



DR. ANAND JAYARAMAN

Consultant - Psychiatrist

Qualification

MBBS | MRCP (Psychiatry)

Overview

Dr. Anand Jayaraman is a renowned psychiatrist in Bangalore, currently practicing as a Consultant - Psychiatry at Manipal Hospital Millers Road. With over 18+ years of experience, Dr. Jayaraman has developed expertise in managing complex neuropsychiatric conditions and pain disorders, providing a comprehensive approach to patient care. Dr. Anand earned an MBBS from Mysore Medical College in 1995, followed by an MRCPsych in Dec 2003, Royal College of Psychiatry, and CCST - General Adult Psychiatry with endorsement in Addictions Psychiatry. Dr. Anand Jayaraman is well-versed in diagnosing and treating a range of neuropsychiatric conditions, including addiction, depression, and anxiety disorders. His work in pain management encompasses techniques to address chronic pain syndromes, using evidence-based approaches that combine pharmacological and non-pharmacological therapies. His specialization in addiction psychiatry involves advanced treatment protocols for patients struggling with substance dependence, helping them achieve long-term recovery and improved mental health. In his practice, Dr. Anand Jayaraman emphasizes a patient-centric approach. He tailors each treatment plan to his patients' specific needs, recognizing each case's individuality and its unique challenges. Dr. Jayaraman adopts a bio-psycho-social model for his treatment plans, which involves collaboration with a multidisciplinary team, including psychologists, occupational therapists, and social workers. His comprehensive treatment methodology ensures that patients receive holistic care that addresses their conditions' physical and psychological aspects. Dr. Anand's professional accomplishments include several publications and presentations at renowned conferences. His notable contributions to neuropsychiatric research have focused on dual diagnosis, treatment-resistant depression, and innovative approaches to pain management. He has also published multiple studies, including a systematic review on lamotrigine augmentation for treatment-resistant depression and clinical audits on screening and immunization for blood-borne viral infections. Beyond his clinical practice, Dr. Anand Jayaraman holds active memberships in professional societies, demonstrating his commitment to continuous learning and peer collaboration. His dedication to knowledge sharing is evident in his teaching roles, where he provides training to medical students and psychiatry trainees and participates in medical conferences.

Field of Expertise

- Addiction
- Pain Management
- Neuropsychiatry

Languages Spoken

- English
- Kannada
- Tamil
- Hindi
- Telugu

Talks & Publications

- Mad, bad, and drugs - A new service approach. Manjula Piratla and Anand Jayaraman. Royal College of Psychiatrist Addiction faculty annual conference May 2012.
- Screening, Testing & Immunisation for Blood Borne Viral Infections: A clinical audit across South Wales. Ranjini R. Rao, Adarsh Ramegowda, Anand Jayaraman, Rossana Oretti, Zelda Summers, Julia Lewis. Royal College of Psychiatrists Addictions faculty meeting May 2011.
- A systematic review of lamotrigine augmentation of treatment-resistant unipolar depression (TRD) Thomas SP, Nandhra HS, Jayaraman A. J Ment Health. 2010. Apr;19(2):168-75.
- A systematic review of Lithium augmentation in resistant depression after two failed antidepressants. Anand Jayaraman, Harpal Nandhra Prim Care Companion J Clin Psychiatry. 2009; 11(4): 172.
- Arson - A growing inferno. Anand Jayaraman, John Fraser. Med Sci Law 2006;46: 295-300.
- Right parietal infarction with concomitant mutism. Chaudhuri JR, Anand J, Shivshankar N, Jaykumar PN, Suvarna N, Murali T, Taly AB. Acta Neurologica Scandinavia 1999; 99: 77-79.
- Spontaneous expulsion of a large vesicle calculus in a woman with paraparesis. Anand J, Shivaraman Nair KP, Taly AB, Murali T. Spinal Cord. 1999 Oct; 37 (10): 737-8.