

DR. SAMARTH S. SHETTY

Consultant - Psychiatry

Qualification

MBBS | MD

Overview

Dr. Samarth S. Shetty is an experienced psychiatrist in Bangalore. He is currently practicing as a Consultant – Psychiatry at Manipal Hospital Sarjapur Road, Bangalore. With extensive expertise in mental health care, Dr. Shetty is dedicated to diagnosing and treating a wide range of psychiatric conditions using evidence-based practices. His approach integrates medical excellence with compassionate care, ensuring holistic treatment for his patients. He is an expert Psychiatrist in Sarjapur Road. Dr. Shetty holds an MBBS and an MD in Psychiatry, with a strong academic and clinical background. He has a special interest in mood disorders, including major depressive disorder and bipolar disorder, and has contributed to psychiatric research with published work on complex cases such as dopamine dysregulation syndrome and ultradian cycling in bipolar disorder. His expertise extends to neuropsychiatry, obsessive-compulsive and related disorders (OCRDs), addiction psychiatry, psychodynamic psychotherapy, and non-invasive brain stimulation techniques. Dr. Shetty is skilled in the comprehensive evaluation and management of treatment-resistant mood disorders. His proficiency in obsessive-compulsive disorders (OCD) is evident in

his research and clinical approach, focusing on functional recovery and long-term patient well-being. Additionally, he has experience treating neuropsychiatric conditions at the intersection of neurology and psychiatry, including neuroleptic sensitivity and Parkinson's-related psychiatric complications. His work in addiction psychiatry covers both substance use disorders and behavioural addictions, ensuring tailored treatment plans for patients with diverse needs. A firm believer in the importance of early intervention and holistic care, Dr. Shetty is also well-versed in child and adolescent psychiatry, offering targeted interventions for developmental and psychiatric concerns. His expertise in psychodynamic psychotherapy allows him to explore underlying psychological processes affecting mental health, facilitating deeper insight and emotional healing for his patients. He is also proficient in non-invasive brain stimulation techniques, including repetitive transcranial magnetic stimulation (rTMS), for treatment-resistant psychiatric conditions. Dr. Shetty actively incorporates the latest advancements in psychiatric research into his practice. He has participated in national and international conferences, contributing to academic discussions on mood disorders, neuropsychiatry, and treatment innovations. His leadership roles in professional psychiatric organisations demonstrate his commitment to advancing mental health care and advocating for improved patient outcomes. His dedication to education and awareness extends beyond clinical practice. Dr. Shetty is passionate about reducing the stigma surrounding mental health and empowering patients with knowledge about their conditions. He ensures that individuals receive comprehensive guidance on medication management, psychotherapy options, and lifestyle modifications to enhance their mental well-being. Fluent in English, Hindi, Kannada, Telugu, Tamil, and Tulu, Dr. Shetty ensures effective communication with patients from diverse backgrounds, enhancing the accessibility and inclusivity of his practice.

Field of Expertise

- Mood Disorders: Comprehensive evaluation and management of mood disorders such as major depressive disorder and bipolar disorder, including treatment-resistant cases.
- Published work on complex cases like dopamine dysregulation syndrome and ultradian cycling in bipolar disorder.
- Obsessive-Compulsive and Related Disorders (OCRDs): Special interest in the functional recovery of patients with OCD.
- Neuropsychiatry: Skilled in managing conditions at the intersection of neurology and psychiatry, including neuroleptic sensitivity and Parkinson’s-related psychiatric complications.
- Addiction Psychiatry: Experience in treating substance use disorders and behavioural addictions.
- Child & Adolescent Psychiatry: Understanding developmental psychiatric concerns and formulating interventions tailored to younger populations.
- Psychodynamic Psychotherapy: Adept at exploring unconscious processes affecting mental health to facilitate insight and emotional healing.
- Non-Invasive Brain Stimulation: Skilled in advanced neuromodulation techniques like rTMS to treat psychiatric conditions, including treatment-resistant depression.
- Dr. Shetty's clinical acumen, research contributions, and interest in cutting-edge psychiatric interventions make him a versatile and highly skilled mental health professional.

Languages Spoken

- English
- Hindi
- Kannada
- Telugu

- Tamil
- Tulu

Awards & Achievements

- Dr. Samarth S. Shetty has received multiple academic and leadership accolades. He won quiz competition awards at the National Mood Disorder CME (2023), IACAMCON (2023), and Indian Psychiatric Society - Karnataka Chapter CME (2024).
- He served as President of the Junior Doctors' Association (2020-21), Founder Executive Member of the Residents' Doctor Association (2023-24), and Joint Secretary of the Karnataka Association of Resident Doctors (2024).
- Additionally, he was on the organising committees for the Y20 Summit (2023) and Bipolar Disorder International Conference (2024).

Talks & Publications

- Dr. Samarth S. Shetty, Publications: Shetty S, Sharma A, Mamtani H, et al. Dopamine Dysregulation Syndrome Mimicking Ultradian Cycling Bipolar Disorder in Parkinson's Disease. Indian Journal of Psychological Medicine (2024).
- Shetty SS, AnnajiGowda HH, Dahale AB. Valproate-induced Hyperammonemia, Neuroleptic Sensitivity, and Cerebellar Atrophy—A Clinical Conundrum in the Management of Bipolar Disorder. International Journal of Bipolar Disorders (2024).
- Ongoing Research: Qualitative Analysis of Functional Recovery in Obsessive-Compulsive Disorder.
- Poster Presentations: "Difficult to Treat Bipolar Disorder: A Case Series" – Mood Disorder CME (March 2023).