

# PADMABHUSHAN DR.P.K.WARRIER - THE CENTENARIAN *BHISHAK* WHO TOOK *AYURVEDA* TO THE WORLD

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## Introduction

Being the scion of an illustrious lineage is not an easy task. Preserving and enhancing the repute of the illustrious lineage of *Panniyambilly Warriam* has been the life mission of Padmabhushan Dr. P. K. Warriar as the youngest son of Sreedharan Namboothiri and Kunji Warasiar. His commitment to science and society were unmatched. The qualities he inherited from his uncle Vaidyaratnam P. S. Varier and the strength of character as a result of his personal experiences during the tumultuous times of the nationalist movement were the mainstay of his decisions and actions that spanned the 68 years he served as the managing trustee of Arya Vaidya Sala, Kottakkal<sup>[1]</sup>. He started his career as a factory manager in the 119-year-old institution which, under his helm, has become synonymous with excellence in *Ayurveda* and placed the small town of Kottakkal at the centre of the *Ayurveda* world. The progress made by Arya Vaidya Sala was not merely in terms of a quantitative increase in the number of branches or clinics but it was complemented by a corresponding modernization in clinical, pharmaceutical, educational and research domains. His readiness to learn and humility to accept ideas has helped the ancient medical system to reinvent itself in accordance with the changing times and has earned him the title of '*Ayurveda Maharshi*'<sup>[2]</sup>.

## 1.1 Warriar, the clinician

The physician has to delve deep into the soul of the patient to be a healer and this is exactly what Dr. P. K. Warriar has done in more than 70 years of being a physician, which he was first and foremost. The multiple factors to be assessed in a patient are extremely difficult even for an outstanding physician. Keen observation and a willingness to be a silent listener to understand these myriad aspects of the deranged physiology of the individual and its causes was his greatest asset. Uprooting the disease from its cause by following *Nidana Parivarjana* (abstinence from the cause) was the primary protocol followed by him and this included consideration of factors like the place of residence and regional differences in dietary habits. For instance, people of the Andhra region were advised to reduce the use of red chilies while people of West Bengal were allowed to use fish in their diet. The constant stay in air-conditioned rooms in Arab countries was identified as a cause for respiratory diseases, so they were advised to grow indoor plants that gave out plenty of oxygen. The doctrine of food being the cause of health and diseases was his most important guiding principle which can be understood by the strong emphasis on appropriate dietary patterns in different diseases for their effective management. *Pathya* (specific dietary regimen) is a term that is always closely associated with the use of *Ayurveda* medicines. A majority of doctors just advise certain namesake measures to create an ambience of restrictions and permissions. But this was not the case with Dr. P. K. Warriar whose treatment protocols were marked by *upavasa* (fasting), use of fruit and fruit juices, strict food timings, medicated gruels - all of which were intended to provide the right fuel for the *agni* (digestive and metabolic fire) in the body machine. He advised food twice a day, mostly at 10.30 am and 6.00 pm. During fasting, the patients were advised to take fruit juice at 8 am, 12 noon, 4 pm and 8 pm. They were also advised to take tender coconut water twice a day. Use of medicated gruels prepared with *Dasamoola* [a group of ten drugs] in respiratory diseases and *Laghu Panchamoola* (a group of five drugs) in diseases of the urinary tract were a hallmark of his treatment. The use of medicated *ghee* at night was an integral part of his armoury against diseases based on the theory of *Snehasara purusha* (the

human body is essentially unctuous). This has to be viewed in the light of contradicting opinions regarding the use of *ghee* in treatment in cases associated with comorbidities like diabetes mellitus or abnormal lipid profile. But Dr. P. K. Warriar strongly advocated the use of medicated *ghee* in every suitable condition. The prescription of medicine was always accompanied by a prescription of 'diet or no diet' whether the case was Rheumatoid arthritis, respiratory disorders, malignancies or any rare disease. So there was no wonder that his vast clientele of patients from across the world included former Sri Lankan President Sirimao Bandaranaike, former Indian Presidents V. V. Giri, Shankar Dayal Sharma and personalities like cartoonist Shankar and Justice V. R. Krishna Iyer<sup>[3]</sup>. But he was a humanist to the core and there were no differences in his approach based on the status or stature of the patient in front of him.

