



## Dr T V Ashokan

MBBS, DPM, MD (Psychiatry) 34+ Years Experience

Dr T V Ashokan is a top Psychiatrist in Chennai at Apollo Hospitals Tondiarpet . Book appointment online with Dr T V Ashokan at Ask Apollo.

### Hospitals

[Apollo Hospitals ,Tondiarpet, Chennai ,](#)

Doctor's Working  
Weekdays  
Thu - Sat

Doctor's Working  
Hours  
12:30 -13:30

Phone Icon  
Call Now

Calendar Icon  
Book Appointment

## Overview

Dr T Ashokan is a highly esteemed psychiatrist based in Chennai, Tamil Nadu, with an impressive 34 years of experience in the field of mental health. He is known for his compassionate approach and dedication to helping patients navigate their mental health challenges. Dr Ashokan holds an MBBS degree along with a Diploma in Psychological Medicine (DPM) and is a member of the prestigious Medical Council (MDC). His extensive education and clinical training empower him to provide comprehensive psychiatric care tailored to the unique needs of each patient.

As a psychiatrist, Dr Ashokan specializes in diagnosing and treating a wide range of mental health disorders, employing evidence-based strategies to foster recovery and well-being. He is fluent in English, ensuring effective communication with a diverse patient base. His unwavering commitment to his patients is reflected in his personalized treatment plans that prioritize both psychological and emotional well-being. Affiliated with Apollo Hospitals, Dr T Ashokan utilizes the latest advancements in psychiatric medicine to deliver the highest standard of care. Patients appreciate his ability to create a supportive environment where they can feel safe discussing their feelings and concerns. Whether dealing with anxiety, depression, or mood disorders, individuals can trust Dr Ashokan to guide them towards a path of healing and resilience.

# Experience

- 25 years of Psychiatry practice
- Professor of Psychiatry - INA postgraduate institution
- Working in Apollo Hospitals since last Assinment

# Membership

- Indian Psychiatric society, Hony. Sec. Tamilnadu
- President South Zone Adolescent problems, Sexual disorders

# Research and Publication

- Forensic Psychiatry
- Post partum depression,
- Sexual disorders ,
- Research / Thesis guide for post graduates 10 years

# Frequently Asked Questions

## 1. Where does Dr. T V Ashokan practice?

Dr. T V Ashokan's medical practice is located at Apollo Hospitals, Tondiarpet. This hospital provides comprehensive healthcare services and is known for its quality medical professionals.

## 2. Who is Dr. T V Ashokan?

Dr T V Ashokan is a renowned Psychiatrist with over 34 years of experience. He practices in Chennai at Apollo Hospitals Tondiarpet. Dr T V Ashokan holds a degree in MBBS, DPM, MD (Psychiatry). He provides treatments including Psychotherapy, Medication Management, Electroconvulsive Therapy (ECT). He specializes in treating conditions like Schizophrenia, Bipolar Disorder, Anxiety Disorders.

## 3. Why do patients visit Dr. T V Ashokan?

Patients choose Dr. T V Ashokan for treatment of piles (both surgical and non-surgical) and skin allergies. For a comprehensive view of his expertise, please refer to his professional profile.

## **4. What is Dr. T V Ashokan's specialization?**

Dr T V Ashokan specializes in Psychiatry. He has expertise in treating conditions such as Schizophrenia, Bipolar Disorder, Anxiety Disorders. His key treatments include Psychotherapy, Medication Management, Electroconvulsive Therapy (ECT).

## **5. What are Dr. T V Ashokan's medical qualifications?**

Dr T V Ashokan holds MBBS, DPM, MD (Psychiatry), reflecting his comprehensive education in the field of Psychiatry.

## **6. How many years of experience does Dr. T V Ashokan have?**

Dr. T V Ashokan has over 34 years of experience in the medical field.

## **7. What is patient feedback for Dr. T V Ashokan?**

Dr. T V Ashokan has received positive feedback from 5 patients, with 5 patient stories available. These testimonials provide insights into their experiences with the doctor. Contact the hospital for access to patient reviews.

## **8. Who is a Psychiatrist?**

A psychiatrist is a medical doctor specializing in the diagnosis, treatment, and prevention of mental illnesses. These illnesses include anxiety, depression, psychosis, substance abuse disorders, sexual dysfunction, and developmental disabilities. Psychiatrists provide comprehensive care for mental, emotional, and addictive disorders.

## **9. Is a Psychiatrist different from a Psychologist?**

Psychiatrists and psychologists are healthcare professionals providing distinct services. Psychologists hold postgraduate degrees (Ph.D. or PsyD) in clinical psychology. Psychiatrists are medical doctors specializing in mental illness assessment, diagnosis, treatment, and prevention. Their training includes medical school and a psychiatric residency.

## **10. When should I consult a psychiatrist?**

Psychiatrists specialize in mental health. Consult a psychiatrist for mental disorders such as anxiety, depression, schizophrenia, bipolar disorder, or significant behavioral changes without clear reasons. Psychiatric care is also necessary for mental or emotional problems related to substance abuse.