

# Outlook

Read • Think • Understand



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SUNJOY HANS



DR RAJEEV GAUTAM



DR BHAGYASHREE P PATIL



NIRMAL K MINDA



DILIP RAY



ANURAG CHOUDHARY



PROF S SREENIVASA M



DR V SANTHANAGOPALAN



HIMAY SHAH



PROF DR SANJEEV BHATT



DR RAHUL S KADAM



MUSKAAN ARORA



JAGDIP SINGH



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NITIN GADKARI



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NAVEEN JINDAL



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DR HARINDER SINGH GILL



NARENDRANATH BOMMU



HUZAIFA SHEHABI



CHANDAN GOSWAMI



S K ARYA



MAHIMANANDA MISHRA



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DR DY CHANDRACHUD



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SANJIV KANWAR



GR ANANTHAPADMANABHAN



DR DURGA P DEVARAKONDA



AJAYPAL SINGH BANGA



AKASH BHANSHALI

## VISIONARIES *of* \$5 TRILLION ECONOMY



DEEPIINDER GOYAL



PRABHA NARASIMHAN



**Payal Mahapatra**  
Founder, AFMC Practitioner & Functional Medicine Coach

# Mindful Medicine for Visionary Leaders

Payal Mahapatra advocates for wellness to be an integral part of daily life to maintain long-term optimal health

**Q In an era of increasing chronic diseases, what is the role of wellness?**

Due to lifestyle variables and chronic disorders like hypertension and ADHD, which account for nearly 68% of all chronic diseases, the urban population is more likely to have mental health issues in today's fast-paced society. The economy, healthcare system, and families of the younger generation are impacted in a cascading effect. Unfortunately, symptoms are viewed in isolation, even if underlying hereditary or lifestyle factors are frequently to blame. In addition to treating symptoms, identifying the underlying reason gives patients the ability to take charge of their own health. A comprehensive approach to wellbeing and individualised care will have a beneficial, long-lasting effect.

**Q How does CTRL ALT ZEN bridge the gap between traditional and contemporary healthcare approaches?**

Western traditional medicine

emerged to treat emergencies and temporarily alleviate symptoms. Functional medicine's main strength is its capacity to integrate and collaborate with a spectrum of alternative models. Using technology to bridge the gap between methods, I am providing more individuals than ever before with functional and holistic care. I can employ number-crunching, AI-driven data analysis, and functional testing to develop a more thorough and individualised treatment plan. We have been able to narrow this gap through patient accessibility, remote consultation worldwide, and time scheduling.

**Q Mental health issues are considered a taboo. How do you break the myth?**

Every mental health condition has a physical manifestation, and it's much more tangible than most people realise. Almost one in three individuals with chronic physical health issues also battle mental health problems most frequently anxiety or depression.

Not only do reproductive hormones have a link to mental health, but psychiatric diseases can also be caused by metabolic hormones such as changes in cortisol secretion. Common conditions including schizophrenia, eating disorders, and ADHD hasten biological ageing. A comprehensive approach to treatment, functional medicine focusses on determining the underlying cause and how it relates to environmental lifestyle choices and genetics. Physical, emotional, social, and nutritional variables are assessed in order to give individualised care and therapy.

If you suffer from an autoimmune disease, it can go into remission. It returns to its initial premises but does not entirely disappear. It translates into increased productivity at work, which in turn leads to improved mental and physical health, significant weight loss, and improved fertility. This might sound quite elusive, yet it is feasible. I care deeply about each patient's journey and want to be aware of all the changes they are going through. I can adjust the procedure in accordance with their relationships and professional performance. My goal is to help everyone I deal with develop their own health language, shift the narrative, and achieve that balance.

**Q What is your advice to the youth towards tackling mental wellness issues?**

These days, everyone is empowered by technology, and young people are aware. Nonetheless, awareness and education are required. Don't assume that your vitality and energy will endure forever and take your health for granted! Establishing healthy habits and setting the groundwork for longevity are essential. Be mindful of the cues your body and mind provide you; treat both mental and physical problems. It's often forgotten that the human body has amazing healing capabilities.