

DR. LALIT KUMAR MUSKARA

Consultant - General and Internal Medicine

Qualification

MRCP(UK) | Diploma in Endocrinology(University of South Wales)

Overview

Dr. Lalit Kumar Muskara is a highly respected Internal medicine doctor at Manipal Hospitals, Salt Lake, Kolkata, with extensive experience in the diagnosis and management of hormonal and metabolic disorders. Known for his patient-focused and holistic approach, Dr. Muskara provides expert care for a wide range of general health, endocrine conditions, including diabetes, thyroid disorders, adrenal and pituitary gland disorders, osteoporosis, and other metabolic diseases. His clinical expertise and compassionate care have earned him the trust of patients across Kolkata. At the core of Dr. Muskara’s practice is a strong commitment to improving patients’ quality of life through accurate diagnosis, personalized treatment, and continuous education. He believes that effective care goes beyond prescribing medications and focuses on empowering patients to understand their condition and actively participate in their treatment journey. This approach helps patients achieve sustainable health outcomes and better long-term disease control. Dr. Muskara has a special interest in diabetes management and offers comprehensive care tailored to each patient’s needs. His approach includes lifestyle counselling on diet, exercise,

and weight management, along with advanced medical therapies such as the latest insulin regimens, oral medications, and continuous glucose monitoring systems when required. Regular follow-ups and close monitoring help prevent complications such as cardiovascular disease, kidney disorders, neuropathy, and vision problems. He manages conditions such as hypothyroidism, hyperthyroidism, and autoimmune thyroid diseases through thorough diagnostic evaluation and individualized treatment plans. These may include hormone replacement therapy, anti-thyroid medications, and lifestyle guidance to restore hormonal balance and relieve symptoms such as fatigue, weight changes, and mood disturbances. Dr. Muskara also has extensive experience in treating adrenal and pituitary gland disorders.His care involves advanced hormonal testing, imaging studies, and collaboration with other specialists when required. He provides targeted therapies to correct hormonal imbalances and manage associated metabolic and systemic complications. In addition, Dr. Muskara specializes in osteoporosis and metabolic bone disorders. He focuses on early diagnosis through bone density assessments and offers evidence-based treatments to strengthen bones and reduce fracture risk. Lifestyle advice on nutrition, calcium and vitamin D intake, and weight-bearing exercises forms an integral part of his care. At Manipal Hospitals, Salt Lake, Dr. Muskara is supported by advanced diagnostic technology and a multidisciplinary medical team. His patient-centred approach, combined with continuous learning and evidence-based practice, ensures high-quality endocrine care and improved health outcomes for patients.

Languages Spoken

- English
- Bengali
- Hindi