

DR. VISHWANATH B L

Consultant - Internal Medicine

Qualification

MBBS | MD (General Medicine)

Overview

Dr. Vishwanath B L is an experienced diabetologist in Bangalore, practising as a Consultant – Diabetology at Manipal Hospital Kanakapura Road. With over 17+ years of clinical experience, Dr. Vishwanath B L is widely recognised for his expertise in managing diabetes, lifestyle disorders, and chronic infections. A strong advocate for preventive health and holistic wellness, he combines clinical acumen with a patient-first approach to restore health and well-being. His compassionate style, understanding of metabolic conditions, and commitment to evidence-based medicine make him a trusted name in general medicine and diabetology. Dr. Vishwanath holds an MBBS and MD in Internal Medicine from Rajiv Gandhi University of Health Sciences, with additional training in cardiology, ICU, neurology, oncology, and emergency medicine at reputed institutions. He is also a certified wellness expert and the author of the acclaimed book Decoding Diabetes, which reflects his passion for empowering patients to take control of their health. He regularly conducts wellness workshops and has delivered keynote talks across organizations, creating awareness about lifestyle modification and chronic disease

prevention. Dr. Vishwanath focuses on diagnosis, management, and follow-up care for various conditions including type 1 and type 2 diabetes, hypertension, dyslipidaemia, obesity, thyroid disorders, heart diseases, and other metabolic syndromes. His approach integrates medical therapy with nutritional guidance, exercise counselling, stress management, and behavioural modification. He also manages respiratory infections, typhoid, gastrointestinal illnesses, seasonal illnesses like fever and dengue, and multi-systemic disorders with equal proficiency. In diabetes care, Dr. Vishwanath B L specialises in early detection, intensive glucose control, and complication prevention strategies. He offers structured diabetes education, personalised treatment plans, and continuous support to help patients stabilise their blood sugar levels and improve their quality of life. His preventive care consultations include detailed lifestyle assessments, risk stratification, timely health screenings, and practical interventions for long-term health improvement. Whether it is reversing early diabetes, reducing cardiovascular risk, or improving energy and sleep, he supports patients with clarity and care. He is also actively involved in medical education, sharing his insights with undergraduate and postgraduate students through clinical case discussions and academic sessions on diabetes, obesity, and wellness. Dr. Vishwanath conducts workshops on wellness in various corporate companies and institutions to promote the concept of Holistic Wellness. He has delivered nearly 50 keynote speeches on Holistic Wellness and Lifestyle Diseases in various organizations and educational institutions. Dr. Vishwanath B L is known for his empathetic communication and ability to simplify complex medical conditions. With a calm and reassuring presence, he builds strong doctor-patient relationships based on trust, respect, and partnership in healing. Dr. Vishwanath is fluent in English and Hindi and ensures his patients feel understood, supported, and empowered throughout their journey to better health.

Fellowship & Membership

- Underwent training as a part of a postgraduate academic program in multiple prestigious institutes to gain hands-on experience on various aspects specific to wellness: Jayadeva Institute of Cardiology, Bengaluru, in the Cardiac ICU for 2 month duration in management of cardiac emergencies. NIMHANS in the department of neurology for 2 month duration in the management of neurological emergencies. Kidwai Memorial Institute of Oncology in the department of Medical Oncology for 1 month. St. Johns Medical College in the department of Emergency Medicine for 1 month.
- Involved in Undergraduate, DNB Family Medicine, and postgraduate teaching sessions, both clinical case discussions & theory classes on subjects specific to diabetes and obesity.
- Conducted Workshops on wellness in various corporate companies and institutions to promote the concept of Holistic Wellness.
- Delivered nearly 50 keynote speeches on Holistic Wellness and Lifestyle Diseases in Organisations and Institutions.

Field of Expertise

- Chronic Disease Management – Regular care for diabetes, hypertension, thyroid disorders, and heart disease.
- Treatment of Common Infections – Managing fever, respiratory infections, dengue, typhoid, and gastrointestinal illnesses.
- Preventive Care – Annual check-ups, vaccinations (like Hepatitis B, flu), and health screenings.
- Basic Procedures – Ascitic fluid tapping, lumbar puncture, intubation, CVP insertions and minor surgical care.
- Specialist Referrals – Coordinating care and referring patients to specialists when needed.

Languages Spoken

- English
- Kannada
- Hindi

Awards & Achievements

- July 2004 Member - KMC68772 Karnataka Medical Council.
- Jan 2011 Participation Certificate Advances in Diabetes, 6th International Symposium on Diabetes.
- March 2013 Life Member, Indian Medical Association.
- October 2014 CME Certificate, South Asian Federation of Endocrine Societies.
- June 2016 International Associate Member, American College of Cardiology.