## 1.2 Fostering education and research

### 1.2.1 Pathasala to Vaidyaratnam P. S. Variar *Ayurveda* College, Kottakkal

Vaidyaratnam P. S. Variar was a pioneer in Ayurveda education by establishing the *Ayurveda Pathasala* (educational institution) in 1917<sup>[4]</sup>. This was shifted to Kottakkal in 1924 and was named Vaidyaratnam P. S. Variar *Ayurveda* College. The activities of the college were a constant matter of interest for Dr. P. K. Warriar. Though he had not donned the role of a teacher unlike the founder Vaidyaratnam P. S. Variar, he had a clear-cut vision regarding the forward trajectory of the college. It was this that prompted the path-breaking decision regarding handing over the *Ayurveda* College to a Govt. aided society - Kerala Ayurvedic Studies and Research Society (KASRS) in 1976 during the tenure of Sri. C. Achutha Menon as Chief Minister of Kerala. As a result of this, V.P.S.V. *Ayurveda* College, Kottakkal became the first aided *Ayurveda* college in the state with the dual participation of the Govt. of Kerala and Arya Vaidya Sala.

Though the administration of the college was taken over by the KASRS, Dr. Warriar ensured that the facilities for clinical learning continued for the students of the college in the Charitable hospital which is one of the greatest advantages that Kottakkal *Ayurveda* College offers in comparison to other institutions. It should be remembered that the *Ayurveda Pathasala* (educational institution) was shifted to the Charitable hospital at Kottakkal in 1924 with the primary intention of providing an opportunity for clinical learning for students. The transparency in appointments of staff and admission of students to the college is a result of the resolute stand of Dr. P. K. Warriar to ensure the quality and credibility of the institution. In an era where educational institutions are considered money-spinning machines, V.P.S.V. *Ayurveda* College stands out because not a single appointment or admission involves either financial transactions or a partisan attitude.

The progress of the college to become a center for Postgraduate studies in seven subjects by 2017 was possible due to his unremitting support in this direction. But his vision was not limited to this level because the real aim was the establishment of an *Ayurveda* University at Kottakkal which he used to stress over and over again at many public functions. It is unfortunate that the movement for a university is still dormant and due to many obscure reasons, the *Ayurveda* University still remains on paper.

### 1.2.2 Updation of science through research

Dr. P. K. Warriar had a profound understanding of the need to keep updated on scientific knowledge and he always followed the policy of keeping abreast with the recent developments in the medical field particularly in the case of diagnosis and complications of diseases. The unacceptability of *Ayurveda* due to its antiquity and uniqueness has to be overcome with a constant updation of knowledge and an ability to communicate with the medical fraternity in their terms which can be achieved only with a deep understanding of ayurvedic concepts. Research was mainly focused on three areas - clinical, drug manufacturing and medicinal plant research. The research advisory board - in the Arya Vaidya Sala with Dr. M. S. Valiathan as its Chairman and the monumental works undertaken in the field of action of *rasayana* (rejuvenatory medicine) is an apt illustration of this penchant for research<sup>[5]</sup>.

### 1.2.3 Clinical research

Clinical research which started in collaboration with the Central Council for Research in Ayurvedic Sciences (CCRAS) on *Parinamashoola* (duodenal ulcer) in the Charitable hospital with Dr. P. K. Warriar as

the project officer diversified into cancer and its various health implications<sup>[6]</sup>. It was the epidemiologist in Dr. P. K. Warriar who realized the need for an accepted protocol in cancer management through *Ayurveda* that led to the establishment of a Cancer O.P in a Charitable hospital about 20 years ago. Projects undertaken in collaboration with pain and palliative care clinics like the effect of *Mishrakasneha* in constipation caused due to the use of morphine and published in the Journal of pain and symptoms management can act as a guideline in such researches<sup>[7]</sup>. Research on selected formulations used for Cancer treatment has been published by Taylor and Francis in their international journal Natural Product Research<sup>[8]</sup>.

#### 1.2.4 Pharmaceutical research

Research and Development in the application of modern technologies in drug manufacturing were carried out in collaboration with the Council of Scientific and Industrial Research (CSIR), Department of Science and Technology (DST) and Indian Institute of Chemical Technology (IICT) and as a part of this HERBAS (Herb Authentication System) and SLES (Solid Liquid Extraction System) was implemented. These projects have recognized Arya Vaidya Sala as a Scientific and Industrial Research Organization (SIRO)<sup>[9]</sup>.

