

DR. VISHAL LAHOTI

Consultant - Endocrinologist

Qualification

MBBS | MD (General Medicine) | DM (Endocrinology)

Overview

Dr. Vishal Lahoti is a well-known endocrinologist in Manipal Clinic Begur, currently practising as a Consultant – Endocrinology at Manipal Hospital Manipal Clinic Begur. Dr. Vishal brings extensive clinical expertise in diabetes, thyroid disorders, metabolic health, and complex hormonal conditions. With a strong foundation in academic medicine and a focused vision towards delivering personalised endocrine care, he is recognised as one of the best endocrinologists in Begur, especially for his patient-centred approach and evidence-based treatment protocols. Dr. Vishal’s medical journey began with an MBBS from Mahadevappa Rampure Medical College, followed by an MD in General Medicine, where he developed early proficiency in managing chronic metabolic illnesses and lifestyle-related disorders. Driven by a deeper interest in hormonal science, he went on to complete his DM in Endocrinology from Narayana Medical College, Nellore, acquiring advanced clinical training in the diagnosis and long-term management of diabetes, thyroid dysfunction, adrenal disorders, obesity, PCOS, metabolic bone diseases, and pituitary gland disorders. Over the years, Dr. Vishal Lahoti has trained and served across multiple reputed

healthcare institutions. His experience across both tertiary care hospitals and community healthcare setups enables him to address a wide spectrum of endocrine cases, from newly diagnosed lifestyle-related diabetes to rare hormonal syndromes requiring multidisciplinary supervision. His expertise extends to managing lifestyle diseases in young adults, hormonal imbalances in women, such as PCOS and thyroid-related fertility challenges; metabolic resistance cases, and endocrine assessment for high-performance individuals. As a practising endocrinologist in Manipal Clinic Begur, Dr. Vishal's core philosophy revolves around early diagnosis, continuous monitoring, patient awareness, and long-term prevention of complications like neuropathy, retinopathy, cardiovascular risks, and metabolic emergencies. He participated in community healthcare initiatives under the National Rural Health Mission, actively spreading awareness about maternal health, diabetic foot prevention, lifestyle correction in early-onset diabetes, and the rising burden of childhood obesity. Dr. Vishal Lahoti has also been involved in anti-tobacco awareness campaigns and door-to-door vaccination programs, reflecting his dedication to preventive medicine in public health. His communication style is approachable and rooted in clarity, helping patients understand the nature of their condition and the importance of long-term compliance in endocrine therapy. Dr. Vishal believes in building trust through consistent guidance, minimal invasive investigations, and well-structured follow-up frameworks that monitor both symptomatic changes and biochemical progress.

Field of Expertise

- Endocrinology
- Diabetes
- Hormonal Disorders
- Thyroid
- Obesity

- Metabolic Bone Disorders

Languages Spoken

- English
- Kannada
- Hindi

Talks & Publications

- Published research on 'Serum Ferritin as a Risk Factor in Newly Diagnosed Type 2 Diabetes Mellitus' (IJLSBPR, Jan 2024).