

DR. HIMAGIRISH K RAO

Consultant – Endocrine Surgery

Qualification

MS | MRCSEd | MCh (Endocrine Surg)

Overview

Dr. Himagirish K Rao is a distinguished endocrine surgeon in Jayanagar with over 20+ years of exceptional clinical and surgical experience, specialising in advanced thyroid, parathyroid, adrenal, and endocrine pancreatic disorders. He is currently practising as a Consultant - Endocrine Surgery at Manipal Hospital Jayanagar, Bangalore. Dr Rao possesses internationally accredited surgical expertise in executing total thyroidectomies, central neck node dissections, parathyroid autotransplantation, and minimally invasive adrenalectomies. His precision-driven approach to complex endocrine malignancies and functional disorders has positioned him among the best endocrine surgeons in Jayanagar for comprehensive and specialised surgical care. Dr. Rao completed his MBBS at Bangalore Medical College, where he achieved the highest marks in Biochemistry. He went on to pursue an MS in General Surgery from Stanley Medical College, Chennai, and subsequently completed his super-speciality MCh in Endocrine Surgery from Madras Medical College, where he was honoured with the University Medal. Reflecting his alignment with global surgical benchmarks, he secured the membership of the Royal College of

Surgeons of Edinburgh (MRCSEd). He is also a Fellow of the International Medical Sciences Academy (IMSA) and a Fellow of the Indian Thyroid Society (ITS). At Manipal Hospital Jayanagar, Dr. Rao performs a spectrum of advanced surgical interventions with a deep focus on functional preservation and structural balance. His clinical repertoire features advanced neck surgeries for poorly differentiated and anaplastic thyroid cancers, parathyroid preservation techniques during neck dissections, and sutureless thyroidectomies utilising contemporary energy devices. He holds master-level expertise in managing surgically correctable hypertension and performing minimal-access adrenalectomies via both laparoscopic and retroperitoneoscopic approaches for phaeochromocytomas and adrenal tumours, establishing his reputation among the best endocrine specialists in Jayanagar, Bangalore. Dr Rao’s clinical excellence is heavily reinforced by his extensive administrative leadership and translational research portfolio. He has served as the Vice President and Joint Secretary of the Indian Thyroid Society and continues to contribute actively to the Executive Committees of the Indian Association of Endocrine Surgeons (IAES) and the Surgical Society of Bangalore. A prolific academician, Dr Rao has authored authoritative textbook chapters on adrenal myelolipomas and paediatric endocrine tumours for prime publishers like CRC Press and Jaypee Brothers and has delivered landmark invited lectures at premier platforms, including the Defence Research and Development Organisation (DRDO) and the Bangalore Science Forum.

Fellowship & Membership

- Membership of the Royal College of Surgeons of Edinburgh (MRCSEd) 2006
- Fellow of the International Medical Sciences Academy 2014
- Fellow of the Indian Thyroid Society 2023

Field of Expertise

- Laproscopic Surgery
- Thyroid Surgery
- Parathyroid and Breast Surgery

Languages Spoken

- Kannada
- English
- Hindi

Talks & Publications

- ‘Adrenal myelolipoma’ in the text book ‘Endocrine Surgery: A South Asian perspective’. Editor-n-Chief – Dr. Anand Mishra. Co-Editors – Drs. Amit Agarwal, Rajeev Parameshwaran, Kul Ranjan Singh. Publishers – CRC Press, Taylor & Francis group. 2022.
- ‘Pediatric Endocrine Tumours’ in the text book ‘IAES Textbook of Endocrine Surgery’. Chief Editor – Dr. Amit Agarwal. Co-editors – Drs. Roma Pradhan, Dhalapathy Sadacharan, Anand Kumar Mishra & Deepak Abraham. Jaypee Brothers Medical Publishers. 2023.
- ‘Surgery in Poorly differentiated and Anaplastic Thyroid Carcinoma’. Chief Editor – Dr Sarita Bajaj. Jaypee Brothers Medical Publishers. 2023.
- ‘Parathyroid preservation during thyroid and neck surgery’. Smita S Rao, Himagirish K Rao, Zia Moinuddin, Rozario AP, Titus Augustine. (2023) Front. Endocrinol. 14:1173950. Doi: 10.3389/fendo.2023.1173950
- ‘Surgery in Poorly Differentiated and Anaplastic thyroid carcinoma’, 2nd ed. Chief Editors – Dr. Sarita Bajaj, Dr Rajesh

Rajput. Jaypee Brothers Medical Publishers. 2025