



DR. SAHIL MATHUR

Associate Consultant - Neurology

Qualification

MBBS | DM (Neurology) | PDF (Cognitive Neurosciences)

Overview

Dr. Sahil Mathur is an experienced neurologist in Bengaluru with specialised expertise in cognitive neurology, dementia, and complex neurological disorders. He is currently practising as a Associate Consultant - Neurology at Manipal Hospital Old Airport Road. Trained at the National Institute of Mental Health and Neurosciences (NIMHANS), he combines advanced clinical expertise with a strong academic background, making him one of the best neurologists in Bengaluru in diagnosing and managing cognitive disorders, headaches, and neurological diseases. Dr. Mathur completed his MBBS from King George's Medical University (KGMU), Lucknow, followed by a DM in Neurology from NIMHANS, Bengaluru. He further pursued a Post-Doctoral Fellowship in Cognitive Neurosciences at NIMHANS, gaining advanced expertise in cognitive assessment, dementia care, and neurodegenerative disorders. His specialised training has enabled him to manage both common and complex neurological conditions using evidence-based diagnostic and treatment approaches. His clinical expertise includes Alzheimer's disease, frontotemporal dementia, Lewy body dementia, autoimmune dementias, migraine and other headache

disorders, CNS infections, CNS demyelinating disorders, and cognitive impairment. He also has extensive experience in managing acute neurological emergencies, including stroke, status epilepticus, myasthenic crisis, and other neurocritical care conditions. His procedural expertise includes EEG, nerve conduction studies (NCS), electromyography (EMG), neurosonology, botulinum toxin therapy, and interpretation of advanced biomarkers and PET imaging for dementia diagnosis. Alongside his clinical practice, Dr. Mathur is actively involved in neurological research and academics. He has authored multiple first-author publications in reputed international journals on topics including scrub typhus-related neurological disorders, paediatric mitochondrial diseases, atypical dementias, and migraine. His research has been presented at prestigious international conferences, including the World Congress of Neurology and the Alzheimer's Association International Conference. He has received several academic honours, including First Prize at the Tournament of the Minds Quiz during the World Congress of Neurology 2025 and First Prize at Neurothon, CNA Annual Summit 2025. Dr. Mathur is a lifetime member of the Indian Academy of Neurology, the Cognitive Neurology Association of India, the Bangalore Neurological Society, the Society of Neurosonology, and a member of ISTAART. Fluent in English, Hindi, and Kannada, he ensures effective communication with patients and families. His expertise in cognitive neurology, combined with a compassionate and patient-centred approach, makes him one of the best neurologists in Bengaluru for comprehensive neurological evaluation and long-term management.

Fellowship & Membership

- Indian Academy of Neurology - Lifetime Member (IAN-LM)
- Cognitive Neurology Association (CNA)
- Bangalore Neurological Society (BNS)
- International Society to Advance Alzheimer's Research and

Treatment (ISTAART)

- Society of Neurosonology- Lifetime Member

Field of Expertise

- Dementia and Cognitive Neurology
- Neuroinfections, Migraine
- CNS Demyelination

Languages Spoken

- Hindi
- Kannada
- English

Awards & Achievements

- First Prize, Tournament of the Minds Quiz — World Congress of Neurology 2025
- First Prize
- Neurothon — CNA Annual Summit 2025
- First Prize
- Oral Platform Presentation — National Conference ISIEM 2024, Third Prize
- Lightning Presentation— CNA Annual Summit 2025

Talks & Publications

- Mathur S, et al. Clinico-radiological spectrum of neurological involvement in scrub typhus: Insights from 17 cases at a quaternary care centre. Egyptian Journal of Neurology,

Psychiatry and Neurosurgery 62, 78 (2026).

<https://doi.org/10.1186/s41983-026-01143-y> [First Author]

- Mathur S, Padmanabha H, Kenchaiah R. Comprehensive clinical and MRI profiling of pediatric mitochondrial disorders: Insights from 21 cases with novel and classic genetic mutations. Journal of the Neurological Sciences (2025). 10.1016/j.jns.2025.123959 [First Author]
- Mathur S et al. Sleep and Migraine Interactions in Episodic and Chronic Migraine: A Hospital-Based Cross-Sectional Study. Annals of Indian Academy of Neurology, 2026 (Accepted for publication on June 25th 2026)
- Dhar D, Roy S, Raghavendra K, Mathur S, et al. Clinico-investigational profile, relapse predictors and outcomes of pediatric patients with anti-myelin oligodendrocyte associated disorders: An experience from a tertiary centre. Multiple Sclerosis and Related Disorders, Volume 97, May 2025, 106402. <https://doi.org/10.1016/j.msard.2025.106402>