

DR. MITHILESH UPADHYAY

Associate Consultant – ENT

Qualification

MBBS | DLO

Overview

Dr. Mithilesh Upadhyay is a highly experienced ENT specialist in Bengaluru. He is currently practising as an Associate Consultant - Manipal Clinic, Indiranagar. With more than 33 years of clinical experience, she offers comprehensive treatment for disorders of the ear, nose, and throat using both advanced diagnostic tools and evidence-based therapeutic care. Known for her compassionate approach and precise clinical judgement, she provides patient-focused solutions that blend minimally invasive methods with long-term symptom relief. Dr. Mithilesh completed her MBBS from Pt. J. N. M. Medical College, Raipur, in 1987 and went on to pursue a Diploma in Otorhinolaryngology (DLO) from the same institution in 1990. She has further strengthened her expertise through specialised training in Vertigo assessment and management, expanding her ability to diagnose and treat balance-related disorders that often impact quality of life. Her clinical practice covers a broad spectrum of ENT concerns, including hearing impairment, sinusitis, nasal polyps and obstruction, recurrent throat infections, hoarseness and voice-related disorders. She also provides specialised care for paediatric ENT conditions such

as enlarged adenoids, snoring, and sleep apnoea in children. In addition, she offers medical and procedural care for salivary gland problems, parathyroid pathologies, and neck swellings. Dr. Mithilesh is well-versed in managing emergency ENT conditions such as airway obstruction, foreign body removal, nasal bleeding, acute ear infections, and trauma-related injuries of the nose and throat. Her practice also includes a wide range of OPD-based minimally invasive procedures such as myringotomy, tympanoplasty, nasal cautery, turbinate reduction, coblator-assisted adenoids and tonsil surgeries, biopsies of suspicious lesions, removal of benign growths, and repositioning manoeuvres for vertigo disorders like BPPV. She routinely performs endoscopic procedures, including Functional Endoscopic Sinus Surgery (FESS), septoplasty, and radiofrequency-assisted interventions that offer quicker recovery and less postoperative discomfort. In patients experiencing snoring and sleep-disordered breathing, she provides therapeutic management options including radiofrequency-assisted palatoplasty, turbinoplasty, and uvuloplasty, along with counselling on lifestyle and airway hygiene. With a deep commitment to ethical, clear, and open communication, she ensures that patients understand their condition and treatment choices without anxiety or ambiguity. Her empathetic consultation style allows patients and caregivers to feel supported, especially when making decisions about procedures or managing chronic ENT conditions. Recognised for her dedication to patient welfare, Dr. Mithilesh Upadhyay received the Compassionate Care Award at EHCC Hospital, Jaipur, reflecting her commitment beyond medical expertise to personal interaction and emotional support. Fluent in English, Hindi, and Odiya, she ensures seamless care for diverse communities in Bengaluru. With her extensive experience, advanced procedural skills, and patient-first values, Dr. Mithilesh Upadhyay remains a trusted ENT specialist at Manipal Clinic, Indiranagar, delivering reliable and comprehensive ENT care for adults and children alike.

Field of Expertise

- Minimally invasive surgeries
- Coblator Assisted adeno-tonsillectomy
- Microflap micro laryngeal surgeries
- Functional Endoscopic Sinus Surgery (FESS)
- Septoplasty
- RF Turbinoplasty
- Turbinate reduction
- Trachestomy
- Tympanoplasty
- Tympanomastoidectomy
- Myringotomy
- Assessment & Treatment of Vertigo
- Assessment & Treatment of Snoring
- Foreign body removal
- Removal of small lesions in the ear, nose and oral cavity
- Patching of a small eardrum perforation
- Repositioning maneuvers for BPPV
- Cauterisation of nose bleeds
- Biopsy of lesions in the mouth, nose, and ear
- Radiofrequency assisted palatoplasty, turbinoplasty, uvuloplasty for snoring
- Endoscopic-assisted Ryles tube insertion

Languages Spoken

- English
- Hindi
- Odiya

Awards & Achievements

- Compassionate Care Award in EHCC Hospital, Jaipur