



DR. ANANYA DAS

Consultant - Geriatric Medicine

Qualification

MBBS: Assam Medical College and Hospital, Dibrugarh, Assam, India | MD (Internal Medicine): Gauhati Medical College and Hospital, Guwahati, Assam, India | PGDGM (Geriatric Medicine): IMA AKN Sinha Institute, Patna, Bihar, India

Overview

Dr. Ananya Das is an experienced geriatric medicine specialist in Kanakapura Road, currently practising as a Consultant - Geriatric Medicine at Manipal Hospital Kanakapura Road, Bangalore. Having over 13+ years of experience in internal medicine and elderly care, Dr. Ananya has developed extensive expertise in managing age-related health conditions, cognitive disorders, complex medical illnesses, and preventive healthcare for older adults. Dr. Ananya completed her MBBS from Assam Medical College and Hospital, followed by an MD in Internal Medicine from Gauhati Medical College and Hospital. She further pursued a Postgraduate Diploma in Geriatric Medicine (PGDGM), strengthening her expertise in the comprehensive management of ageing-related health concerns and complex geriatric conditions. Her clinical expertise and patient-centred approach have established her among the best geriatric medicine specialists in Kanakapura Road. At Manipal Hospital Kanakapura Road, Dr. Ananya's clinical practice centres heavily on conducting detailed comprehensive

geriatric assessment protocols to tailor individualised therapeutic strategies for ageing adults. Her expertise encompasses the targeted management of cognitive decline, including dementia, delirium, and Parkinson's disease. Dr. Ananya stands out for her specialised capability in resolving the critical problem of polypharmacy, judiciously optimising and reducing redundant medications to minimise adverse drug interactions and improve the overall quality of life for senior citizens. Dr. Ananya's advanced procedural and clinical expertise extends to managing high-acuity metabolic and systemic emergencies, such as acute electrolyte disturbances, metabolic encephalopathy, severe sepsis, and septic encephalopathies. Beyond active clinical practice, she is highly involved in academic mentorship, serving as a thesis guide and co-guide while training postgraduates in internal medicine and geriatrics. Dr. Ananya is a prominent member of the Geriatric Society of India (GSI) and the Indian Medical Association (IMA). A public health advocate, Dr. Ananya has authored articles for national medical journals and contributes to media platforms like India Times and Happiest Health on topics like potassium deficiency, pain management without pills, and senior wellness. Fluent in English, Hindi, Assamese, Bengali, and Kannada, she ensures clear communication and personalised care for patients and their families. Her holistic approach, attention to detail, and focus on preserving dignity and independence continue to support better health outcomes for older adults.

Field of Expertise

- Comprehensive geriatric assessment.
- Cognitive assessment.
- Preventive geriatrics.
- Management of Delirium/Dementia/Parkinson's.
- Holistic approach to elderly care.
- Problem of polypharmacy in elderly.

- Palliative care (for terminally ill patients).
- Management of sepsis/septic encephalopathies.
- Management of electrolyte disturbances/metabolic encephalopathy

Languages Spoken

- English
- Hindi
- Assamese
- Bengali
- Kannada

Awards & Achievements

- Guide and Co-Guide for thesis and research of postgraduate students.
- Training postgraduates in Internal Medicine/ Geriatrics.
- Gold Medalist in MBBS. Authored articles for National Journals

Talks & Publications

- Dr. Ananya Das on Laugh out loud for health and wellness | Happiest Health. [Click Here](#)
- Dr. Ananya Das on Explained: Potassium Deficiency And Mood Swings Among The Elderly | India Times. [Click Here](#)
- Dr. Ananya Das on Six Ways Older People Can Manage Pain Without Pills | Happiest Health. [Click Here](#)