

Nikhilesh Anand, MD, MBBS

Assistant Professor
Department of Medical Education
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Contact Information

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Education & Training

Doctor of Medicine in Pharmacology & Therapeutics (M.D.)

K.S. Hegde Medical Academy, Mangalore, India

M.B.B.S

Bangalore Medical College and Research Institute, Bangalore, India

Research Focus

Dr. Anand's research endeavors are concentrated on psychopharmacology, neurobehavior pharmacology, and rational use of medicine, with 15 publications in international peer-reviewed journals. A key highlight includes his review article, "The Role of gut dysbiosis in the Pathophysiology of Neuropsychiatric Disorders," published in MDPI's journal "Cell." Furthermore, his MD thesis introduced a novel method to calculate drug usage per patient per day, contributing to the rational use of medicine in clinical settings. His method made it convenient to compare the drug use per patient across two hospitals. The scientific community valued his formula, and many others used it in research and publications. After the study was published in the prestigious "Indian Journal of Critical Care Medicine," 45 citations were made to it. Dr. Anand possesses robust leadership and communication skills and has successfully collaborated with academics and professionals on various research projects.

Publications

Google Scholar Profile:

<https://scholar.google.com/citations?user=IDv5mIAAAJ&hl=en>

ResearchGate profile:

<https://www.researchgate.net/profile/Nikhilesh-Anand>

1. **Anand, N.**, Nayak, I. M. N., Advaita, M. V., Thaikattil, N. J., Kantanavar, K. A., & Anand, S. (2016). Antimicrobial agents' utilization and cost pattern in an Intensive Care Unit of a Teaching Hospital in South India. *Indian Journal of Critical Care Medicine*, 20(3), 274-279. <https://doi.org/10.4103/0972-5229.182200>
2. **Anand, N.**, Gorantla, V. R., & Chidambaram, S. B. (2022). The Role of Gut Dysbiosis in the Pathophysiology of Neuropsychiatric Disorders. *Cells*, 12(1), 54. <https://doi.org/10.3390/cells12010054>
3. **Anand N**, Gorantla VR, Ranjan R and Morcos H. Emotional intelligence: An important skill to learn now more than ever [version 1; peer review: awaiting peer review]. *F1000Research* 2023, 12:1146. <https://doi.org/10.12688/f1000research.134752>
4. Praveenraj, S. S., Sonali, S., & **Anand, N.** (2022). The Role of a Gut Microbial-Derived Metabolite, Trimethylamine N-Oxide (TMAO), in Neurological Disorders. *Molecular Neurobiology*, 59, 6684-6700. <https://doi.org/10.1007/s12035-022-02990-5>
5. Patel, A., Olang, C. A., Lewis, G., **Anand, N.**, & others. (2022). An Overview of Parkinson's Disease: Curcumin as a Possible Alternative Treatment. *Cureus*, 14(5), e25032. <https://doi.org/10.7759/cureus.25032>
6. Chandrasekaran, V., Hediya, T. A., **Anand, N.**, Kendaganna, P. H., Gorantla, V. R., Mahalakshmi, A. M., Ghanekar, R. K., & others. (2023). Polyphenols, Autophagy and Neurodegenerative Diseases: A Review. *Biomolecules*, 13(8), 1196. <http://dx.doi.org/10.3390/biom13081196>
7. Omole, A. E., Awosika, A., Khan, A., Adabanya, U., **Anand, N.**, Patel, T., Edmondson, C. K., Fakoya, A. O., & Millis, R. M. (2023). An Integrated Review of Carpal Tunnel Syndrome: New Insights to an Old Problem. *Cureus*, 15(6), e40145. <https://doi.org/10.7759/cureus.40145>
8. Balhara, Y. P., Mathur, S., & **Anand, N.** (2012). A Study of Attitude and Knowledge of the Psychiatry Resident Doctors toward Clinician-Pharmaceutical Industry Interaction. *Indian Journal of Psychological Medicine*, 34(1), 61-65. <https://doi.org/10.4103/0253-7176.96162>
9. Gupta, R., **Anand, N.**, Cayenne, S., & others. (2018). Oncoyeast: a web-based application to translate data obtained from *Saccharomyces cerevisiae* high-throughput drug screens into cancer therapeutics. *F1000Research*, 7, 757. <https://doi.org/10.12688/f1000research.15168.1>

10. Guru Prasad, N. B., Kulkarni, D., Rajasekhar, C. H., Rajesh, D., Raghavendra, A. Y., Vinodraj, K., Advaita, M. V., & **Nikhilesh, A.** (2014). A Study of Prescription Pattern of Antimicrobial Usage in Ear, Nose, and Throat Infections of a Rural Teaching Hospital. *Journal of Evolution of Medical and Dental Sciences*, 3(60), 13407-13414. <https://doi.org/10.14260/jemds/2014/3788>
11. Thaikattil, N., Holla, R., Bhagvan, K. R., Advaita, M. V., & **Anand, N.** (2016). Patterns of prescription and usage of antimicrobial agents for the prophylaxis of surgical site infections in a tertiary care hospital in Karnataka, south India. *European Journal of Biomedical and Pharmaceutical Sciences*, 3(4), 299-307.

Book Chapter

1. Awosika, A., Omole, A. E., Adabanya, U., **Anand, N.**, & Millis, R. M. (2023). Statins and Epigenetics: A Putative Mechanism for Explaining Pleiotropic Effects. In *Statins - From Lipid-Lowering Benefits to Pleiotropic Effects* (Chapter DOI: 10.5772/intechopen.1001141). Publisher: IntechOpen.