



DR. ABHINAV SHARMA

Consultant - Psychiatry

Qualification

MBBS | MD (Psychiatry)

Overview

Dr. Abhinav Sharma Psychiatrist in Patiala is a highly experienced psychiatrist with over five years of dedicated service in the field of mental health. His approach is characterized by compassion, creativity, and a strong foundation in evidence-based care, ensuring that his patients receive the highest quality of treatment. Dr. Sharma Stress management doctor earned his MD in Neuro-psychiatry from Eras Lucknow Medical College, where he was the topper of his batch. His academic excellence is further highlighted by his role as the North Zone representative at the Torrent Psychiatry Competition in 2022, held in Mumbai. He has also completed a certified course in autism, enhancing his ability to provide specialized care for individuals with autism spectrum disorders. Dr. Sharma's professional journey includes significant roles such as Senior Resident at MMU, Haryana, and Medical Officer in Psychiatry at MKH Patiala. His exceptional service has been recognized by the government, awarding him as one of the top three best service-providing doctors in Punjab state. His areas of expertise are extensive and include the treatment of anxiety disorders, depression, bipolar disorder, obsessive-compulsive disorder (OCD),

pregnancy-related disorders, eating disorders, stress disorders, sleep disorders, sexual disorders, and substance use disorders (alcohol, opioid, and smoking cessation). Additionally, he is skilled in managing conditions such as dementia, headaches, epilepsy, attention-deficit/hyperactivity disorder (ADHD), autism, and intellectual and developmental disabilities (IDD). Dr. Sharma offers a wide range of services to support his patients' mental health and well-being. These services include Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), relationship and marriage counselling, modern lovecounsellingg, relaxation techniques, and strategies for managing day-to-day thoughts. He is dedicated to helping individuals realize their true personal potential and effectively manage their mental health. At Manipal Hospitals for OCD treatment in Patiala, Dr. Abhinav Sharma Mental health specialist in Patiala is committed to providing compassionate and comprehensive psychiatric care, ensuring that each patient receives personalized treatment tailored to their unique needs. His dedication to mental health and his extensive expertise make him a valuable asset to the community.

Field of Expertise

- Anxiety disorders(d/o)
- Depression
- Bipolar d/o
- OCD
- Pregnancy-related (d/o)
- Eating disorders
- Stress d/o
- Sleep disorders
- Sexual d/o
- Alcohol, opioid and smoking cessation
- Dementia
- Headache

- Epilepsy
- ADHD
- Autism and IDD
- Services include- CBT, ERP, Relationship, marriage and modern love counselling, relaxation techniques, managing day-to-day thoughts, ways to bring about your true personal potential, and personal mental managing

Languages Spoken

- English
- Hindi
- Punjabi