

DR. NAMRATA DABAS

HOD and Consultant - Pain and Palliative Care

Qualification

MBBS | DA (Anesthesiology) | DNB (Anaesthesia) | Fellowship in Interventional Pain Management

Overview

Dr. Namrata Dabas is a highly experienced and compassionate Pain and Palliative Care specialist with over 19 years of clinical expertise. She currently serves as the Head of Department for Pain and Palliative Care at Manipal Hospital, Dwarka. Dr. Dabas completed her MBBS from Maulana Azad Medical College, followed by a Diploma in Anesthesiology from Safdarjung Hospital. She further specialised by completing her DNB in Anaesthesia at the Rajiv Gandhi Cancer Institute and pursued a Fellowship in Interventional Pain Management from IPSC, Dwarka. In 2020, she was honoured with a fellowship from the Indian Academy of Pain Medicine, recognising her commitment to advanced pain management practices. Dr. Dabas is known for her proficiency in treating a wide range of pain-related conditions, including chronic pain, spine and joint disorders, cancer-related pain, and complex musculoskeletal issues. She is skilled in using state-of-the-art interventional techniques such as ultrasound-guided procedures, PRP therapy, stem cell treatments, and radiofrequency ablation. Her clinical approach focuses on minimally invasive procedures that aim to provide effective, long-term relief while enhancing her patients' quality of life. Apart from her role at Manipal Hospital Dwarka, she also offers her expertise at Jivisha Cancer Center in Sonipat. Dr. Dabas is an active member of the Indian Society for the Study of Pain (ISSP) and the Indian Society of Anaesthesiologists (ISA). She has received several prestigious awards, including the Pain Ambassador Award at ICRA - Pain 2021, the Service to Society Award, and the Hero of Healthcare Award in Sonipat in 2025. Fluent in both English and Hindi, she ensures effective communication and empathetic care for a diverse patient population. Her areas of special interest include ultrasound-guided interventions, spine and joint pain, cancer pain, musculoskeletal pain, PRP and stem cell therapies, and trigeminal neuralgia. Dr. Dabas is deeply committed to delivering comprehensive and patient-centric pain management solutions.

Fellowship & Membership

- Fellowship in Interventional Pain Management – IPSC, Dwarka.
- Member of Indian society for the study of pain- ISSP.
- Member of Indian Society of Anesthesiologists (ISA).

Field of Expertise

- Ultrasound-guided interventions
- Spine Pain
- Joint Pain
- PRP Therapy
- Stem Cell Therapy
- Cancer Pain

- Musculoskeletal Pain
- Trigeminal neuralgia treatment

Languages Spoken

- English
- Hindi

Awards & Achievements

- Pain Ambassador Award, ICRA - Pain 2021
- Service to Society award
- Hero of the healthcare award, Sonipat- 2025