

DR. ARATHI KARAT

Consultant - Allergy

Qualification

MBBS | MS (ENT) | DNB | Allergy Asthma Specialist Course

Overview

Dr. Arathi Karat is an experienced allergy and ENT specialist in Old Airport Road, Bangalore. She is currently practising as a Consultant – Allergy Clinic, Department of Paediatrics at Manipal Hospital Old Airport Road, with focused expertise in respiratory allergies, food allergies, skin allergies, allergic rhinitis, asthma, and general ENT conditions in both children and adults. Her clinical practice combines ENT expertise with specialised allergy management, allowing for comprehensive assessment and long-term care for individuals affected by allergic and airway-related conditions. Dr. Arathi completed her MBBS from JSS Medical College, Mysore, in 2011, followed by MS in ENT from Government Medical College, Thiruvananthapuram, in 2015. She further obtained her DNB qualification in ENT and completed Senior Residency training at Government Medical College, Thiruvananthapuram. In order to strengthen her expertise in allergy medicine and asthma care, she completed an Allergy Asthma Specialist Course in 2022. At Manipal Hospital Old Airport Road, Dr. Arathi provides specialised evaluation and treatment for a broad range of allergy-related conditions affecting both paediatric and adult

populations. Her clinical work includes the diagnosis and management of allergic rhinitis, asthma, recurrent respiratory allergies, food allergies, skin allergies, and environmental allergies. She is also experienced in managing patients with recurrent sneezing, nasal congestion, chronic cough, breathing difficulties, allergic skin reactions, and persistent upper airway symptoms that impact daily functioning and quality of life. Her procedural expertise includes allergy testing and targeted allergy management strategies such as skin prick testing and immunotherapy planning. Through structured allergy assessment pathways, she helps identify specific triggers contributing to respiratory and allergic symptoms and develops individualised treatment plans aimed at improving long-term symptom control. Her expertise in allergy testing, immunotherapy, and airway-related allergic conditions has established her among the best allergy specialists in Old Airport Road for comprehensive paediatric and adult allergy management. Alongside her clinical practice, Dr. Arathi has actively contributed to academic research and scientific discussions. She has also delivered academic presentations and faculty lectures on cochlear implantation, postoperative care, and related ENT topics at scientific platforms and workshops. Her academic accomplishments include securing the top rank in the second batch of the Allergy and Asthma Certificate Course conducted by Bharati Vidyapeeth Deemed University and International Asthma Services in 2022. Fluent in English, Kannada, Hindi, and Malayalam, Dr. Arathi ensures effective communication with patients and families from varied backgrounds. Her integrated expertise in ENT and allergy care, combined with a patient-focused and evidence-based approach, makes her a trusted clinician for individuals seeking specialised allergy evaluation and treatment. Her work in respiratory and allergic disorders positions her among the best allergy doctors in Old Airport Road for long-term allergy and asthma care.

Field of Expertise

- Allergy Management With Skin Prick Tests and Immunotherapy, Particularly for Pediatric and Adult Allergic Rhinitis and Asthma

Languages Spoken

- English
- Kannada
- Hindi
- Malayalam

Awards & Achievements

- Topper of 2nd batch of Allergy and Asthma Certificate Course conducted by Bharati Vidyapeeth Deemed University and International Asthma Services. (2022)

Talks & Publications

- Publications
- Sathyabhama J, Karat A. A study on neonatal hearing loss using transient evoked otoacoustic emissions. J. Evolution Med. Dent. Sci. 2016;5(17):871-875.
- Chandrika A, Somaraj S, Karat A. A descriptive study on complications of tracheotomy. J. Evid. Based Med. Healthc. 2016;3(99): 5451-5457.
- Took part in an ICMR-NIE study on “Incidence of adverse outcomes and risk factors for mortality among mucormycosis patients in India: a multicentric ambispective cohort study, 2021-2022”. Abdulkader, R. S., Ponnaiah, M., Bhatnagar, T., S D., Rozario, A. G. A., K G., … Murhekar, M. V. (2024). Baseline

findings of a multicentric ambispective cohort study (2021–2022) among hospitalised mucormycosis patients in India. Mycology, 15(1), 70–84.

- Talks/presentations
- Paper presentation in the Sialology Workshop held on 19 and 20 December 2015 at Amrita Institute of Medical Sciences, Cochin – ‘Surprises in Salivary Glands’
- Presentation as faculty in CICON 2016, Cochlear Implant Meet, held on 10 April 2016 at Government Medical College, Thiruvananthapuram – ‘Vaccination Protocol for cochlear implant candidates’
- Talks on ‘candidacy for cochlear implantation’ and ‘postoperative management’ in Surgikast, 5th cochlear implant workshop (virtual) held on 17th and 18th July 2021