

DR. ARNAB GHOSH HAJRA

Consultant - Psychiatry

Qualification

MBBS | MD (Psychiatry)

Overview

Dr. Arnab Ghosh Hajra is a dedicated psychiatrist practising at Manipal Hospital Broadway, offering comprehensive care for the diagnosis, treatment, and long-term management of mental health conditions. Psychiatry is a medical speciality that focuses not only on treating mental illness but also on improving emotional well-being, behavioural health, coping ability, social functioning, and overall quality of life. At Manipal Hospital Broadway, Dr. Arnab Ghosh Hajra provides patient-centric psychiatric care in a safe, respectful, and confidential environment where patients can openly discuss their concerns without fear of judgement. His approach focuses on understanding each patient’s symptoms, emotional background, lifestyle, family situation, and social or occupational challenges before planning treatment. Mental health concerns can affect people across all age groups. Many individuals experience symptoms such as persistent sadness, excessive worry, mood swings, sleep disturbances, irritability, lack of concentration, fearfulness, emotional outbursts, addiction-related concerns, or difficulty managing daily responsibilities. Due to stigma or lack of awareness, many people delay seeking professional help.

Timely psychiatric consultation can help patients receive the right diagnosis and support at the right time. Dr. Arnab Ghosh Hajra offers care for a wide range of psychiatric conditions, including depression, anxiety disorders, panic attacks, obsessive-compulsive disorder, bipolar disorder, schizophrenia, stress-related disorders, sleep disorders, addiction-related problems, personality-related concerns, behavioural issues, and emotional difficulties. He also helps patients dealing with work stress, relationship difficulties, grief, trauma, low self-esteem, anger issues, and lifestyle-related mental health challenges. His psychiatric care at Manipal Hospital Broadway may include detailed clinical evaluation, counselling support, medication management when required, lifestyle guidance, family education, and regular follow-up. Every patient’s condition and recovery journey can be different, so personalised treatment planning is an important part of his practice. One of the common reasons patients consult a psychiatrist is depression. Depression is more than temporary sadness. It may present as persistent low mood, loss of interest, fatigue, sleep changes, appetite changes, hopelessness, guilt, poor concentration, and, in severe cases, thoughts of self-harm. With timely evaluation and treatment, many patients can recover and return to a healthier routine. Anxiety disorders are also commonly seen in psychiatric practice. Symptoms such as excessive worry, restlessness, palpitations, breathlessness, fear of losing control, repeated negative thoughts, and avoidance of certain situations can affect personal and professional life. Psychiatric evaluation helps identify the underlying cause and plan appropriate treatment. Dr. Arnab Ghosh Hajra also manages conditions such as panic disorder and obsessive-compulsive disorder. Panic attacks can feel frightening and may mimic heart-related symptoms, while OCD may involve repeated unwanted thoughts and compulsive behaviours that interfere with everyday functioning. With structured psychiatric care, patients can learn to manage symptoms better and regain control over their lives. For severe mental health conditions such as bipolar disorder and schizophrenia, regular psychiatric care is

very important. These conditions may affect mood stability, thinking, behaviour, perception, and social functioning. Timely intervention, medication adherence, family support, and follow-up can help reduce relapse risk and improve quality of life. Addiction-related concerns are another important area of psychiatry. Substance use involving alcohol, tobacco, cannabis, sedatives, or other substances can impact physical health, mental health, relationships, work, and finances. Psychiatric support helps patients manage cravings, withdrawal symptoms, relapse triggers, and associated emotional difficulties. Sleep problems are also closely linked with mental health. Poor sleep can worsen anxiety, depression, irritability, fatigue, and concentration problems. At the same time, underlying psychiatric conditions can disturb sleep quality. Dr. Arnab Ghosh Hajra evaluates sleep-related concerns in the broader context of mental and physical health. A key strength of modern psychiatric treatment is the combination of medication, psychotherapy, lifestyle correction, and family support. Medication may be required in certain conditions to stabilise mood, reduce anxiety, improve sleep, control psychotic symptoms, or manage severe emotional distress. The type and duration of treatment depend on the diagnosis, severity, patient response, and risk of recurrence. At Manipal Hospital Broadway, Dr. Arnab Ghosh Hajra focuses on reducing the stigma around mental health treatment. Seeking psychiatric help should be viewed like seeking medical care for any other health condition. Early support can prevent symptoms from worsening and improve recovery outcomes. Family involvement is often helpful in psychiatric care, especially when symptoms affect daily life, relationships, work, or safety. Educating family members helps them understand the patient’s condition, recognise warning signs, support treatment compliance, and create a healthier environment for recovery. In today’s fast-paced lifestyle, mental health issues are increasing due to work pressure, academic stress, digital overload, relationship challenges, financial concerns, social isolation, and lifestyle changes. Psychiatric care can help individuals develop better

coping skills, manage stress, improve emotional regulation, and make informed decisions about their well-being. Patients may consider consulting Dr. Arnab Ghosh Hajra at Manipal Hospital Broadway if they experience prolonged sadness, anxiety, panic attacks, sleep problems, mood swings, anger issues, unusual thoughts, addiction concerns, poor concentration, relationship stress, or difficulty functioning in daily life. Immediate medical attention is especially important if there are thoughts of self-harm, suicidal ideas, hallucinations, severe confusion, violent behaviour, or sudden behavioural changes. Dr. Arnab Ghosh Hajra's practice at Manipal Hospital Broadway focuses on compassionate listening, scientific diagnosis, evidence-based treatment, and long-term recovery. His goal is to help patients understand their condition, reduce distress, improve daily functioning, and live with greater emotional stability and confidence.

Languages Spoken

- English
- Bengali
- Hindi