

DR. ANAND JAYARAMAN

Consultant - Psychiatry

Qualification

MBBS | MRCP (Psychiatry)

Overview

Dr. Anand Jayaraman is a highly experienced psychiatrist in Millers Road, Bangalore, with a rich experience of over 29+ years. He is currently practicing as a Consultant - Psychiatry at Manipal Hospital Millers Road. Dr. Jayaraman provides a comprehensive approach to patient care for complex neuropsychiatric conditions and pain disorders. His treatment methodology ensures that patients receive holistic care that addresses their conditions' physical and psychological aspects. On the academic front, Dr. Anand Jayaraman earned an MBBS from Mysore Medical College in 1995, followed by an MRCPsych (Membership of the Royal College of Psychiatrists) in Dec 2003, and CCST - General Adult Psychiatry with endorsement in Addictions Psychiatry. In his clinical practice, Dr. Anand Jayaraman emphasizes a patient-centric approach, tailoring each treatment plan to his patients' specific needs and unique challenges. He adopts a bio-psycho-social treatment model, which involves collaboration with a multidisciplinary team, including psychologists, occupational therapists, and social workers. Dr. Anand Jayaraman is well-versed in diagnosing and treating a range of neuropsychiatric conditions, including addiction, depression,

and anxiety disorders. His work in pain management involves evidence-based approaches combining pharmacological and non-pharmacological therapies to address chronic pain syndromes. His specialization in addiction psychiatry involves advanced treatment protocols for patients struggling with substance dependence, helping them achieve long-term recovery and improved mental health. An accomplished psychiatrist in Millers Road, Dr. Anand contributed to neuropsychiatric research focusing on dual diagnosis and treatment-resistant depression, and innovative pain management. He has also published multiple studies, including a systematic review on lamotrigine augmentation for treatment-resistant depression and clinical audits on screening and immunization for blood-borne viral infections. Beyond clinical career, Dr. Anand Jayaraman is a dedicated educator and active member of the professional psychiatric community, focused on advancing medical education and collaborative care. His dedication to knowledge sharing is evident in his teaching roles, where he provides training to medical students and psychiatry trainees and participates in medical conferences.

Field of Expertise

- Addiction
- Pain Management
- Neuropsychiatry

Languages Spoken

- English
- Kannada
- Tamil
- Hindi
- Telugu

Talks & Publications

- Mad, bad, and drugs - A new service approach. Manjula Piratla and Anand Jayaraman. Royal College of Psychiatrist Addiction faculty annual conference May 2012.
- Screening, Testing & Immunisation for Blood Borne Viral Infections: A clinical audit across South Wales. Ranjini R. Rao, Adarsh Ramegowda, Anand Jayaraman, Rossana Oretti, Zelda Summers, Julia Lewis. Royal College of Psychiatrists Addictions faculty meeting May 2011.
- A systematic review of lamotrigine augmentation of treatment-resistant unipolar depression (TRD) Thomas SP, Nandhra HS, Jayaraman A. J Ment Health. 2010. Apr;19(2):168-75.
- A systematic review of Lithium augmentation in resistant depression after two failed antidepressants. Anand Jayaraman, Harpal Nandhra Prim Care Companion J Clin Psychiatry. 2009; 11(4): 172.
- Arson - A growing inferno. Anand Jayaraman, John Fraser. Med Sci Law 2006;46: 295-300.
- Right parietal infarction with concomitant mutism. Chaudhuri JR, Anand J, Shivshankar N, Jaykumar PN, Suvarna N, Murali T, Taly AB. Acta Neurologica Scandinavia 1999; 99: 77-79.
- Spontaneous expulsion of a large vesicle calculus in a woman with paraparesis. Anand J, Shivaraman Nair KP, Taly AB, Murali T. Spinal Cord. 1999 Oct; 37 (10): 737-8.