



## **DR. VINOD KUMAR REDDY**

Consultant - Internal Medicine

### **Qualification**

MBBS | MD (Internal Medicine)

### **Overview**

Dr. Vinod Kumar Reddy is an experienced internal medicine specialist in Whitefield, Bengaluru, with over 15 years of dedicated clinical experience in the Department of Internal Medicine. He is currently practising as a Consultant – Internal Medicine at Manipal Hospital, Varthur Road, Whitefield, with focused expertise in infectious diseases, endocrinology, neurology, and comprehensive adult medical care. With an MBBS from Sri Devaraj Urs Medical College and an MD in Internal Medicine from K.S. Hegde Medical Academy, Mangalore, Dr. Vinod’s training has been grounded in structured clinical evaluation and evidence-based management. His areas of specialisation include hypertension, ischaemic heart disease, including angina and heart attack management, asthma, emphysema and chronic obstructive pulmonary disease (COPD), pneumonia, lung fibrosis, gastroenteritis, liver disease, including alcoholic liver disease, cerebrovascular accidents (stroke), and epilepsy. This broad scope of systemic medicine places him among the best internal medicine specialists in Whitefield for patients requiring coordinated care across cardiovascular, respiratory, neurological, and gastrointestinal

conditions. During his tenure at Vydehi Institute of Medical Sciences and later at Yashomathi Hospital, he managed high-volume outpatient consultations and supervised inpatient and ICU care. His responsibilities included emergency response, ward rounds, and critical care management, reflecting hands-on involvement in acute and chronic medical conditions. He has performed procedures such as diagnostic and therapeutic peritoneal paracentesis, bone marrow aspiration cytology, lumbar puncture with CSF analysis, endotracheal intubation, Ryles tube insertion, Foley's catheterisation, and both basic and advanced cardiopulmonary resuscitation. These procedural competencies support the stabilisation and management of critically ill patients. At Manipal Hospital, Varthur Road, Whitefield, his approach centres on detailed clinical assessment, risk factor identification, and long-term disease monitoring. For hypertension and ischaemic heart disease, he emphasises blood pressure optimisation, cardiac risk stratification, and lifestyle integration. In respiratory conditions such as asthma and COPD, he focuses on symptom control, inhaler optimisation, and exacerbation prevention. Neurological conditions like stroke and epilepsy require careful follow-up, medication titration, and coordination with diagnostic imaging and laboratory evaluation. His clinical depth across these areas contributes to his recognition as one of the best internal medicine specialists in Whitefield for structured and comprehensive adult medical management.

### **Field of Expertise**

- Hypertension (high blood pressure)
- Ischaemic heart disease (angina, heart attack)
- Asthma
- Emphysema or chronic obstructive pulmonary disease (COPD)
- Pneumonia
- Lung fibrosis
- Gastroenteritis

- Liver disease including alcoholic liver disease
- Cerebrovascular accident (strokes)
- Epilepsy (seizures)