

DR. AISHWARYA KARTHIK NAGESH

Consultant - Obstetrics and Gynaecology

Qualification

MBBS | MS | MRCOG 1 (UK) | Fellowship in Minimally Invasive Gynaecology

Overview

Dr. Aishwarya Karthik Nagesh is an accomplished obstetrician and gynaecologist in Bangalore with specialised expertise in endoscopic (minimally invasive) surgery. She is currently practising as a Consultant - Obstetrics & Gynaecology at Manipal Clinic Indiranagar. With clinical interests that span high-risk pregnancies, endometriosis, hypertensive disorders in pregnancy, menstrual health, hygiene, and sustainable menstruation, Dr. Aishwarya brings a holistic and progressive perspective to women's healthcare. She is an expert gynaecologist in Indiranagar, Bangalore. Dr. Aishwarya holds an MBBS and MS in Obstetrics and Gynaecology, along with MRCOG Part 1 (Membership of the Royal College of Obstetricians and Gynaecologists, UK) and a Fellowship in Minimally Invasive Gynaecology from Manipal Academy of Higher Education (MAHE). Trained at some of the country's most prestigious medical institutions, she combines academic excellence with extensive hands-on experience. Her approach is grounded in evidence-based practice yet deeply personal, placing patient comfort, trust, and empowerment at the core of every interaction. A university rank holder and recipient of the "Dr. Reddy's Laboratory Prize" for Best Outgoing Postgraduate in 2022, Dr. Aishwarya has consistently demonstrated outstanding performance in both academics and clinical care. Her research work includes studies on perinatal outcomes of COVID-19 in pregnancy and risk factors of ectopic pregnancy, and she has authored several chapters in a comprehensive book on preeclampsia, contributing insights into monitoring, surveillance, and postpartum care. With a compassionate and evidence-based approach, Dr. Aishwarya focuses on empowering her patients through education and shared decision-making. She is particularly skilled in performing laparoscopic and robotic surgeries for gynaecological conditions and is adept at tailoring treatment strategies to suit individual health profiles and reproductive goals. She believes that every woman deserves personalised care that not only treats symptoms but also supports overall well-being. Known for her calm, approachable nature, Dr. Aishwarya ensures that her patients feel heard, respected, and actively involved in their care decisions. Beyond the clinical setting, she is a passionate advocate for menstrual equity and sustainability and regularly contributes to public health education and awareness initiatives. Her work reflects a strong commitment to not just treating conditions but transforming conversations around women's health. Blending advanced surgical skill with warmth, empathy, and advocacy, Dr. Aishwarya Karthik embodies the values of modern, patient-first healthcare.

Fellowship & Membership

- Fellowship in Minimally Invasive Gynaecology, MAHE.

Field of Expertise

- High-Risk Pregnancy
- Hypertensive Disorders in Pregnancy
- Endometriosis

- Menstrual Hygiene and Sustainable menstruation
- Laparoscopy
- Robotic surgery

Languages Spoken

- English
- Hindi
- Kannada
- Tamil

Awards & Achievements

- “Dr. Reddy’s Laboratory Prize” for the ‘Best Outgoing Postgraduate’ in the Year 2022
- RGHHS Rank Holder – 3 Medals at University Level
- Third place for presenting a poster case presentation at ‘Gnanavarsha’ by the Bangalore society of Obstetrics and Gynaecology, BSOG (2021)
- 'Best Poster' for a poster presentation at the Global Conference on Gynaecological Ultrasound (GynoUS) certified by the International Society of Ultrasound in Obstetrics and Gynaecology (ISUOG) 2024.
- Award of Merit for securing a place in the 'Top 5' in the Prof. Charles Koh Laparoscopic Vertical Zone Suturing Competition at the 24th Annual Congress of Asia Pacific Association for
- Gynaecologic Endoscopy & Minimally Invasive Therapy (APAGE 2024)

Talks & Publications

- Published: Perinatal Outcomes of Covid-19 in Pregnancy in a Tertiary Care Centre in South India, JSAFOG (Deepa R, Nagesh AK, Thomas A, et al. Perinatal Outcomes of COVID-19 in Pregnancy in a Tertiary Care Centre in South India. J South Asian Feder Obst Gynae 2022; 14(6): 724–729.)
- Polycystic Ovaries: A Gynaecologist's Perspective, in Karnataka Endocrine Society Journal, 6th Issue, October 2024
- Defended a thesis: 'A Case Control Study to Analyse the Risk Factors of Ectopic Pregnancy' and submitted it to Rajiv Gandhi University of Health Sciences
- Chapters: Authored three chapters for "Pre-Eclampsia - An Enigma unravelled", a comprehensive book on preeclampsia which is a collaborative effort between the SMFM (I) & ISOM (International Society of Obstetric Medicine), namely:
 - Checklists and Protocols to follow in Preeclampsia
 - Intrauterine Foetal Demise in Preeclampsia
 - Anaesthesia Considerations in women with Preeclampsia
- Have been an reviewer and editor for multiple chapters of the same book, "Pre-Eclampsia – An Enigma unravelled", a comprehensive book on preeclampsia which is a collaborative effort between the SMFM (I) & ISOM [International Society of Obstetric Medicine], such as
 - Monitoring and Surveillance in Preeclampsia
 - Postpartum Hypertension and Care
 - Prematurity in Preeclampsia