



## **DR. JYOTHI MARIAM IDICULLA**

Consultant - Internal Medicine and Diabetology

### **Qualification**

M.B.B.S. | M.D. | MRCP | FRCP | Speciality Certificate in Endocrinology and Diabetes | Diploma in Diabetes | Post Graduate Diploma in Medical Law and Ethics

### **Overview**

Dr. Jyothi Mariam Idiculla is an experienced physician in Bangalore. She is currently practising as a Consultant - Internal Medicine and Diabetes at Manipal Hospital Sarjapur Road, Bangalore. With over three decades of experience in internal medicine, endocrinology, and diabetes care, Dr. Jyothi is a trusted expert in managing various medical conditions. She specialises in treating complex cases of diabetes, thyroid disorders, and metabolic syndromes, offering tailored treatment plans to enhance patient outcomes. Her extensive academic qualifications, including an M.B.B.S., M.D., and MRCP (UK), reflect her deep commitment to medical excellence. She has also earned certifications such as the Specialty Certificate in Endocrinology and Diabetes from the Royal College of Physicians, UK, and a Diploma in Diabetes from the University of Surrey, UK, among others. Dr. Jyothi's expertise lies in managing chronic conditions like diabetes, hypertension, and thyroid imbalances, focusing on optimising long-term health and preventing complications. She is adept at diagnosing and treating hormonal disorders, including adrenal and pituitary abnormalities, utilising

evidence-based protocols for precision and effectiveness. Her approach combines clinical expertise, advanced diagnostics, and a patient-centric philosophy to deliver comprehensive care. A proponent of personalised medicine, Dr. Jyothi integrates advanced medical techniques into her practice, such as continuous glucose monitoring systems and insulin pump therapies. She offers specialised care for diabetes in unique populations, including elderly patients and women, addressing their distinct needs. Her research interests include the interplay between diabetes and other systemic conditions, which she has explored through multiple publications in national and international journals. Beyond diabetes management, Dr. Jyothi excels in addressing metabolic bone diseases, obesity-related disorders, and lipid abnormalities. She ensures her patients receive a holistic care plan, incorporating lifestyle modifications, dietary counselling, and pharmacological interventions. Her emphasis on preventive care encourages patients to adopt healthier lifestyles and participate actively in their healthcare journey. Dr. Jyothi is a sought-after educator and speaker, frequently conducting workshops and seminars to disseminate knowledge on advancements in endocrinology and diabetes care. Her participation in academic research and contribution to medical literature underscores her dedication to staying at the forefront of her field. Some of her notable publications explore topics like post-treatment symptoms in hypothyroidism, the relationship between non-alcoholic fatty liver disease and diabetic retinopathy, and hypervitaminosis D-related hypercalcemia. Dr. Jyothi is fluent in Kannada, English, and Hindi, ensuring effective communication with patients from diverse linguistic backgrounds. This ability enhances the patient experience, allowing for clear discussions of diagnoses and treatment plans.

### **Languages Spoken**

- Kannada

- English
- Hindi

## Talks & Publications

- Fernandes J, Mathew AM, Sebastian A, Idiculla JM. Predictors of New Onset Dysglycemia Post COVID-19 (accepted for publication in API Karnataka Journal of Internal Medicine)
- Davis, Ashika; Idiculla, Jyothi Mariam. Posttreatment symptoms in hypothyroidism and correlations with thyroid-stimulating hormone and free triiodothyronine and free thyroxine: A ThyPRO-based follow-up study. *Thyroid Research and Practice* ():10.4103/trp.trp\_25\_23, March 15, 2024. | DOI: 10.4103/trp.trp\_25\_23
- Iyengar, Maithreyi Govind; Umesh, Soumya; Idiculla, Jyothi. "Purple-Xed" by a baffling bleed – A clinical care conundrum. *Indian Journal of Sexually Transmitted Diseases and AIDS* 45(1):p 47-49, Jan-Jun 2024. | DOI: 10.4103/ijstd.ijstd\_40\_23
- Tom, Rose; Idiculla, Jyothi Mariam. A Curious Case of Hypervitaminosis D-related Hypercalcemia. *Journal of the Indian Academy of Geriatrics* 19(4):p 273-275, Oct-Dec 2023. | DOI: 10.4103/jiag.jiag\_51\_23
- Fernandes, Jonita Evett; Ashok, J. M. R. Michael<sup>1</sup>; Idiculla, Jyothi<sup>2</sup>. Risk Factors for Mortality in Elderly COVID-19 Patients. *Journal of the Indian Academy of Geriatrics* 19(4):p 239-244, Oct-Dec 2023. | DOI: 10.4103/jiag.jiag\_35\_23
- Idiculla, Jyothi Mariam; Muralidharan, Jananee; Kurpad, Sunita Simon<sup>1</sup>. Use of Morphine in Critically Ill COVID-19 Patients: An Ethics Reflection. *APIK Journal of Internal Medicine* ():10.4103/ajim.ajim\_99\_23, November 22, 2023. | DOI: 10.4103/ajim.ajim\_99\_23
- Jacob, Mathew<sup>1</sup>; Joseph, Mary<sup>2</sup>; Idiculla, Jyothi<sup>3</sup>. Non-alcoholic

fatty liver disease and diabetic retinopathy: Is there an association? Journal of Family Medicine and Primary Care 12(9):p 2028-2031, September 2023. | DOI: 10.4103/jfmmpc.jfmmpc\_2327\_22

