



DR. SRI SAI NIVYA KILARI

Consultant- Internal Medicine

Qualification

MBBS | MD (General Medicine) | Fellowship in Diabetology

Overview

Dr. Sri Sai Nivya Kilari is a dedicated Consultant Physician and Diabetologist with experience in general medicine, internal medicine, diabetes care, chronic disease management, preventive healthcare, functional medicine, and patient education. She has a strong background in diagnosing and treating a wide range of acute and chronic medical conditions and is known for her compassionate, clear, and structured approach to patient care. Her clinical practice focuses on understanding the patient's overall health profile, identifying the root cause of symptoms, and designing treatment plans that are practical, evidence-based, and personalised to the patient's medical needs. She completed her MBBS from NRI Medical College, Guntur, and pursued MD General Medicine from Alluri Sitaramaraju Institute of Medical Sciences, Eluru. She further trained in Diabetes Mellitus through the Royal Liverpool Academy, UK, and is also listed as a Certified Functional Medicine Practitioner through IAFM. Her educational and professional background gives her a broad foundation in internal medicine, with additional expertise in diabetes management, preventive care, and wellness-oriented treatment.

planning. As a physician, Dr. Sri Sai Nivya has experience in assessing patients with common and complex medical concerns such as fever, infections, fatigue, metabolic disorders, diabetes, hypertension, respiratory symptoms, gastrointestinal concerns, lifestyle-related illnesses, and chronic medical conditions that require long-term monitoring. Her role involves taking detailed patient histories, examining symptoms, reviewing medical reports, prescribing appropriate medications and therapies, monitoring patient progress, and modifying treatment plans when required. She is also experienced in educating patients and families about health conditions, helping them understand the importance of medication adherence, lifestyle modification, regular follow-ups, and preventive health measures. Her work in diabetology focuses on diabetes mellitus management, including evaluation, treatment planning, lifestyle guidance, monitoring of blood sugar levels, prevention of complications, and long-term disease control. She has a strong interest in counselling patients on diet, physical activity, hygiene, and disease prevention. This is particularly important in chronic disease management, where consistent patient awareness and active participation play a major role in improving outcomes. Her ability to communicate medical information clearly allows patients to better understand their condition and follow treatment recommendations with confidence. Dr. Sri Sai Nivya also brings experience in medical emergency handling, multidisciplinary coordination, and care for patients from varied age groups and backgrounds. Her CV highlights her strengths in diagnosis and prognosis, communication, responsibility, adaptability, time management, documentation, and patient-centred care. She has worked in different healthcare settings, including hospital-based care, outpatient consultations, senior residency, registrar-level responsibilities, wellness care, and online functional medicine consultations. This varied exposure has helped her develop a well-rounded approach to medicine that balances clinical accuracy with empathy and accessibility. In her previous roles, she has served as

Consultant Physician and Diabetologist, Registrar, Senior Resident, Part-time Consultant, Online Functional Medicine Practitioner, and Director of a wellness-focused healthcare setup. Her responsibilities have included treating acute and chronic illnesses, prescribing medications and therapies, reviewing allergies and immunisation status, monitoring treatment response, coordinating referrals, advising patients on preventive health practices, and maintaining accurate medical documentation. She has also been involved in patient education and digital health communication through her listed social media handle, where she shares health-related awareness content. Her areas of interest include general medicine, internal medicine, diabetes care, chronic disease management, preventive medicine, functional medicine, lifestyle counselling, wellness-based care, and patient education. She is fluent in English and Telugu, with upper-intermediate proficiency in Hindi. Dr. Sri Sai Nivya's practice is centred on building trust with patients, offering clear medical guidance, and supporting better long-term health through a combination of medical treatment, education, prevention, and lifestyle-focused care.

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