



## **DR. KARUNA**

Consultant - Internal Medicine

### **Qualification**

MBBS | MD (Internal Medicine) | DNB (Internal Medicine) | MIMA | CCDM

### **Overview**

Dr. Karuna is a Consultant in Internal Medicine & Diabetes Management at Manipal Hospitals, Gurugram. She has extensive experience in managing various medical conditions, including diabetes, hypertension, infectious diseases, thyroid disorders, and metabolic disorders such as fatty liver and dyslipidemia. She has worked at multiple prestigious institutions, including AIIMS- New Delhi (All India Institute of Medical Science), gaining experience in various specialities. She completed her MBBS and MD in Internal Medicine from Government Medical College and Hospital (GMCH), Chandigarh and obtained a DNB in Internal Medicine from the National Board of Examination (NBE). Additionally, she holds a Fellowship in Diabetes & Metabolic Disorders and is a certified diabetologist from the Royal College of General Practitioners, NHS England. Dr. Karuna has contributed to medical research through her publications in reputed journals. Her case report on Disseminated Histoplasmosis and Tuberculosis was published in the British Medical Journal (BMJ), and another case report on Acute Paraparesis in HIV-Infected Patients after the initiation of Highly Active Antiretroviral Therapy was published in

the Journal of NeuroVirology. She has also presented her research at various academic forums, including Asian ACPCON 2021 and MAPICON Bhatinda 2020. She has completed a Mechanical Ventilation Certification Course from the ACE Forum and ISCCM Jaipur. Dr. Karuna believes in a patient-centred approach, focusing on education and lifestyle modifications for better health outcomes. She is a member of the Indian Medical Association (IMA) and actively participates in medical conferences and continuing education programs. Fluent in Hindi, English, and Punjabi, Dr. Karuna is committed to providing comprehensive medical care focusing on preventive and evidence-based medicine at Manipal Hospital, Gurugram.

### **Fellowship & Membership**

- Fellowship In Diabetes & Metabolic Disorder
- Member Of Indian Medical Association

### **Field of Expertise**

- Hypertension (Raised BP)
- Infectious Diseases
- Diabetes
- Metabolic Disorders (Fatty Liver, Dyslipidaemia etc.)
- Thyroid Related Disorders

### **Languages Spoken**

- Hindi
- English
- Punjabi

## Awards & Achievements

- Best Paper / Poster Presentation at various academic forums
- Certified Diabetologist at Royal College of General Practitioners, NHS England
- Mechanical Ventilation Certification Course in Acute Care and Emergency (ACE) Forum and ISCCM Jaipur

## Talks & Publications

- Case Report Published in British Medical Journal (BMJ) - Disseminated Histoplasmosis and Tuberculosis: Dual Infection in a Non-Endemic Region.  
<https://Pubmed.Ncbi.Nlm.Nih.Gov/32843417/>
- Case Report Published in Journal of NeuroVirology - Acute Paraparesis in HIV-Infected Patient after Initiation of Highly Active Antiretroviral Therapy.  
<https://Pubmed.Ncbi.Nlm.Nih.Gov/32671811/>
- Poster Presentation at Asian ACPCON 2021 on “Assessment of physical performance in CTP B and C Cirrhosis patients and its correlation with 90-day mortality”
- Oral Presentation on “Is Dapsone Still Relevant in Immune Thrombocytopenia”-MAPICON Bhatinda 2020, API Malwa Branch
- Participation in South East Asia Diabetes Foundation Conference (SEADFCON) 2021
- Participation in CME on Challenges in Young Hypertension (March 2021)-AIIMS Bhatinda
- Participated in the Virtual Conference Asian ACPCON 2021 conducted by the American College of Physicians India Chapter
- Why diabetics must protect their feet in winter: Doctors explain risks and safe habits [Click Here](#)

