

DR. AASHIK Y S

Associate Consultant - Medical Gastroenterology

Qualification

MBBS | MD Medicine | DNB Medicine | DM Gastroenterology

Overview

Dr. Aashik Y S is an experienced gastroenterologist in Bangalore. Practising as a Consultant - Medical Gastroenterologist at Manipal Hospitals, Kanakapura Road, Bangalore. Dr. Aashik brings a focused, patient-centric approach to diagnosing and managing gastrointestinal, hepatic, and pancreatic diseases. With advanced clinical exposure in digestive health, he is well-versed in managing complex gastroenterological conditions using evidence-based medical and endoscopic interventions. At Manipal Hospitals, he delivers specialised care to patients suffering from conditions such as inflammatory bowel disease (IBD), liver cirrhosis, pancreatic disorders, gastrointestinal bleeding, and chronic diarrheal illnesses. Dr. Aashik completed his MBBS and MD in Internal Medicine from Bangalore Medical College and Research Institute, followed by a DNB in Internal Medicine. He specialised further and completed his DM in Medical Gastroenterology from the prestigious St John's Medical College, Bangalore. His academic journey reflects a strong commitment to clinical excellence, research, and lifelong learning. He has gained hands-on experience with advanced endoscopic procedures such as upper GI endoscopy,

colonoscopy, polypectomy, band ligation, foreign body removal, and endoscopic management of gastrointestinal bleeding. Dr. Aashik's clinical interests lie in the comprehensive management of liver disorders, including fatty liver disease, hepatitis B and C, autoimmune liver conditions, and complications of cirrhosis such as portal hypertension and ascites. He adopts a multidisciplinary approach in treating liver diseases, involving lifestyle counselling, pharmacotherapy, nutritional guidance, and endoscopic interventions where needed. He is equally proficient in managing upper and lower GI tract conditions such as acid reflux, peptic ulcer disease, irritable bowel syndrome, colorectal polyps, and chronic constipation. At Manipal Hospitals, Dr. Aashik also provides expert care for patients with pancreatic conditions, including chronic pancreatitis, pancreatic insufficiency, and acute pancreatitis. He works closely with radiology and surgical teams to offer integrated treatment solutions for complex Hepatopancreatobiliary cases. His patient care philosophy is rooted in compassionate communication, shared decision-making, and long-term follow-up. He pays close attention to each patient's medical history, symptom pattern, lifestyle, and diagnostic findings to arrive at accurate diagnoses and holistic treatment strategies. Dr. Aashik actively contributes to clinical research and remains updated with emerging advances in medical gastroenterology. He continues to refine his skills to ensure patients benefit from the latest diagnostic and therapeutic protocols. Outside of clinical practice, Dr. Aashik is known for his artistic inclination towards playing the Carnatic flute and his enthusiasm for sports, especially table tennis, fostering a well-rounded perspective that resonates in his humanistic care approach. Dr. Aashik Y S speaks English, Kannada, Hindi, Telugu, and Tamil, ensuring clear and culturally sensitive communication with patients from diverse backgrounds.

Field of Expertise

- Diagnostic and therapeutic endoscopy.
- Colonoscopy.
- Hepatology.
- Diseases of the Pancreas.
- Inflammatory bowel disease – ulcerative colitis/Crohn's disease.
- Peptic ulcer disease, GERD, fatty liver.

Languages Spoken

- English
- Kannada
- Hindi
- Telugu
- Tamil

Talks & Publications

- PRESENTATIONS AND ACHIEVEMENTS
- Poster presentation at ISGCON 2023, annual conference of the Indian Society of Gastroenterology. “Intraoperative enteroscopy: Is it still relevant in the present era?”
- Poster presentation at ISGCON 2024, annual conference of the Indian Society of Gastroenterology. “Double trouble : Interesting cases”.
- Paper presentation: At KRSSDI 2020 (16th annual state conference), secured first prize for oral paper presentation – “ To screen for obstructive sleep apnoea in patients with type 2 diabetes mellitus and its association with glycemic status and microvascular complications.
- Secured scholarship under STS programme (Short term studentship) of ICMR (Indian council of medical research) in

2014 for research in psychiatry on topic : Prevalence of Adult ADHD (Attention Deficit Hyperactivity Disorder) and its correlates among recently diagnosed young adult males with HIV.

- Secured 5th rank in Common Entrance Test (CET) for Karnataka in 2011.
- PUBLICATIONS AND RESEARCH:
- Devarbhavi H, Venkatachala PR, Devamsh GN, Shalimar, Aashik YS, Patil M, Acharya SK. Swansea criteria evaluation in acute fatty liver of pregnancy, hemolysis elevated liver enzyme and low platelet syndrome, pre-eclampsia, and viral acute liver failure in pregnancy. Int J Gynaecol Obstet. 2023 Dec;163(3):1030-1032. doi: 10.1002/ijgo.15137. Epub 2023 Sep 27. PMID: 37753869.
- Aashik YS, Rao C, Madhumati R, Dushyanth B. To screen for obstructive sleep apnea in patients with type 2 diabetes mellitus and its association with microvascular complications. Indian J Med Sci 2022;74:139-44
- R M, Aashik YS, Yadav S, Karthik. To Screen for Obstructive Sleep Apnoea in Type 2 Diabetes and its Correlation with Hscrp Levels. J Assoc Physicians India. 2022 Apr;70(4):11-12. PMID: 35443369.
- Srinivas, G., Aashik Y. S., & Muthalik, M. (2020). Study of the pattern, intent behind and outcome of acute poisoning in a tertiary care centre. International Journal of Advances in Medicine, 8(1), 103–107. https://doi.org/10.18203/2349-3933.ijam20205472
- Srinivas, G., Muthalik, M., & Aashik Y. S. (2020). The study of the risk factor profile of stroke in young: a retrospective study. International Journal of Advances in Medicine, 8(1), 57–62. https://doi.org/10.18203/2349-3933.ijam20205471
- Kumar S, Shekar A, Das G, Nahar A, Pandiyan K, et al. (2014) Prevalence of Adult Attention Deficit Hyperactivity Disorder and

its Correlates among Recently Diagnosed Young Adult Males with HIV. J AIDS Clin Res 5: 314. doi:10.4172/2155-6113.1000314