



Dr. Akshya Vasudev
MBBS, MD, MRCPsych
Holistic Adult and Geriatric Mental Health Consultations

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Patient information page

Welcome to your holistic mental health consultation with Dr. Akshya Vasudev

Dr. Vasudev is a specialist in adult and geriatric mental health who offers a holistic, lifestyle-oriented consultation. This approach integrates discussion of diet, physical activity, breath-based yoga, meditation practices, and spiritual enquiry to support a more positive and balanced way of living.

WHAT TO EXPECT FROM THE CONSULTATION

- The focus of the visit is on understanding your current symptoms, stressors, and life context, and exploring how lifestyle, breathing practices, and meditation can support your mental health and overall wellbeing.
- You may be offered education and guidance on simple breath-based exercises, gentle movement, and meditation practices that can be continued at home.
- Where appropriate, Dr. Vasudev may provide written recommendations to your family doctor, nurse practitioner, or psychiatrist regarding possible adjustments to your existing medications, but he will not be prescribing or renewing medications himself.

Role of your usual physician or nurse practitioner

- Your family physician, nurse practitioner, or treating psychiatrist remains responsible for your ongoing medical and psychiatric care, including all prescriptions and monitoring of medications.
- Any suggested changes to medication will be communicated back to your referring clinician, who will decide, together with you, whether to implement those changes.
- It is important that you continue to follow-up with your usual clinician as scheduled, even while you are receiving holistic consultation.

Safety and suitability

- This service is intended for individuals who are relatively stable and wish to enhance their recovery and resilience through lifestyle, breathing, and meditation-based strategies.
- It is **not** designed for people who are currently experiencing severe mental illness (such as active psychosis, bipolar disorder, dementia, or moderate to severe substance use disorder), recent psychiatric hospitalization, or medically unstable conditions that would make breath-based practices unsafe.
- If your mental or physical health changes significantly (for example, new chest pain, shortness of breath, or worsening suicidal thoughts), you should seek urgent medical care and contact your usual health-care provider or local emergency services.

Your participation

- Holistic care is most effective when you are willing to participate actively, practice techniques regularly, and communicate openly about what is and is not helpful.
- You are encouraged to ask questions, share any concerns, and let Dr. Vasudev know about any cultural, spiritual, or personal preferences that may be relevant to your care.
- You always retain the right to decline or modify any suggested practice that does not feel comfortable or appropriate for you.