



## **DR. HARSHITHA BOYAREDDIGARI**

Consultant - Endocrinology

### **Qualification**

MBBS | DNB | DM

### **Overview**

Dr. Harshitha B is a highly accomplished endocrinologist practising as a Consultant – Endocrinology at Manipal Hospitals Sarjapur Road, Bengaluru. She brings extensive expertise in diagnosing and managing hormonal disorders in adults and children. Her specialisation includes diabetes, thyroid disorders, adrenal and pituitary diseases, and bone metabolism issues. Known for her patient-first approach, Dr. Harshitha combines compassionate care with advanced medical techniques to promote lasting wellness. Dr. Harshitha's impressive academic journey includes earning her MBBS from Narayana Medical College, Nellore, Andhra Pradesh, followed by a DNB in Internal Medicine from Indira Gandhi Govt. General Hospital & Postgraduate Institute, Puducherry, and a DM in Endocrinology from the renowned MS Ramaiah Medical College, Bengaluru. She has consistently demonstrated academic excellence, earning gold medals for her remarkable performance in endocrinology. Her clinical roles have equipped her with the ability to manage complex endocrine cases and deliver high-quality patient care. Her areas of expertise extend to advanced diagnostic tools and therapeutic approaches for conditions such as gestational diabetes,

osteoporosis, and paediatric endocrine disorders. Dr. Harshitha is also well-versed in helping patients manage lifestyle-related hormonal conditions, offering personalized treatment plans tailored to individual needs. Through her work, she empowers her patients to take proactive steps toward achieving hormonal balance and overall health. Dr. Harshitha actively contributes to her field through research and publications in peer-reviewed journals. She has authored several studies focusing on advanced diabetes treatments, thyroid function abnormalities, and adrenal disorders. Her contributions are not limited to research—she also participates in public health initiatives and educational programmes, advocating awareness about endocrine diseases and prevention strategies. Fluent in English, Hindi, Kannada, Tamil, and Telugu, Dr. Harshitha ensures seamless communication with her patients, fostering trust and understanding throughout their care journey. Her ability to simplify complex medical concepts in a reassuring manner makes her a preferred endocrinologist among patients across diverse demographics.

### **Field of Expertise**

- Diabetes and remission/reversal of diabetes
- Diabetes in young
- Type 1 diabetes
- Obesity
- PCO and disorders of fertility
- Thyroid disorders, thyroid cancers
- Osteoporosis and Disorders of Bone and mineral metabolism
- Short stature and disorders of puberty
- Ambiguous genitalia and Congenital adrenal hyperplasia
- Pituitary Disorders

### **Languages Spoken**

- English
- Telugu
- Tamil
- Kannada
- Hindi

### **Awards & Achievements**

- Intermediate (Std.12) board exam - secured 97.1% and awarded State Merit Scholarship for post-intermediate students for the academic year 2005-06.
- Awarded E. Jayamudhusudhan Reddy Endowment Gold Medal for the best outgoing student of the batch (2005-10) in MBBS.
- Awarded Gold Medal for the best outgoing student by Alluru Audishesha Reddy Revolving Charities for securing distinction in MBBS with an aggregate of 79.2%.
- Awarded Lt.Gen.B.D.Rao PVSM Memorial prize for securing the highest marks in Pathology in the state.
- Awarded certificate of merit & Dr. Swamisanan Memorial Gold Medal for securing the highest marks in ophthalmology.
- Awarded gold medal and certificate of merit for securing the highest score in Microbiology, Forensic medicine, and physiology.
- Won 1st runner-up at TYSA - The Young Scholar Award 2022, Hyderabad held by the Endocrine Society of India.
- Won 2nd runner-up and cash prize at ENDO Master Class organized by CMC, Vellore in April 2022.
- Secured 2nd place in a Quiz competition conducted by the Indian Association of Paediatrics, 2010.
- Presented a poster at the national conference of the Association of Physicians of India in Feb.2015 at Gurgaon.

- Presented poster at national conference ESICON Bangalore 2021 titled - Clinical and hormonal profile of Congenital Adrenal Hyperplasia from a tertiary centre in India.