU not only by recommending but also presenting the

issue before different authorities. Ultimately his able son Padmabhushan Devenra Triguna, when become the member of the Executive Council of Banaras Hindu University, played decisive role to restart the B A M S course in B H U, which had remain suspended for 40 years because of prejudice.

If Pandit Shiva Sharma is considered responsible for creation of CCIM, CCRIM&H Acts through parliament in 1970, Vaidyaraj Triguna ji is considered responsible for establishment of the Department of AYUSH in the Ministry of Health and Family Welfare on the face of reluctance of the bureaucrats in Government of India. The official recognition & status of Ayurveda as we enjoy today is the result of laborious lobbying by those stalwarts. Ayurvedic fraternity is in deeply indebted to them.

Foreign Visits

Vd. Trigunaji traveled to many parts of the world, countries like USA, Canada, Switzerland, Holland, Nepal, Europe, Latin America, South Africa, Japan, Russia and Australia, Sri Lanka, Nairobi, Kenya and many other countries, where he opened Ayurveda clinics(1), (11). He gave talks on Ayurveda in the U.S at different medical schools such as UCLA, Harvard, and Johns Hopkins. In the meeting of World Health Organization Assembly at Geneva, Vd. Trigunaji demonstrated scientific aspects of Nadi Pariksha "Pulse Diagnosis". Vd. Trigunaji always says that the Medicine should be Patient-specific and Season-specific. The Government of Mauritius invited Vd. Trigunaji as expert for establishment of Ayurveda in Mauritius in 1989(1).

Awards and Honors

Vd. Trigunaji was honored not only by Government of India but also by reputed institutions around the world. He was awarded the Padma Bhushan the third highest civilian award of India in 1992(1), (12). Vaidyaraj Bhrihaspati Dev Trigunaji was decorated with Doctorete of Science Honoris Causa by Banaras Hindu University in the year 2000. The Indian Government's second highest civilian award, the Padma Vibhushan was award to Vd. Trigunaji in 2003(13).

Some of the major awards received by Vd. Trigunaji are "Life Time Achievement Award (Ayurved Maharishi) by All India Ayurvedic Congress, Delhi; "Dhanwantari

Award” by Dhanwantari Foundation, Mumbai; “Ayurved Shriomani” by Rajasthan State Ayurvedic Congress, Rajasthan; “Ayurved Vishwa Gaurav” by World Ayurved Congress; “Pt. Ramnarayan Shodha Puruskar”, by Vaidyanath Ayurved Bhawan; “Pranacharya” by Shri Indraprasthiya Vaidya Sabha, Delhi(11). Vd. Trigunaji was the personal physician for the Prime Minister of India(14). He was also honorary physician to the President of India(15).

Further to say that Vd. Trigunaji was always respected by Maharshi Mahesh Yogi who used to rise from his seat whenever Vd. Trigunaji used to enters the Hall as a very rare sign of reverence for his highly commendable authority on Ayurveda(5).

Last breath

At age of 94 years, the great embodiment of Ayurveda – Padma Vibhushan Rajvaidya Brihaspati Dev Trigunaji, on 1st January, 2013 left this mortal world leaving behind all his beloved students, well-wishers, friends, his family members and a large number of patients in ocean of grief(16).

In the view of His Students, Peers and Distinguished

Vd. Trigunaji had trained over 200 students under the Guru Shishya forum of ayurveda education(16). When Vd. Trigunaji has been associated with Maharishi Mahesh Yogi, Dr. Deepak Chopra used to work as an interpreter to Vd. Trigunaji, when he went on world tours in the late '80s on Maharishi's invitation. Dr. Deepak Chopra showed interest and learnt Ayurveda to a significant extent from Vd. Trigunaji(8).

In his autobiography *Return of the Rishi*, Dr. Chopra showers fulsome praise on Triguna as the master physician. The Delhi-born doctor had his pulse read by Triguna and was told: “You think too many unnecessary thoughts. You are always trying to beat a deadline.” The prescription: “Slow down. Watch more sunsets. Spend more time with your wife and children.”(8)

When the news about the sad demise of Vd. Trigunaji flashed on 1 Jan 2013 several Leading Ayurveda practitioners, politicians and other personalities from various sections of society gathered to pay their tribute to

the Raj Vaidya Brihaspati Dev Triguna in a large scale function organized in New Delhi(2), (17).

Raj Vaidya Brihaspati Dev Triguna always will be known and remembered as ‘Dhanwantari’ of contemporary age18. Vd. Trigunaji is a special human being whose passing has left an enormous loss to Ayurvedic fraternity. The vacuum produced by the departed soul can neither be filled easily nor can his tremendous contribution for Ayurveda ever be forgotten. He will remain in our hearts forever. May his Soul rest in peace.

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