- D.Y. Kamath, J. Abdullakutty, B.B. Granger, S. Kulkarni, K.B. Bhuvana, L.J. Salazar, S. Shifra, J. Idiculla, J. Narendra, K. Varghese, D. Xavier, A randomized controlled trial evaluating a theory-driven, complex intervention centered on task sharing and mobile health to improve self-care and outcomes in heart failure – The PANACEA-HF RCT: Design and rationale, American Heart Journal Plus: Cardiology Research and Practice, Volume 34,2023,100310, ISSN 2666 6022, <https://doi.org/10.1016/j.ahjo.2023.100310>. (<https://www.sciencedirect.com/science/article/pii/S2666602223000629>)
- Anusha Kashyap, Savitha Anne Sebastian, Sree Raksha Krishnaiyer NarayanaSwamy, Kalyan Kumar Raksha, Hanumanthappa Krishnamurthy, Bhuvana Krishna, George D'Souza, Jyothi Idiculla, Neha Vyas, Molecular markers for early stratification of disease severity and progression in COVID-19, Biology Methods and Protocols, Volume 7, Issue 1, 2022, bpac028, <https://doi.org/10.1093/biomethods/bpac028>
- Kulkarni S, Fernandes J, Selvam S, Idiculla J. A study of the profile and the impact of diabetes, steroid and stress Hyperglycaemia on COVID-19 outcomes. Indian J Endocr Metab 2022;26:551-7.
- J. Muralidharan, Sindhu Kashyap, Poorvikha S Mathew Jacob, Anjali Ollapally, Jyothi Idiculla, John Michael Raj, Tinku Thomas, Anura V. Kurpad. The effect of L-arginine supplementation on amelioration of oxygen support in severe COVID-19 pneumonia, Clinical Nutrition ESPEN, <https://doi.org/10.1016/j.clnesp.2022.09.024>
- MURALIDHARAN, Jananee; PINTO, Althea; HOPKINS, Pradeep; BHUGRA, Arjun; KURPAD, Sunita Simon; IDICULLA, Jyothi

Readings from a book by Victoria Sweet: A novel medical ethics learning experience.. Indian Journal of Medical Ethics, [S.I.], v. 0, n. 0, p., jan. 2022. ISSN 0975-5691. Available at: . Date accessed: 01 Jul. 2022.

- Shalini G Hegde 1, Shashank Dhareshwar , Sulagna Bandyopadhyay , Rebecca R Kuriyan , Jyothi Idiculla , Santu Ghosh , Anura V Kurpad , Nirupama Shivakumar Central obesity in low BMI as a risk factor for COVID-19 severity in South Indians Asia Pac J Clin Nutr.2022 Mar;31(1):142-146.
- Kamath DY, Bhuvana KB, Salazar LJ, Varghese K, Kamath A, Idiculla J, Pais P, Kulkarni S, Granger BB, Xavier D. A qualitative, grounded theory exploration of the determinants of self-care behaviour among Indian patients with a lived experience of chronic heart failure. PLoS One. 2021 Jan 27;16(1):e0245659. doi: 10.1371/journal.pone.0245659. PMID: 33503044; PMCID: PMC7840054.
- J C, DSouza R, Mathew KG, Muralidharan J, Nithyanandam S, Joseph M, Idiculla J. Diabetic Retinopathy and Anemia: Is There a Treatable Nutritional Element? J Assoc Physicians India. 2020 May;68(5):54. PMID: 3261087
- Zachariah, Martil, Jyothi Idiculla, and Khyrunnisa Begum. "Serum Vitamin B12 Levels among Type 2 Diabetic Patients Maintained on Metformin Based Oral Anti-Diabetic Drugs-An Observational Study." The Indian Journal of Nutrition and Dietetics (2020): 154-163.
- Kiranmala K, Johnson R, Savio J, Idiculla J. Microbiologic profile and clinical practices in urinary tract infections in a tertiary care centre in Southern India. J Family Med Prim Care. 2019 Sep 30;8(9):2888-2892. doi: 10.4103/jfmpc.jfmpc\_346\_19. PMID: 31681661; PMCID: PMC6820372.
- Jain V, Joshi R, Idiculla J, Xavier D. Community Health Worker Interventions in Type 2 Diabetes Patients: Assessing the Feasibility and Effectiveness in Rural India. Journal of

- Cardiovascular Disease Research 2018; 9(3): 127-133.
- Savitha Sebastian, Sumitra S, Vivek Mathew, Jithu Kurian, Jyothi Idiculla. Thyroid dysfunction in patients on anti-retroviral therapy- A South Indian perspective (accepted for publication in The National Medical Journal of India 5 December 2017) Idiculla J, Prabhu P, Pradeep R, Khadilkar K, Kannan S. Vitamin D and primary hypothyroidism: Is there an association?. Thyroid Res Pract 2018;15:34-7
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  - Anoop J, Geetha F, Jyothi I, Rekha P, Shobha V. Unravelling thyroid dysfunction in rheumatoid arthritis: History matters. Int J Rheum Dis. 2017 Feb 20. doi: 10.1111/1756-185X.13040. [Epub ahead of print]
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- HIV. Indian Journal of Endocrinology and Metabolism. 2012 July-Aug 16(4): 674.
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  - Co-Author (Insulin Injection Techniques” RSSDI Textbook of Diabetes, 2023
  - Co-Author “Diabetes in the Elderly”, RSSDI textbook of

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- Co-Author “Diabetes in Women Epidemiological Spectrum”  
RSSDI Textbook- A comprehensive Review of Diabetes in  
Women, 1 Ed, 2021
- Author “Dealing With Difficult Patients: The St John’s Toolkit For  
Medical Postgraduate Wellbeing” ATC Publishers, 1 Ed, 2022