#### 1.2.5 Medicinal plant research

The Arya Vaidya Sala Herbal Garden of 6 acres established in the heart of Kottakkal has more than 1,100 species of medicinal plants. This exhibition cum conservation garden is visited by students, doctors, botanists, researchers and the public. The availability of medicinal plants of the right quality in the required quantity has always been a challenge for ayurvedic medicine manufacturers. The Arya Vaidya Sala under Dr. P. K. Warriar has met this challenge to ensure sustainable growth of the industry as well as conservation of the natural resource base. As a part of this, about 220 acres of land has been developed as medicinal plants estates where several annual, biennial and perennial plants are cultivated for in-house consumption. Other measures like the cultivation of threatened medicinal plants, promotion of cultivation, supply of seedlings to growers, generation of organic manure, finding new sources of water and supporting efforts for cultivation and trade in medicinal plants were also adopted. An important and farsighted milestone in the field of medicinal plant research was the establishment of Central for Medicinal Plant Research (CMPR) envisaged as an institution for conservation and study of the medicinal plants used in *Ayurveda*, in 2002. It functions as a pioneer institute in the area of research, conservation and popularization of Ayurvedic medicinal plants and conducts detailed botanical, pharmacognostic, phytochemical and pharmacological, molecular profiling of medicinal plants. Researches in this genre like total phenolics and total flavonoids in selected Indian medicinal plants have been published in various international journals<sup>[10]</sup>. The screening of germplasms of important medicinal plant species helps in locating superior chemotypes and genotypes. The greenhouse facilities here are used for the generation of seedlings and cuttings to be given to cultivators which is yet another step towards sustainability and self-reliance for the procurement of raw drugs.

#### 1.3 Modernization in *Ayurveda* pharmaceuticals

The supply of packaged medicine to the patient by the physician was by itself a groundbreaking step in ayurvedic drug manufacturing initiated by *Vaidyaratnam* P. S. Variar which paved the way for the establishment of Arya Vaidya Sala in 1902. Dr. P. K. Warriar continued on this path and introduced many novel techniques applying new technology in drug manufacturing which increased productivity without compromising on quality<sup>[11]</sup>. This included replacing traditional firewood by introducing boiler-generated steam for preparation of medicine and introduction of modern pharmaceutical machinery like Fluidized Bed Processor, punching machine, mass mixer, granulator, drier, blender, encapsulation equipment, blister packing machine, electro-mechanical equipments for achieving efficiency in production to manufacture more than 500 classical formulations. Other innovations aimed at increasing the user compliance to Ayurvedic medicines like converting *Kwatha* (decoction) into tablets, *thaila* (oils) to creams and gels for external application. Packaging medicated oils into soft gel capsules and *bhasmas* (a form of powdered medicines) also to capsule not only increased ease of administration but also ensured exact dosage. Under his leadership, Arya Vaidya Sala initiated the manufacturing of 'new generation formulations' based on

textual prescriptions as well as traditional clinical evidences like Nostricap inhaler indicated in stuffy nose and heaviness in the head due to cold, Pain Balm indicated in muscle and joint pain, sprain and *Mahathikthakalepam*, a combination of *Mahathikthakaghritam*, *tutha* (blue vitriol) and *tankana* (borax) for fungal infections and other infectious skin disorders <sup>[11]</sup>.

