

DR. KAVYA PERLA

Associate Consultant - Internal Medicine

Qualification

MBBS | DNB (General Medicine)

Overview

Dr. Kavya Perla is an experienced general physician in Bangalore. She is currently practicing as an Associate Consultant - Internal Medicine at Manipal Hospital Varthur Road, Bangalore. With a deep commitment to holistic and preventive care, Dr. Kavya Perla has built a strong reputation for managing a broad spectrum of acute and chronic medical conditions. Her clinical expertise, coupled with her compassionate communication style, makes her a trusted healthcare partner for patients across age groups. Dr. Kavya Perla holds an MBBS and DNB in General Medicine. Her medical journey has been grounded in critical care settings, outpatient consultation, and comprehensive internal medicine. She is recognised for her exceptional diagnostic accuracy, evidence-based treatments, and patient-centred approach to care. Her clinical interests lie in chronic disease management, critical care, and remote consultation models, especially relevant in today’s digitally connected healthcare ecosystem. Dr. Kavya is adept at managing lifestyle-related conditions such as hypertension, diabetes mellitus, and metabolic syndrome. She ensures timely screenings, medication adjustments, and lifestyle guidance tailored to each

patient’s needs. She pays special attention to early warning signs and preventive measures to help patients avoid long-term complications. In outpatient care, she evaluates a wide range of conditions, including respiratory infections, gastrointestinal issues, fever of unknown origin, thyroid dysfunction, and general fatigue syndromes. Her patients appreciate her methodical assessments, thorough investigations, and ability to explain diagnoses and treatment plans clearly. She is also trained in managing cardiac care, neurology-related conditions, and medical emergencies. Her background in critical care has given her strong clinical judgement and readiness to handle acute situations such as sepsis, acute exacerbation of chronic illnesses, and multi-organ dysfunction. In emergency scenarios, she coordinates immediate interventions with accuracy and composure, ensuring patient stabilisation and further referral when required. Dr. Kavya’s experience extends to telemedicine and remote consultations, which she utilises effectively to monitor patient progress, manage follow-ups, and ensure care continuity, particularly for the elderly and those with mobility issues. She leverages technology to maintain close connections with her patients while ensuring their privacy and clinical integrity. Patients value Dr. Kavya is known not just for her medical proficiency but also for her empathetic approach. She listens actively, builds a rapport, and always ensures her patients feel comfortable voicing their concerns. Her calm and supportive nature reassures patients and their families during both routine visits and critical health episodes. Dr. Kavya Perla speaks multiple languages, which enables her to communicate effectively with diverse communities in Bangalore and provide culturally sensitive care.

Fellowship & Membership

- IMA

Field of Expertise

- Thyroid Disorders
- Viral Fever
- Diabetes Mellitus
- Acute and Chronic Bronchitis
- Hypertension
- Tuberculosis
- Pneumonia
- Bronchial Asthma
- Dyslipidemia
- Viral & Bacterial Infections
- Anemia & PCOS

Languages Spoken

- English
- Telugu