



DR. B SHILPA NAIDU

Consultant - Internal Medicine

Qualification

MBBS | MD(General Medicine)

Overview

Dr. B. Shilpa Naidu is a seasoned internal medicine specialist in Whitefield, Bengaluru, with over 12 years of clinical experience in general medicine and critical care. She is currently practising as a Consultant – Internal Medicine at Manipal Hospital, Varthur Road, Whitefield, with focused expertise in diabetes management, hypertension, infectious diseases, thyroid disorders, vascular conditions, and age-related comorbidities. She is an MBBS graduate from S. Nijalingappa Medical College, Bagalkot, and an MD in General Medicine from Vydehi Institute of Medical Sciences and Research Centre. Dr. Shilpa further completed a Fellowship in Intensive Care Medicine through Apollo Medvarsity, strengthening her expertise in managing complex medical conditions. Her clinical training included dedicated work in medical intensive care units, where she handled critically ill patients requiring close monitoring and multi-system stabilisation. Her clinical focus includes long-term management of diabetes mellitus and hypertension, particularly in patients with multiple comorbidities. She has completed a Certificate Course on Diabetes in Special Situations and Comorbidities by BMJ and the Royal

College of Physicians, reflecting structured training in nuanced glycaemic control. She also manages infectious diseases, vascular complications, thyroid dysfunction, and metabolic disturbances, integrating laboratory evaluation, imaging correlation, and medication optimisation into treatment planning. Her methodical approach to internal medicine has contributed to her recognition as one of the best internal medicine doctors in Varthur for structured and evidence-aligned medical care. Dr. Shilpa's practice emphasises careful history-taking, rational investigation, and individualised treatment planning rather than symptomatic prescriptions alone. Her background in intensive care enables her to manage complex cases involving overlapping cardiovascular, endocrine, and infectious components. In addition to outpatient consultations, her prior ICU roles reflect hands-on experience in emergency stabilisation, cardiopulmonary resuscitation protocols, and invasive bedside procedures, including lumbar puncture, peritoneal paracentesis, bone marrow aspiration, endotracheal intubation, and central supportive care interventions. She is a member of the Indian Medical Association and holds a Fellowship in Intensive Care Medicine, reinforcing continued engagement with professional standards. Fluent in Kannada, English, Hindi, Telugu, and Tamil, she communicates clearly with patients from diverse linguistic backgrounds, ensuring that treatment plans are well understood and realistically implementable. Her public health engagement is reflected through media interactions on seasonal illnesses, hydration safety, Ramsay Hunt syndrome, and common viral conditions, contributing to community awareness. Through sustained clinical practice in Whitefield and a foundation rooted in internal medicine and critical care, Dr. B. Shilpa Naidu is widely regarded as one of the best internal medicine doctors in Varthur Road, particularly for managing chronic medical conditions alongside acute systemic illnesses with clarity and continuity of care.

Fellowship & Membership

- IMA membership
- Fellowship in Intensive Care Medicine by Medvarsity
- Certificate Course on Diabetes in special situations and comorbidities by BMJ, Royal College of Physicians.

Field of Expertise

- Age-related comorbidities
- Diabetes Mellitus
- Hypertension
- Infectious diseases
- Vascular issues
- Thyroid

Languages Spoken

- Kannada
- English
- Hindi
- Telugu
- Tamil

Talks & Publications

- Dr. Bhumireddy Shilpa Naidu on Summer of 2022: Bengaluru doctors say keep kids indoors in afternoon, stay hydrated | The Times of India. [Click Here](#)
- Dr. Bhumireddy Naidu on Summer cold? These home remedies will help you deal with it | Healthshots. [Click Here](#)
- Dr. Sreenivasa Murthy and Dr. Bhumireddy Shilpa Naidu on

Ramsay Hunt syndrome not alien to Bengaluru | The Times of India. [Click Here](#)