

DR. SHARAT D HEGDE

Consultant – Internal Medicine

Qualification

MBBS | DNB (Internal Medicine)

Overview

Dr. Sharat D. Hegde is a skilled internal medicine specialist in Jayanagar, Bangalore, currently practising as a Consultant – Internal Medicine at Manipal Hospital Jayanagar. With over 15+ years of clinical expertise, Dr. Sharat is known for his comprehensive and compassionate approach to adult and geriatric healthcare, preventive medicine, and chronic disease management. His expertise spans a broad spectrum of issues, including diabetology, hypertension, nephrology, infectious diseases, rheumatology, and critical care medicine, making him one of the best internal medicine doctors in Jayanagar, Bangalore. Dr. Hegde completed his MBBS from Shri B.M. Patil Medical College, Bijapur, under Rajiv Gandhi University of Health Sciences, followed by his DNB in Internal Medicine from the National Board of Examinations, New Delhi. He has demonstrated exceptional proficiency in clinical diagnosis and procedural skills, particularly in managing patients with complex multisystem disorders. Over the years, Dr. Sharat's practice has evolved to integrate evidence-based medicine with a patient-centred approach, ensuring that each individual receives holistic and tailored care. His extensive clinical acumen covers a range of conditions such as diabetes mellitus, gestational diabetes, hypertension and pregnancy-induced hypertension, stroke, transient ischemic attacks, infectious and autoimmune diseases, and chronic kidney disorders requiring dialysis. In addition to managing chronic conditions, Dr. Sharat is adept in critical care and ICU management, with hands-on experience in advanced procedures including coronary angiograms, jugular and femoral catheterisation, pulmonary function testing, ECG and echocardiogram interpretation, and ventilatory support using BiPAP and CPAP systems for sleep apnoea and respiratory disorders. Dr. Hegde also possesses substantial experience in the nephrology and gastroenterology domains, performing and interpreting dialysis procedures, endoscopy, colonoscopy, and ERCP. His multidisciplinary expertise enables him to provide well-rounded care for patients with overlapping conditions, bridging the gap between various specialties. Beyond his clinical work, Dr. Sharat has a rich academic background. He served as a Faculty Member in the Postgraduate DNB Training Programme at The Bangalore Hospital from 2009 to 2018, where he mentored residents and postgraduate students in internal medicine. In recent years, Dr. Hegde's focus on preventive health, lifestyle modification, and geriatric care has been especially noteworthy. He advocates for early detection and management of non-communicable diseases through structured screening and wellness programmes, aiming to enhance the quality of life for his patients. His keen interest in immunology and infectious disease management, including COVID-19 treatment and post-infection care, further highlights his adaptability and commitment to advancing patient care in evolving healthcare landscapes. Dr. Sharat D. Hegde continues to exemplify excellence in internal medicine through his dedication, diagnostic acumen, and ethical clinical practice. His patients value not only his depth of medical knowledge but also his approachable demeanour and unwavering focus on comprehensive, long-term wellness.

Field of Expertise

- Diabetes mellitus & gestational diabetes
- Hypertension
- PIH & geriatric care
- Stroke

- TIA & headache disorders
- Critical care & ICU management
- Nephrology (dialysis, haemodialysis, peritoneal dialysis)
- Gastroenterology (upper GI endoscopy, colonoscopy, ERCP)
- Pulmonology (sleep studies, BiPAP/CPAP, OSA management)
- Rheumatology, immunology & infectious diseases
- COVID-19 management

Languages Spoken

- English
- Kannada
- Hindi

Talks & Publications

- Faculty member, Post Graduate Training in DNB program at The Bangalore Hospital (2009–2018).