



DR. ARPITHA B K

Consultant - Psychiatry

Qualification

MBBS | MD (Psychiatry)

Overview

Dr. Arpitha B K is a highly accomplished psychiatrist in Yelahanka, Bangalore. She brings dedicated clinical experience in acute inpatient psychiatry, neuromodulation therapies, mood disorders, addiction medicine, and geriatric mental health. Dr. Arpitha B K is currently practising as a Consultant – Psychiatry at Manipal Hospital, Yelahanka, Bangalore, where she provides comprehensive, evidence-based care for individuals with a wide range of psychiatric, emotional, and behavioural conditions. Recognised for her patient-centred approach and structured treatment philosophy, Dr. Arpitha is regarded as one of the best psychiatrists in Yelahanka, Bangalore. Dr. Arpitha completed her foundational MBBS from Mysore Medical College & Research Institute, graduating with a Gold Medal in Preventive & Social Medicine. She achieved her postgraduate MD in Psychiatry from the prestigious National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, where she also served as a Senior Resident for three years. Her advanced academic honours include securing top state-level ranks in post-doctoral fellowships for Women's Mental Health and Community Mental Health. At Manipal Hospital Yelahanka, Dr. Arpitha provides

comprehensive psychiatric care with a special focus on treatment-resistant depression, complex mood disorders, suicidal behaviour, psychosis, addiction, and neuromodulation therapies. Her clinical expertise includes ketamine infusion therapy, electroconvulsive therapy (ECT), repetitive transcranial magnetic stimulation (rTMS), and transcranial direct current stimulation (tDCS), along with structured inpatient and outpatient management. Her patient-centred, evidence-based approach makes her one of the best psychiatrists in Yelahanka for advanced and compassionate mental healthcare. Dr. Arpitha's areas of special interest include addiction psychiatry, geriatric psychiatry, perinatal psychiatry, neuromodulation, and mood disorders. She is experienced in acute inpatient psychiatric care, emergency psychiatry, multidisciplinary coordination, family interventions, and discharge planning. Her ability to combine biological treatments with psychotherapeutic support and structured follow-up has established her as a trusted mental health specialist in Yelahanka, Bangalore, for individuals with complex psychiatric needs. Dr. Arpitha B K is actively involved in academic research and professional education. She has published in peer-reviewed journals including the Indian Journal of Psychiatry, presented at national conferences such as ANCIPS and GERON, and contributed book chapters on counselling skills, ethics, and mental health. Fluent in Kannada, English, and Hindi, she ensures clear and empathetic communication throughout the treatment journey, helping patients and families make informed decisions with confidence and clarity.

Fellowship & Membership

- Post-Doctoral Fellowships in Women's Mental Health and Community Mental Health (Top State-Level Ranks)
- Senior Resident, NIMHANS, Bangalore (3 Years)

Field of Expertise

- Treatment-Resistant Depression
- Complex Mood Disorders
- Suicidal Behaviour
- Psychosis
- Addiction Psychiatry
- Geriatric Psychiatry
- Perinatal Psychiatry
- Neuromodulation Therapies
- Ketamine Infusion Therapy
- ECT
- rTMS
- tDCS
- Acute Inpatient & Emergency Psychiatry
- Family Interventions
- Discharge Planning

Languages Spoken

- English
- Kannada
- Hindi

Awards & Achievements

- Gold Medal in Preventive & Social Medicine (MBBS)
- Top State-Level Ranks in Post-Doctoral Fellowships

Talks & Publications

- Published in Peer-Reviewed Journals, Including the Indian Journal of Psychiatry
- Presented at National Conferences (ANCIPS, GERON)
- Contributed Book Chapters on Counselling Skills, Ethics, and Mental Health