#### 1.4 Dissemination of knowledge through *Ayurveda* seminars

Discussions and debates are identified as a means of increasing the knowledge base of science and to strengthen its scientific foundations. This activity was undertaken by the *Dhanvantari* magazine from 1903 onwards and it provided a platform for intellectual discussions, correlations with other medical sciences, debates and doubt clearing sessions <sup>[12]</sup>. But, there was a lull in this process after the death of the founder. It was under the leadership of Dr. P. K. Warriar that a second wave for the dissemination of knowledge began with the *Ayurveda* seminars in 1964, the year which marked the 95<sup>th</sup> birth anniversary of Vaidyaratnam P. S. Varier. This venture was aimed at fulfilling the *pracharana* (propagation) duty of a physician taking inspiration from the *Dhanvantari* magazine. The first seminar was organized as a three-day event with participants being divided into four groups to discuss the problems in *Ayurveda* treatment, drugs, education and research and each group presented their points which led to the establishment of the clinical research department in 1967. The successive seminars were organized as single-day events over disease entities described in the *Samhita* and *Sangraha* (a class of textbooks in *Ayurveda*) including *Prameha* (diabetes mellitus), *Vathavyadhi* (neurological disorders), *Arbuda* (malignancies), *Parinamashoola* (duodenal ulcer) which spanned the eight branches of *Ayurveda*. These included clinical experience sharing by expert physicians like Vaidyamadhom Valiya Narayanan Namboothiri, Trikkovil Achutha Warriar, Vayaskara N. S. Moos, V. M. Kuttikrishna Menon, Raghavan Thirumulpad, and N. V. Krishnankutty Warriar. The seminars proved to be a platform for discussions on a wide variety of subjects like medicine manufacturing, *Ayurveda* education, issues in clinical practice and research. During the 1980s, the seminars tried to evolve an ayurvedic concept for diseases like Motor Neuron Disease, psoriasis, allergy, multiple sclerosis, cancer and autism. This was a part of the effort to get up-to-date information on new diseases which were emerging in society<sup>[13]</sup>. The talks by professionals from premier institutions including Govt. Medical Colleges, Amrita Institute of Medical Sciences and Institute for Communicative and Cognitive Neuro Sciences (ICCONS) on these topics proved to be attractive to young generations of physicians. This trend can be witnessed in the last seminar held in Jan 2020 which dwelt on the modern and ayurvedic concepts of Covid - 19. Though there is a lot of difference of opinion among modern and *Ayurveda* schools of thought, it can be undoubtedly said that the charisma of Dr. P. K. Warriar was responsible for a healthy exchange of ideas in these seminars. The shifting of the venue of the annual seminar from Kottakkal to different parts of Kerala has served to increase regional participation in the event. In keeping with the ayurvedic construct of holism, the annual seminar not only contained expositions on health-related topics but also orations on topics of social and cultural importance. The Vaidyaratnam P. S. Varier memorial speech, which has been delivered by stalwarts like P. J. Deshpande, K. N. Udappa, K. Sanjeev Rao, V. R. Mehta, Dr. M. S. Valiyathan, M. S. Swaminathan and Swami Ranganathananda. The presence of luminaries from art, literature and cinema was not intended to add color to the event, on the other hand, it was an expression of the integration of logical and creative thinking that is essential in the medical profession. These seminars created an environment of debates and discussions which contributed to the understanding of theoretical concepts and clinical conditions, designing treatment protocols and also proved to be an inspiration for other organizations to conduct similar events and thus the Arya Vaidya Sala seminars enriched scientific thinking in the *Ayurveda* community. An essay competition on topics of clinical and academic importance was also started in 1965 on the sidelines of the seminar. The seminar books which were their documented and published output of these discussions is an enormous storehouse of information. They contained the articles regarding the topic for the seminar and also the prize-winning entries in the essay competition. The earliest entries in this section included articles by Vaidyabhushanam Raghavan Thirumulpad and Subramaniam Sastry who later went on to become great scholars and academicians. The essay competition as well as the Madhava Varier memorial gold medal competition for postgraduate students was yet another instance of the impetus to free-thinking promoted by Dr. P. K. Warriar.

## 1.5 The world of letters

### 1.5.1 Arya Vaidya Sala publications

The knowledge housed in the minds of physicians and familial heirlooms is commonplace in *Ayurveda*. Vaidyaratnam P. S. Varier stood apart in this scenario by initiating the publication of *Dhanvantari*. Dr. P. K. Warriar followed in these footsteps of his uncle by initiating the publication of *Aryavaidyan* which is continuing its journey as a well sought after book in the *Ayurveda* field. *Aryavaidyan* was aimed at bringing knowledge to the public domain and to disseminate, propagate and expand the knowledge base of *Ayurveda*. The publication division of Arya Vaidya Sala has become a vibrant one catering to the different realms of society under his guidance. The documentation of the seminars and the orations by eminent personalities as a part of the Vaidyaratnam P. S. Varier memorial speech have been published under the umbrella of the Kottakkal *Ayurveda* series which has also published major works in Malayalam, English and Hindi. Indian Medicinal Plants – A Compendium of 500 species - which is a five-volume text on *Ayurveda* treatment published under his initiative is a ready reckoner on the treatment system at the international level [14]. The publication of books aimed at simple understanding of *Ayurveda* for the public was done through the Popular *Ayurveda* series consisting of more than 50 titles which include the print versions of talks that were broadcast on All India Radio dealing with the possible causes, manifestations and regimens to be followed in various diseases. The publication of souvenirs or *Smaranika* as a part of various important milestones in the history of Arya Vaidya Sala is also a chronicle of the status of *Ayurveda* during different periods. Clinical expertise has always gone hand in hand with art and literature in this family. Thus the division has published many titles in this genre also including *Ayyappacharitham aatakatha* (A lyrical composition used in the classical dance form of Kathakali) and *Kavanakoumudi* series of *aksharasloka*.

