

DR. KRUTHIKA SRIDHARAN

Associate Consultant – Internal Medicine

Qualification

MBBS | MD Internal Medicine

Overview

Dr. Kruthika Sridharan is a highly trained internal medicine specialist in Indiranagar. She is currently practising as an Associate Consultant – Internal Medicine at Manipal Clinic Indiranagar, Bengaluru. With a strong academic foundation and broad-based clinical exposure, she delivers comprehensive adult medical care that integrates acute disease management, long-term chronic illness control, and preventive healthcare strategies. Her clinical practice is grounded in methodical evaluation, ethical decision-making, and evidence-based medicine, with a consistent focus on patient education and sustainable health outcomes. Dr. Kruthika completed her MBBS followed by an MD in Internal Medicine from Rajarajeshwari Medical College and Hospital, Bengaluru, where she received structured training across the full spectrum of internal medicine. During her postgraduate years, she gained extensive exposure to complex medical conditions, including infectious diseases, metabolic and endocrine disorders, renal and hepatic illnesses, cardiovascular risk management, respiratory diseases, and multisystem inflammatory conditions. This period of rigorous academic and clinical training shaped her interest in systemic

disease evaluation, early diagnosis, and long-term disease prevention. Her early professional development includes a Trauma Care Internship at Tan Tock Seng Hospital, Singapore, where she underwent Advanced Trauma Life Support (ATLS) training. This international exposure strengthened her clinical approach to emergency medicine, acute stabilisation, and protocol-based management of critically ill patients. The experience enhanced her confidence in rapid clinical assessment, multidisciplinary coordination, and structured emergency response, all of which continue to inform her present-day medical practice. Dr. Kruthika has worked across diverse healthcare environments, including tertiary care hospitals, emergency departments, and government healthcare institutions. She served as a Casualty Medical Officer, managing a wide range of cardiac and medical emergencies, supervising acute stabilisation protocols, coordinating referrals, and performing continuous monitoring of critically ill patients. Her responsibilities included managing acute coronary syndromes, metabolic emergencies, severe infections, and neurological presentations, along with performing both medical and electrical cardioversion where indicated. She later served as a Specialist Physician at Doddaballapur General Hospital, Bangalore Rural, where she independently managed high-volume outpatient services and inpatient wards. In this role, she provided comprehensive medical evaluations, formulated treatment protocols, monitored chronic illnesses, and counseled patients and families on medication adherence, lifestyle modification, and long-term disease planning. She was also actively involved in structured healthcare delivery under public health programmes, contributing to preventive screening initiatives and continuity-of-care models in community-based medicine. Dr. Kruthika subsequently worked as a Senior Resident in Internal Medicine, providing inpatient and outpatient care for patients with infectious diseases, diabetes, thyroid disorders, renal and hepatic dysfunction, respiratory conditions, and complex multisystem illnesses. She was actively involved in postgraduate academic programmes,

ward teaching, clinical audits, and protocol-driven disease management. During the COVID-19 pandemic, she contributed extensively to inpatient management, long-term monitoring, and post-infection follow-up, supporting patients through acute illness and recovery phases. Her clinical strengths include the management of infectious diseases, diabetes, thyroid disorders, hypertension, and general internal medicine conditions, with a strong emphasis on preventive health. She adopts a holistic approach that combines accurate diagnosis, rational pharmacotherapy, lifestyle counselling, and structured follow-up. Her preventive medicine practice focuses on early disease detection, cardiovascular risk stratification, metabolic optimisation, vaccination guidance, and long-term patient education. In addition to clinical care, Dr. Kruthika remains actively engaged in academic medicine and research. She has delivered oral and poster presentations at state and national conferences on respiratory allergies, pregnancy-associated medical disorders, encephalitis, and chronic kidney disease. Her peer-reviewed publications examining geriatric anaemia patterns and electrolyte disorders in chronic liver disease reflect her sustained interest in internal medicine research and systemic disease profiling. Dr. Kruthika has also participated extensively in voluntary medical services and outreach programmes, offering free outpatient consultations, organising school health camps, and supporting rural healthcare initiatives across Karnataka and Tamil Nadu. These experiences have reinforced her commitment to equitable healthcare access, early disease screening, and patient-centred community medicine. At Manipal Clinic Indiranagar, Dr. Kruthika Sridharan provides structured adult medical care with a strong emphasis on continuity, clear communication, and long-term disease prevention. She is known for her methodical evaluation style, approachable demeanour, and dedication to building lasting doctor–patient relationships. Her clinical philosophy centres on treating the whole individual rather than isolated symptoms, ensuring each patient receives personalised, sustainable, and evidence-driven

medical support.

Field of Expertise

- Infectious diseases
- Preventive medicine
- Diabetes & Thyroid diseases
- Hypertension

Languages Spoken

- English
- Kannada
- Tamil
- Hindi

Talks & Publications

- Oral paper presentation on “INCIDENCE OF BRONCHIAL ASTHMA IN PATIENTS WITH ALLERGIC RHINITIS” at IMSACON 2013, Bangalore.
- Clinicopathological case presentation on “A RARE CAUSE OF ASCITES” and “RARE CAUSE OF FEVER IN PREGNANCY” at Rajarajeswari medical college and hospital, Bangalore.
- Oral poster presentation on “RARE CAUSE OF ENCEPHALITIS IN PREGNANCY” at the KAPICON 2019, Belgaum.
- Oral paper presentation on “CLINICAL PROFILE OF CKD WITH SPECIAL REFERENCE TO ASSESSMENT OF CV RISK USING CIMT MEASUREMENT” at APICON 2020, Agra.
- Correlation of Severity of Anemia with Hematological Profile in Geriatric Population - International Journal Dental and Medical Sciences Research, Volume 3, Issue 3, May-June 2021

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- Prevalence Of Hyponatremia in Patients with Chronic Liver Disease Secondary to Alcohol and its Relation with Severity of Disease - Indian Journal of Applied Research 1st Sep 2021 issue Print ISSN:2249-555X.