

DR. SHIVAKUMAR VARAKANAHALLI

Consultant - Gastrointestinal Science

Qualification

MBBS | MD | DM Gastroenterology (GB Pant Hospital, New Delhi)

Overview

Dr. Shivakumar Varakanahalli is an experienced gastroenterologist in Budigere, Bangalore. He is currently practising as a Consultant – Gastroenterology at Manipal Clinics Budigere Cross, Bangalore, providing expert consultations for a wide spectrum of gastrointestinal and liver-related conditions. Known for his compassionate care and methodical clinical approach, Dr. Shivakumar works closely with patients to diagnose and manage concerns such as acid reflux, chronic diarrhoea, functional bowel disorders, and inflammatory conditions like ulcerative colitis and Crohn’s disease. His expertise extends to pancreatic disorders, hepatology, and the clinical management of liver diseases, including hepatitis, cirrhosis, and fatty liver. Dr. Shivakumar’s medical training began with an MBBS from Mysore Medical College and Research Institute in Karnataka. He went on to complete his MD in General Medicine from Rabindranath Tagore Medical College, Rajasthan, followed by a DM in Gastroenterology from the esteemed GB Pant Postgraduate Institute of Medical Education and Research, New Delhi. This rigorous academic and clinical training has shaped his deep understanding of digestive health and equipped him

with the confidence to handle complex diagnostic scenarios. During his residency and fellowship years, Dr. Shivakumar developed significant experience in diagnostic and therapeutic endoscopy, performing over 500+ ERCPs and more than 1,000+ endoscopic procedures. At Budigere Clinic, Dr. Shivakumar provides specialised gastroenterology consultations with a focus on personalised care. His areas of interest include chronic liver diseases, gastrointestinal bleeding, irritable bowel syndrome, dyspepsia, and constipation. He also evaluates cases of pancreatic inflammation and biliary conditions through clinical history, physical examination, and appropriate diagnostic tools, advising patients on lifestyle modifications, medical management, and referrals for advanced care, when necessary. His careful, evidence-based approach and clear communication style have earned the trust of patients seeking answers to long-standing digestive complaints. Dr. Shivakumar is actively involved in academic research and has contributed to numerous peer-reviewed journals. His studies have explored a wide range of gastrointestinal and hepatic topics. Notably, his research on the secondary prophylaxis of hepatic encephalopathy through L-ornithine L-aspartate was presented at the International Liver Congress 2018 in Paris, earning him the Young Investigator Award. His oral presentation at INASL 2017, focusing on hepatic encephalopathy management, received a plenary award. Dr. Shivakumar has authored several influential papers, including those examining spontaneous pseudocystocolonic fistula, the role of endoscopic ultrasound in bile duct evaluation, and Brunner's gland hamartoma as a cause of upper gastrointestinal bleeding. His work has been published in leading journals such as the Journal of Clinical and Experimental Hepatology, European Journal of Gastroenterology and Hepatology, and Indian Journal of Gastroenterology. Fluent in English, Kannada, and Hindi, he offers a culturally sensitive and inclusive approach to patients visiting Budigere Clinic, where he serves as a trusted advisor for long-term digestive and liver care.

Fellowship & Membership

- Member of European Society for the Study of Liver.

Field of Expertise

- Diagnostic and therapeutic endoscopic procedures include Upper GI endoscopy, colonoscopy, enteroscopy, ERCP.
- Clinical hepatology (Viral hepatitis, liver cancer, alcoholic liver disease, fatty liver, cirrhosis and others).
- Pancreatic disorders (Acute and chronic pancreatitis, pancreatic tumors).
- Functional bowel disorders (IBS, Dyspepsia, reflux disease, gastritis).
- Chronic constipation, defecatory disorders, Chronic diarrhea.
- Inflammatory bowel disorders (Crohn’s and ulcerative colitis).
- Gastrointestinal emergencies including GI bleeds.

Languages Spoken

- English
- Hindi
- Kannada

Awards & Achievements

- Grant by Liver Care Foundation at New Delhi for APASL 2016 in Tokyo.
- Plenary oral session award at INASL 2017.
- Young Investigator award on a research paper at the International Liver Congress 2018 in Paris.

