

DR. ANAMIKA RAI

Consultant - Dermatology

Qualification

MBBS | MD | FRGUHS (Dermatosurgery)

Overview

Dr. Anamika Rai is a dedicated dermatologist at Clinic Begur with refined expertise in clinical and aesthetic dermatology. She is currently practising as a Consultant - Dermatology at Manipal Hospital Clinic Begur, Bangalore, bringing over 6+ years of clinical experience in managing a wide spectrum of skin, hair, and nail conditions, with focused proficiency in procedural and laser-based dermatological care. Dr. Anamika completed her MBBS followed by MD in Dermatology, Venereology and Leprosy, where she underwent comprehensive training in diagnosing and managing both routine and complex dermatological disorders. Her academic journey has been complemented by continuous upskilling through fellowships and observerships, including advanced exposure to aesthetic dermatology and evolving procedural techniques. Her clinical expertise spans a broad range of dermatological conditions, including acne, pigmentary disorders, psoriasis, lichen planus, autoimmune skin diseases, and infectious dermatoses. She has managed both outpatient and inpatient cases, including severe and life-threatening dermatological conditions such as pemphigus, Stevens-Johnson syndrome, toxic epidermal

necrolysis, and systemic lupus erythematosus. Her ability to manage such complex presentations reflects a strong clinical foundation and attention to detail in patient care. Dr. Anamika has developed particular expertise in aesthetic and procedural dermatology. She is experienced in performing chemical peels, microneedling, radiofrequency procedures, laser treatments, and scar management techniques. Her work with advanced laser systems, including Q-switched Nd:YAG lasers for pigmentation and diode lasers for hair reduction, enables tailored treatment approaches for individual skin concerns. She also performs procedures such as intralesional therapies, PRP/GFC treatments for hair loss, cryotherapy, electrocautery, and radiofrequency ablation for benign skin lesions. In addition to procedural dermatology, Dr. Anamika is trained in dermoscopy and trichoscopy, enhancing diagnostic accuracy for hair and scalp disorders as well as pigmented lesions. She has also been involved in vitiligo surgeries and advanced dermatological interventions, reflecting her ability to handle both medical and surgical aspects of dermatology. Her approach remains grounded in evidence-based treatment while adapting to evolving technologies in dermatological care. Dr. Anamika has also contributed to academic research, with her dissertation on acne vulgaris evaluating therapeutic strategies and outcomes. She has presented papers and posters at multiple dermatology conferences, reflecting her engagement with ongoing academic discourse. Regular participation in national and international conferences, workshops, and CMEs ensures that her clinical practice remains aligned with current advancements in dermatology. Dr. Anamika Rai communicates effectively in English, Hindi, and other regional languages, allowing her to connect with patients from diverse backgrounds. Her consultations focus on clear explanation, realistic treatment planning, and continuity of care, particularly in chronic dermatological conditions that require long-term management. Her expertise in managing diverse dermatological conditions and her growing proficiency in advanced treatments

position her among the best dermatologists in Clinic Begur for holistic skin and hair care.

Field of Expertise

- Laser treatments
- Skin biopsy
- Chemical peels
- General Dermatology

Languages Spoken

- Kannada
- Hindi
- English