

DR. ASHWINI D

Associate Consultant - Dermatology

Qualification

MBBS | MD (Dermatology) | DNB | FRGUHS (Aesthetic Dermatology)

Overview

Dr. Ashwini D is a Dermatologist with qualifications in MBBS, MD (Dermatology), DNB and FRGUHS in Aesthetic Dermatology. She has clinical experience in diagnosing and managing a wide range of dermatological conditions, with expertise spanning general dermatology, clinical procedures and aesthetic dermatology. Her approach focuses on patient counselling, comprehensive clinical assessment and appropriate treatment management across outpatient and inpatient settings. She currently serves as Associate Consultant – Dermatology MHN at Manipal Hospital Malleshwaram. She has also previously worked as an Assistant Professor and a Senior Resident at well-known establishment in Bengaluru. During her postgraduate training at Mysore Medical College and Research Institute, she gained experience in managing conditions such as acne, melasma, eczema, vitiligo, dermatophytosis, psoriasis, autoimmune connective tissue disorders, drug reactions and vesiculobullous disorders. Dr. Ashwini has undergone specialised fellowship training in Aesthetic Dermatology at CUTIS Hospital, Bengaluru. Her procedural experience includes chemical peels, pigment and vascular lasers, laser hair reduction,

tattoo removal, CO2 laser procedures, skin tightening treatments using HIFU and radiofrequency devices, and basic training in injectables such as botulinum toxin, fillers and skin boosters. She is also experienced in skin biopsies, cryotherapy, electrosurgical procedures, platelet-rich plasma therapy, dermaroller treatments, phototherapy and patch testing. Her academic interests include dermatological research, with studies focusing on intradermal tranexamic acid in melasma and macular amyloidosis, as well as the prevention of post-inflammatory hyperpigmentation. She has authored and co-authored research publications on allergic contact dermatitis, psoriasis and dermatological conditions, and has presented scientific papers and posters at national and regional dermatology conferences. Alongside her clinical responsibilities, Dr. Ashwini also has extensive experience in teaching undergraduate medical students and participating in clinical trials. She is a member of the Indian Association of Dermatologists, Venereologists and Leprologists (IADVL), reflecting her continued engagement with the dermatology community and professional learning.

Fellowship & Membership

- In-depth training in treating conditions including melasma, acne, and hirsutism. Nevus of Ota, lichen planus pigmentosus, and other pigmentary disorders.
- Trained in procedures: chemical peels, lasers including pigment lasers, vascular lasers, laser hair reduction, tattoo removal, carbon dioxide laser and other ablative lasers.
- Skin tightening procedures including HIFU and radiofrequency-based devices.
- Basic training in injectables: Botulinum toxin, skin boosters, exosomes, PDRN, fillers.
- Research studies on topics titled: Intradermal tranexamic acid in melasma, Intradermal tranexamic acid in macular

amyloidosis and Tranexamic acid rub post carbon dioxide laser in prevention of post-inflammatory hyperpigmentation.

Field of Expertise

- Skin biopsies
- Punch biopsy
- Wedge biopsy
- Electrosurgical procedures
- Chemical cautery
- Platelet-rich plasma for androgenetic alopecia and non-healing ulcers, CO2 laser
- Dermaroller for androgenetic alopecia, acne scars and melasma
- NB-UVB
- Cryotherapy
- Patch testing
- Intralesional injections
- Partial nail avulsion

Languages Spoken

- Kannada
- English
- Hindi

Talks & Publications

- “Patch test as a helping hand for farmers with hand eczema”, Ashwini D, Bangaru H, Clinical Dermatology Review Journal.
- ”Trichoscopy in Unveiling the triad of Netherton syndrome: A case report”, Bangaru H, Ashwini D, Clinical Dermatology

Review Journal.

- “A study on Methotrexate Dosing regimen for Plaque Type Psoriasis Patients”, Swetha Sridhar, Chinmai Chikkalagi, Ashwini D, International Journal of Pharmaceutical Quality Assurance.
- “Re-evaluating Intradermal Tranexamic acid in Melasma”, Ashwini D, Chaithra Shenoy, B S Chandrashekar, Pigment International.
- "From Reaction to Resolution: The role of Indian Standard series patch testing in Allergic contact dermatitis”, Ashwini D, Bangaru H, IP Indian Journal of Clinical and Experimental Dermatology.