- First position for North Zone in TYSA 2013 at New Delhi.

Talks & Publications

- Gastric Varices in Cirrhosis vs. Extrahepatic Portal Venous Obstruction and Response to Endoscopic N-butyl-2-cyanoacrylate Injection. Barjesh C Sharma, Shivakumar Varakanahalli, Jatinder Pal Singh, Siddharth Journal OF Clinical and Exp. Hepatology. [22 Feb 2017, 7(2):97-101].
- Spontaneous Pseudocystocolonic Fistula: An Unusual Complication of Acute Pancreatitis. Dahale AS, Varakanahalli S, Jha L, Sud S, Kumar A, Sachdeva S, Puri AS. Am J Gastroenterol. 2016 Aug;111(8):1088.
- Over-the-scope-clip system for management of upper gastrointestinal defects: A pilot study Amol S Dahale, Siddharth Srivastav, Pritul D Saxena, B C Sharma, Shivakumar Varakanahalli. Indian J Gastroenterol (November 2015) 34 (Suppl 1):A1–A104.
- Brunner's Gland Hamartoma – A Rare Cause of Upper GI Bleed: Report of Two Cases Emphasising Pathogenesis. Rakesh Kumar Gupta, Ravindra Kumar Saran, Shivakumar Varakanahalli and Amarinder Singh Puri. Annals of Pathology and Lab Medicine. 2016. Oct-Dec.
- Prevalence of microalbuminuria in patients with non-diabetic acute ischemic stroke Muralidhara N, Ravindra Rajanna, Shivakumar Varakanahalli, Vijay Kumar Goyal. Int J Res Med Sci. 2015; 3(4): 954-957.
- P-HPB-13: Spectrum of obscure common bile duct dilatation: Role of endoscopic ultrasonography. Amol Dahale, Siddharth Srivastava, Sanjeev Sachdeva, Shivakumar Varakanahalli, and Ajay Kumar. Endosc Ultrasound. 2017 Aug; 6(Suppl 1): S21.
- Usefulness of Aim 65 Scoring System in Predicting Rebleed and

Prognosis Portal Hypertensive Bleed Patients With Underlying Cirrhosis. Amol S.Dahale, Ajay Kumar, SiddharthaSrivastava, ShivakumarVarakanahalli, SanjeevSachdeva, Amarender S.Puri; Journal of Clinical and Experimental Hepatology; Vol 7, Supplement 2, July 2017, Pages S65-S6.

- Endoscopic ultrasound-guided cytodiagnosis of adrenal histoplasmosis with reversible cd4 t-lymphocytopenia and jejunal lymphangiectasia Rakesh K Gupta1, Kaushik Majumdar1, Siddharth Srivastava2, Shivakumar Varakanahalli2, Ravindra K Saran Journal of Cytology; Volume: 35 | Issue: 2 | 2018 Page: 110-11.
- Oesophagal tuberculosis: Uncommon of common. Amol S Dahale, Ajay Kumar, Siddharth Srivastava, Shivakumar Varakanahalli, Sanjeev Sachdeva and Amarender S Puri JGH Open: An open-access journal of gastroenterology and hepatology (2018) 34–38.
- Secondary prophylaxis of hepatic encephalopathy in cirrhosis of the liver: A double-blind randomized controlled study of L-ornithine L-aspartate versus placebo. Shivakumar Varakanahalli, Barjesh C Sharma, Siddharth Srivastava, Sanjeev Sachdeva and Amol S Dahale European Journal of Gastroenterology and Hepatology.
- Plenary oral session award at INASL 2017 for oral presentation on paper on prophylaxis of hepatic encephalopathy.
- Oral paper presented at the International Liver Congress 2018 at Paris with Young Investigator award on research paper on secondary prophylaxis of HE, an RCT of LOLA vs placebo.
- Poster presentation at APASL 2016 on Gastric varices in cirrhosis vs EHPVO.
- Poster presentation at ISKCON 2016 on Ulcerative colitis in adolescents.
- Poster presentations at ENDOCON 2017 on Obscure CBD dilatation and risk stratification in portal hypertensive bleed

with AIM 65 scoring system.