

# TRUPTI GOKANI, MD

## BIOGRAPHY

An award-winning, board-certified neurologist, Trupti Gokani, MD has dedicated her life to developing a unique blend of modern medicine and ancient philosophy. By melding these approaches, she's become a highly sought after speaker and health coach sharing holistic wellness strategies with larger-than-life media personalities like Dr. Oz, global pharmaceutical giants like Pfizer, and individuals with a wide range of symptoms, from debilitating migraines to chronic fatigue.



She's best known by those in Chicago's North Shore for her revolutionary integrative approach to treating headache pain. The Zira Mind & Body Clinic's patients swear by her unique methodology focused on healing the head by identifying the disconnect between the mind and the body. When not in the clinic, Dr. Gokani dedicates her insights to speaking and media engagements aiming to help Americans understand the "purpose" of their pain and how to heal themselves through a deeper appreciation of the mind-body-spirit connection.

## QUALIFICATIONS & BACKGROUND

Dr. Gokani earned her medical degree from the University of Illinois at Chicago, where she also completed her training in neurology, was Chief Resident, and pursued additional post-doctoral training and certification as a Master Clinical Psychopharmacologist. She has continued to educate herself for the benefit of her patients, gaining experience and credentials in Ayurvedic medicine, clinical psychopharmacology and transcendental meditation. She has also pursued training in Functional Medicine. She is certified by the American Board of Neurology & Psychiatry, and is licensed to practice in Illinois and California.

She has also lectured extensively in the fields of neurology and psychiatry, specifically regarding headaches, mood disorders, insomnia, adrenal fatigue, hormonal issues and adult attention deficit disorder (ADD). She has spoken at the American Headache Society, the Midwest Pain Society, the American Academy of Neurology, and the American Psychiatric Society. Her work — on topics ranging from Botox efficacy and safety, to the prevalence of bipolar disorder in cluster headache patients — has been published in esteemed journals such as the *American Journal of Pain Management*. She has also published abstracts pertaining to food allergies and headaches, along with the Ayurvedic approach to migraine, in the well-regarded *Journal of Headache*. She studied the prevalence of adrenal fatigue in her practice and presented her work at the Academy of Pain Annual Symposium.

Dr. Gokani recently published her first book, [The Mysterious Mind](#), and is currently contributing to a health documentary on Ayurveda. She is available for speaking engagements and media appearances in addition to her ongoing work at the Zira Mind & Body Clinic and private coaching intensives. For more information, visit Dr. Gokani at <https://truptigokanimd.com/>.