



## **DR. SRI SAI NIVYA KILARI**

Consultant - Internal Medicine

### **Qualification**

MBBS | MD (General Medicine) | Fellowship in Diabetology

### **Overview**

Dr. Sri Sai Nivya is a compassionate and clinically versatile internal medicine specialist in Yelahanka with expertise in diabetes care and preventive health management. She is currently practising as a Consultant – Internal Medicine at Manipal Hospital Yelahanka, Bangalore, bringing over 8 years of clinical experience in managing acute illnesses, chronic medical conditions, and lifestyle-related disorders across diverse healthcare settings. With qualifications including MBBS, MD in General Medicine, and specialised training in Diabetology, Dr. Sri Sai Nivya has developed a strong foundation in comprehensive adult medical care. Her additional exposure to functional medicine and evidence-based diabetes management enables her to provide holistic and structured treatment plans tailored to individual patient needs. Her clinical practice focuses on the management of diabetes mellitus, hypertension, thyroid disorders, infections, metabolic conditions, and general medical illnesses. She adopts a detailed and patient-centric approach that includes careful clinical evaluation, interpretation of diagnostic findings, and long-term monitoring strategies. Her expertise in these areas contributes to her

recognition as one of the best internal medicine doctors in Yelahanka for preventive and chronic disease management. Dr. Sri Sai Nivya also has extensive experience in handling acute medical conditions and emergency presentations, ensuring timely diagnosis and evidence-based intervention. Her work across hospitals and wellness settings has strengthened her ability to integrate conventional medicine with preventive healthcare approaches, particularly in conditions influenced by lifestyle and metabolic health. Her consistent outcomes in these areas further establish her among the best internal medicine doctors in Yelahanka for comprehensive adult care. A significant aspect of her practice involves diabetes management and preventive healthcare, where she guides patients on medication optimisation, dietary regulation, lifestyle modification, and long-term risk reduction. She has undergone specialised diabetology training through the Royal Liverpool Academy, UK, and is also pursuing certification as a Functional Medicine Practitioner, reflecting her interest in integrative and preventive approaches to healthcare. She is experienced in counselling patients and families regarding disease prevention, long-term wellness, and sustainable lifestyle practices that support overall health outcomes. Known for her calm communication style and organised clinical approach, she ensures that patients clearly understand their diagnosis, treatment options, and preventive strategies. Fluent in English, Telugu, and Hindi, she communicates effectively with individuals from diverse backgrounds, making consultations more personalised and accessible.

### **Fellowship & Membership**

- Diabetology Training in Diabetes Mellitus From the Royal Liverpool Academy, UK
- Certified Functional Medicine Practitioner, IAFM

## Field of Expertise

- General Medicine
- Internal Medicine
- Diabetes Mellitus Management
- Chronic Disease Care
- Preventive Medicine
- Acute and Chronic Condition Management
- Diet, Activity, Hygiene and Disease-Prevention Counselling
- Patient and Family Education
- Functional Medicine Consultations
- Wellness-Focused Care
- Multidisciplinary Treatment Coordination

## Languages Spoken

- English
- Telugu
- Hindi

## Talks & Publications

- “Non-Syndromic Familial Atrial Myxoma Presenting as Stroke” – K. Sri Sai Nivya, Shyam Prasad CH, Spoorthi Kolla, HOD, and Swarna Latha Devi; International Journal of Advanced Research, 2016.
- “A Rare Case of Overlap Syndrome” – Spoorthi Kolla, K. Sri Sai Nivya, B. L. Prasad, Sarath Babu, Aswini Kumar, and G. Swarna Latha Devi; International Journal of Advanced Research, 2016