

DR. GUNASHREE B

Consultant – Internal Medicine

Qualification

MBBS | DNB (Internal Medicine)

Overview

Dr. Gunashree B is an experienced internal medicine specialist in Jayanagar, Bangalore, currently practising as a Consultant – Internal Medicine at Manipal Hospital Jayanagar. With over 8+ years of dedicated clinical practice, Dr. Gunashree has earned a reputation for her comprehensive approach to diagnosing, treating, and managing a broad spectrum of acute and chronic medical conditions. Her expertise spans inpatient, outpatient, and emergency care, and she is known for her strong commitment to evidence-based medicine, preventive healthcare, and patient education. He is the best internal medicine specialist in Jayanagar. Dr. Gunashree's medical journey began with an MBBS from the Mandya Institute of Medical Sciences, where she built a strong foundation in medical science and patient care. Driven by her passion for internal medicine, she went on to complete her DNB in General Medicine, where she honed her skills in the diagnosis and management of complex medical disorders. Over the course of her career, she has held positions such as Associate Consultant, Registrar, Senior Resident, and Locum Resident, consistently demonstrating clinical accuracy, efficiency, and compassionate care. At Manipal

Hospital Jayanagar, Dr. Gunashree manages a wide range of conditions, including metabolic disorders, cardiovascular diseases, respiratory illnesses, endocrine disorders, infectious diseases, and autoimmune conditions. She is adept at interpreting complex diagnostic results, including laboratory investigations and radiology reports, and integrating these findings into targeted treatment plans. Her proficiency extends to pre- and post-operative medical management, ensuring patients are optimised for surgical procedures and recover effectively post-surgery. She has significant experience in conducting thorough health checks, formulating preventive strategies, and counselling patients on lifestyle modifications to maintain long-term health. Beyond her clinical duties, Dr. Gunashree is an advocate for preventive medicine. She integrates health education into her practice, empowering patients to take charge of their well-being. Her consultations often include guidance on nutrition, physical activity, mental well-being, and screening for early detection of diseases. She also conducts targeted workshops, including specialised sessions for post-menopausal women, addressing their unique health challenges and promoting holistic wellness. Her contributions to the medical field extend to academic and research work. Dr. Gunashree has published articles in respected peer-reviewed journals on topics such as hypothyroidism, renal function in retro-positive patients, and pulmonary function testing in rheumatoid arthritis. These publications reflect her commitment to advancing medical knowledge and improving clinical practices through evidence-based research. Her academic involvement also includes participating in continuing medical education (CME) programs, presenting case discussions, and training junior doctors and interns in clinical protocols and patient management. Dr. Gunashree is also a Certified Yoga Instructor, a skill she integrates into her philosophy of holistic healthcare. She recognises the therapeutic value of yoga in promoting physical, mental, and emotional balance and incorporates it as a complementary approach for certain patients, particularly in areas like stress

management, musculoskeletal health, and rehabilitation after illness.

Field of Expertise

- Diagnosis & Management Of Acute & Chronic Illnesses
- Inpatient & Outpatient Care
- Emergency Medicine
- Preventive Medicine
- Diagnostic Interpretation (Lab & Radiology)
- Health Checks
- Pre- & Post-Operative Management

Languages Spoken

- English
- Kannada

Awards & Achievements

- Certified Yoga Instructor
- Published Articles In Peer-Reviewed Medical Journals

Talks & Publications

- Published Articles On Hypothyroidism
- Published Articles On Renal Function In Retro-Positive Patients
- Published Articles On Pulmonary Function Testing In Rheumatoid Arthritis