



DR. SUDHA SAINATH KUDUMBALE

Specialist – Internal Medicine

Qualification

M.B.B.S | M.D. (General Medicine) | D.N.B. (General Medicine)

Overview

Dr. Sudha Sainath Kudumbale is an experienced internal medicine specialist in Bangalore. She is currently practising as a Specialist – Internal Medicine at Manipal Hospital Whitefield, Bangalore, where she provides expert care for a wide spectrum of acute and chronic medical conditions. Dr. Sudha is known for her evidence-based approach, warm patient interaction, and passion for preventive health, making her a trusted name among her patients. Dr. Sudha completed her MBBS and MD in General Medicine from Bangalore Medical College and Research Institute, followed by a DNB in General Medicine. She further honed her expertise in cardiac care with a Fellowship in Advanced Non-Invasive Cardiology from Lilavati Hospital and Research Centre, Mumbai. Her commitment to comprehensive internal medicine also led her to pursue a Fellowship in Diabetology from Christian Medical College, Vellore, with a focus on metabolic health and lifestyle interventions. Throughout her career, Dr. Sudha has trained and worked at several leading institutions, where she gained exposure to advanced diagnostics and managed high-profile patient cases with precision and discretion. Her clinical acumen extends across the management of

lifestyle diseases like diabetes, hypertension, thyroid illness, asthma, and cardiovascular conditions, as well as infectious diseases such as dengue, malaria, typhoid, tuberculosis, and more. A strong believer in patient education, Dr. Sudha believes in explaining the root cause of illnesses to empower her patients. She is a vocal advocate for lifestyle modification, gut health, and metabolic wellness, which she actively promotes through her research-backed blog. Her published research covers diverse topics such as subclinical hypothyroidism and heart failure, pulmonary function in metabolic syndrome, and dietary patterns in pre-diabetics. Her work has been published in peer-reviewed journals and as book chapters, with presentations at conferences such as KAPICON 2020. Dr. Sudha has received numerous accolades, including the COVID Warrior Award in 2020, 2nd prize in the ADC Diabetes Quiz, and a reputation for excellence during her academic and clinical tenure. She is fluent in English, Kannada, Marathi, Telugu, and Hindi, which enhances her communication with patients across diverse linguistic backgrounds.

Fellowship & Membership

- Certified in Advanced Non-Invasive Cardiology - Lilavati Hospital and Research Institute, Mumbai
- Fellow in Diabetology (Cmc, Vellore)

Languages Spoken

- Hindi
- Kannada
- Marathi
- English
- Telugu

Awards & Achievements

- Covid Warrior Award - 2020
- 2nd Prize in Adc Diabetes Quiz in 2020
- Independently Dealt With Celebrity Patients in Lilavati Hospital, Mumbai
- Worked in Prestigious Institutes Like Jayadeva Institute of Cardiovascular Sciences and Research Centre, Nimhans Institute, Rgicd Bengaluru, Victoria Hospital, and Pmssy as a Part of Speciality and Superspeciality Hospital.
- Worked on Complicated Cases in Department of Non-Invasive Cardiology, Lilavati Hospital and Research Institute, Mumbai

Talks & Publications

- Original research article publication in the International Journal of Advances in Medicine: A study correlation of Pulmonary Function Test in patients with metabolic syndrome with different components of Metabolic Syndrome. DOI: [Click Here](#)
- Book chapter publication in New Advances in Medicine and Medical Science Vol. 6: A Study of the Correlation between Pulmonary Function Test and Different Components of Metabolic Syndrome in South Indian Patients with Metabolic Syndrome. DOI: 10.9734/bpi/namms/v6/10166F
- Original research article publication in the International Journal of Advances in Medicine: A study of association between serum TSH levels and severity of heart failure in subclinical hypothyroidism. DOI: [Click Here](#)
- Paper Presentation at state-level conference at KAPICON, 2020