### 1.5.2 A writer in his own merit

Dr. P. K. Warriar himself has created a niche of his own in the field of literature with his autobiography - '*Smritiparvam*' which was published in 2005 and had won the Kerala Sahitya Akademy award in 2008. It was translated into English as the 'Canto of Memories' by Sudha Varier in 2013. It is a book wherein the history of Kottakkal, the development of *Ayurveda* and the socio-cultural scenario during the freedom movement and post-independence unfolds parallel to the life story of Dr. P. K. Warriar from a common man to a global citizen. *Padamudrakal* is a compilation based on his speeches and articles [15]. It is a mosaic of clinical wisdom, social events and personal interactions. These articles bring forth the width and depth of his observations, knowledge, intelligence and creativity. They showcase his passion for keeping himself informed and updated about a montage of subjects considered essential in a physician which has been described as '*bahusrutatva*' (possessing knowledge about a variety of subjects) of a doctor. His article 'Filariasis (*Shlipada*)' on the presentations and management of this disease is a coalition between tradition and modernity [16].

### 1.5.3 A persona penned by others

The life of Dr. P. K. Warriar has inspired many others who were fortunate to work in close proximity to him, many of whom have penned their experiences with this living legend as articles and books. Dr. K. Muraleedharan who is one of the most acclaimed writers in the medical field has expressed his love and respect in the work 'Ennum Snehatode – P. K. Warriar' which is an anthology of elegantly written articles that presents the profile of a multifaceted genius and a great philanthropist. This was also translated to English by Sreekumari Ramachandran in 2012 as 'P. K. Warriar - Ever with Love' [17]. These translations are evidences of the acceptance and popularity of this great physician in the society.

Vision, Wisdom, Healing' - Clinical experiences of Dr. P. K. Warriar is an anthology prepared by a group of doctors based on data about rare and grave ailments that were selected from hundreds of case sheets [18]. It is a detailed account of these ailments divided into three sections - *Vyadhimargam*, *Kriyamargam* and *Pathyamargam* - with case history, details of medication, allied strategies, dietary modifications, results obtained and discussions on diagnosis and treatment. The section on *Vyadhimargam* presents some disorders like Crohn's disease to be specially noted for their weird features. Therapeutic

interference in such cases was disease-specific on the basis of the peculiar nature of the sufferings of individual patients. *Kriyamargam* focuses on the modes of treatment. Here the emphasis is on the therapeutic strategies including the use of medicines and allied operations like *vasti* (enema), *dhara* (pouring medicated oil on the body and head), *jalookavacharana* (blood-letting procedure using leech) in the management of diseases. The applications of these strategies in very rare conditions like Klippel-Trenaunay-Weber Syndrome are really eye-openers. *Pathyamargam* underscores the importance of dietary modifications which produced desired results in certain cases. This book depicts the richness of clinical experiences of this great physician which has been recorded for the benefit of future generations of students and practitioners.

The relation between Dr. P. K. Warriar and his patients were marked by love and compassion and this soothing effect has been depicted in the book – ‘Dr. P.K. Warriar - The Compassionate Healer’ which are his patients’ reminiscences and expressions of gratitude <sup>[19]</sup>.

Respect for history and its conservation for the benefit of future generations has always been a primary motto of Dr. P. K. Warriar’s life. So setting up the Vaidyaratnam P. S. Varier Museum was an important event in 2002 as part of the centenary celebrations of Arya Vaidya Sala, Kottakkal. The Museum preserves the personal memorabilia of Vaidyaratnam P. S. Varier and marks the important milestones in the history of Arya Vaidya Sala. It documents the process of renaissance movements in the field of *Ayurveda* and epitomizes the history of *Ayurveda* in the late nineteenth and twentieth centuries.

