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 a consultant in the geriatric medicine department at Manipal Hospital Old Airport Road, Bangalore. She has more than 13 years of broad expertise in preventive geriatrics, cognitive assessment, and comprehensive geriatric assessment. She is passionate about her studies and what she does, earning her a gold medal in MBBS. She's also a well-known member of the Indian Medical Association and Geriatric Society of India. She handled numerous complicated medical problems like polypharmacy in elderly patients. She has provided palliative care for terminally ill patients using her extensive field knowledge. Her holistic and humble approach toward elderly patients made her stand out. Dr. Das is particularly renowned for her attention to detail and accurate diagnosis, as well as the effective management of patients who require comprehensive geriatric evaluation, cognitive assessment, or preventive care for elderly patients. Dr Ananya Das is known to embrace the power of knowledge, communication, and technologies to support people with the best treatment while respecting their values and preferences. She is well-versed in multiple languages like Hindi, English, Bengali, Assamese, and Kannada, which makes her approachable to many patients. Management of electrolyte disturbances or metabolic encephalopathy, Management of Delirium/Dementia/ Parkinson's, and Management of sepsis or septic encephalopathies are some of the fields of her expertise which helped her manage complicated cases easily. Dr. Ananya is the best geriatrician in Bangalore. Dr. Ananya Das trains postgraduates in internal medicine and geriatrics and serves as a guide and co-guide. She also received various awards, including a gold medal in MBBS. She now imparts her knowledge to postgraduates in internal medicine and geriatrics. She also serves as a guide and co-guide. She enthusiastically encourages her patients, mentors, and colleagues in the medical field and is always willing to assist anyone, regardless of their age, position, or status. She plays a significant role in assisting patients and their loved ones. Her talks and publications include; laugh out Loud for Health and Wellness for Happiest Health and Explained: Potassium Deficiency And Mood Swings Among The Elderly for India Times, highlighting the field's significance. Dr. Ananya Das is known for maintaining high professionalism throughout her journey, which is why she is regarded as one of the best doctors. Patients have faith and trust in her, which makes it essential for her to take care of them as a professional who's interested in what patients are looking for so that she can understand their needs while being an excellent observer.

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