

DR. SINDHU V

Consultant - Neurology

Qualification

MBBS | DNB (General Medicine) | DNB (SS) Neurology

Overview

Dr. Sindhu V is a highly skilled neurologist in Jayanagar, Bangalore. Currently practising as a Consultant – Neurology at Manipal Hospital Jayanagar, Dr. Sindhu brings expertise in stroke management, headache disorders, epilepsy care, and neurocritical care. With a strong academic and clinical foundation built through years of dedicated service in reputed medical institutions, she is committed to early intervention protocols in stroke and epilepsy, ensuring that patients and their families receive timely guidance on long-term management and quality-of-life optimisation. Dr. Sindhu's journey in medicine began with an MBBS from Sri Siddhartha Medical College, Tumkur. This laid a strong multidisciplinary base and developed her ability to manage complex emergency cases with proficiency and confidence. Her growing interest in complex systemic illnesses and neurological manifestations led her to pursue DNB in General Medicine. Dr. Sidhu also went on to earn her DNB (Super Specialty) Neurology and underwent 3 year training at Manipal hospital, Old Airport Road, 2016 to 2019, passed in June 2019 session, being actively involved in managing neuro-cardiac syndromes, post-stroke complications, and

cardiac emergencies. At Manipal Hospital Jayanagar, Dr. Sindhu is recognised for her patient-centric and evidence-based approach. She focuses on delivering structured care plans tailored to each patient's neurological profile, whether it involves long-term epilepsy control, stroke care, migraine and headache disorders management, or neurocritical care and rehabilitation. Her philosophy of care includes spending adequate time in patient counselling, helping individuals understand their condition, treatment trajectory, and lifestyle adaptations necessary for better neurological outcomes. This ability to navigate collaborative medical networks further enhances her clinical impact, especially in acute stroke and neuro-critical scenarios where rapid decision-making can change outcomes drastically. With her vast institutional exposure, Dr. Sindhu V integrates advanced clinical reasoning with evidence-based neurology practice for stroke recovery planning and neuro-monitoring strategies. She ensures that every patient receives a personalised plan involving medication optimisation, rehabilitation guidance, and lifestyle risk reduction strategies, thereby enhancing quality of life and neurological stability.

Field of Expertise

- Neurology
- Stroke Management
- Headache Disorders
- Epilepsy
- Neurocritical Care

Languages Spoken

- Hindi
- French
- Malayalam

- Tamil
- Telugu

Awards & Achievements

- Experience in teaching and clinical training during residency at St. John’s Medical College & Hospital