### 1.6 Putting a mark in the international arena

*Ayurveda* has found it difficult to establish itself as an evidence-based medicine on account of its tradition and antiquity. So *Ayurveda* physicians face many hurdles in applying treatment using the pharmaceutical preparations and protocols described in the classical texts of *Ayurveda* in many countries. Dr. P. K. Warriar’s international sojourns have mitigated this lacuna to a certain extent. He led a 5member delegation from Arya Vaidya Sala to the conference on Medical systems of Asian Countries held in Indonesia in 1984 which was attended by more than 400 participants from various countries. His travels to Italy in 1985 to address the World Congress on *Ayurveda* and Yoga and to Denmark in August 1987 for the Conference on Alternative Medicine where he was also awarded a “Doctor of Medicine” degree paved the way for the entry of *Ayurveda* as a system of treatment in Europe. In October 1996, he was invited to address the First International Scientific-Practical Conference on *Ayurveda* in Russia. He also travelled to New York in 1998 October to attend a landmark conference organized by Bharatiya Vidya Bhavan - “*Ayurveda* for the 21st century - New Paradigms for health” aimed at introducing *Ayurveda* to the health professionals of the U.S.A and convincing them about its scientific basis which ultimately led to the renaming of *Ayurveda* from alternative medicine to complementary medicine. These international campaigns have helped *Ayurveda* to cater to the health needs and issues of foreign nationals though it has evolved and developed as an Indian system of medicine. This has also laid the foundation of medical tourism in the country. Arya Vaidya Sala under the leadership of Dr. P. K. Warriar has played a major role in ensuring credibility in this field because of its staunch commitment to classical *Ayurveda*, and also maintaining standards in service <sup>[20]</sup>.

### 1.7 Awards and honors

Dr. P. K. Warriar has received numerous accolades for his multifaceted role in society as a physician, administrator, author and above all a healer, the most prestigious among these being the *Padmashri* in 1999 and the *Padmabhushan* in 2010. These were awarded by the Govt. of India in recognition of his distinguished contributions to the *Ayurveda* system of medicine. He has also been honored with the *Dhanvantari* and *Ashtangaratna Puraskaram* by the Govt. of Kerala for his exemplary contributions to different fields of *Ayurveda*. He is also the recipient of the C. Achutha Menon Award for social work. He was the recipient of the award instituted by the Sophia Society in the memory of its founder, the late Dr. Paulos Mar Gregorios, who was the first Bishop of the Delhi Diocese of the Indian Orthodox Church. The award recognized his seminal contribution in the promotion of inter-faith dialogue, as well as work in the fields of community self-renewal, education, public health, social justice, culture and peace. He has also been conferred honorary D. Litt. degree by the University of Calicut and Doctor of Medicine by the University of Copenhagen. His autobiography *Smrithiparvam* won the Kerala Sahitya Academy Award for

the best autobiography in 2009. His administrative and managerial skills were acknowledged by the 'Management Leadership Award' instituted by the Kerala Management Association. A rare plant, discovered from Aralam wildlife sanctuary in Kannur district by a research team led by Dr. Indira Balachandran and Dr. K. M. Prabhukumar of the CMPR of Kottakkal Arya Vaidya Sala has been named in honor of Dr. P. K. Warriar as *Gymnostachyum warrieranum* in 2015<sup>[21]</sup>.

### Conclusion - A teacher on humanity for mankind

Dr. P. K. Warriar has not been just a physician who catered to the pains and problems of patients, he was a human who understood his duties and responsibilities in society. His social commitment started during his school days itself when he boycotted classes as a part of the Quit India movement. During his college days, he actively participated in the social reform movements initiated by leaders like E.M.S. Nampoothiripad in Kerala. His outlook on the values of liberty, equality and fraternity in society remained firm even after assuming the reins of the Arya Vaidya Sala. He always considered himself to be just the guardian of the giant tree planted by his uncle and watered by his brother. The philanthropic tradition of the family was continued under his leadership. In the charitable hospital at Kottakkal, treatments in modern medicine along with *Ayurveda* treatment is provided free of cost to poor patients. Dr. Warriar's approach to all patients was equanimous, whether they were heads of nations or the poor laborers from the neighborhood. He was a practitioner of *Ayurveda* in his life and not a mere advisor to patients. Beginning the day at 4.30 am with yoga, meditation and prayer at Viswambhara temple, he used to be at his consulting room at sharp 8 am till noon with afternoons being dedicated to office work. An hour-long walk in the evening and retiring to sleep at 9.30 pm completed the disciplined daily routine which was followed even during travels. A strict vegetarian, Warriar allowed himself the luxury of two meals a day. The qualities of humility, self-confidence, foresight, discipline and belief in God were behind his activeness as a physician and administrator until his last days. The vacuum created by the demise of this radiant symbol of *Ayurveda* on 10 July 2021 will remain a gaping one forever. The life of this multifaceted physician and human being will serve as a role model for future generations to work for the scientific updation of *Ayurveda* and the wholesome welfare of mankind.

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