



Dr Sundeep Kumar Upadhyaya

MBBS, MD, DM 30+ Years Experience

Dr Sundeep Kumar Upadhyaya is a top Rheumatologist in Delhi at Apollo Hospitals Delhi, Apollo Hospitals Noida . Book appointment online with Dr Sundeep Kumar Upadhyaya at Ask Apollo.

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Overview

Dr. Sundeep Kumar Upadhyaya is a highly skilled and experienced rheumatologist based in South Delhi, with over 30 years of dedicated practice in the field of rheumatology. Holding the prestigious qualifications of MBBS, MD, and DM, Dr. Upadhyaya integrates his extensive knowledge with a compassionate approach to patient care. His expertise encompasses a broad range of rheumatological conditions, enabling him to accurately diagnose and effectively treat disorders affecting the joints, muscles, and bones. Dr. Upadhyaya is committed to improving the quality of life for his patients through comprehensive treatment plans and ongoing management strategies. Fluent in multiple languages including English, Hindi, Bhojpuri, Marathi, Gujarati, Bengali, Kashmiri, and Malayalam, he is adept at communicating with a diverse patient demographic, ensuring that all individuals receive personalized care tailored to their needs. Dr. Upadhyaya's reputation as a reliable and empathetic physician has earned him a loyal patient following in the region.

As a part of the Apollo healthcare network, he adheres to the highest standards of clinical practice and patient safety. His passion for rheumatology, combined with his vast experience, allows him to stay at the forefront of emerging treatments and practices in the field. Patients can trust Dr. Upadhyaya for his depth of knowledge and commitment to excellence in rheumatological care, making him a standout choice for anyone seeking specialized medical attention.

Experience

- 20 Years of experience Registrar SGPGIMS (Immunology Rheumatology) 1996 to 1999
- New Delhi Indraprastha Apollo Hospitals August 2003 till date
- MBBS, MD, 1986-1996 University Allahabad Training PG- Medicine
- 1996-1999 (Rheumatology – Immunology) at SGPGIMS Lucknow
- Sr. consultant Apollo Hyderabad, Rheumatology Immunology 1999 to 2003
- 2003 to current – Senior Consultant Rheumatologist at Indraprastha Apollo Hospitals, New Delhi and Apollo Hospitals Noida, UP- (Sec 26).

Membership

- Member IRA
- Member API
- Member DRA

Research and Publication

- A. Journal of Rheumatology (Intl.) Journal of Indian Rheumatology Association Apollo Medicine
- Complement and cell mediated cytotoxicity by antiendothelial cell antibodies in Takayasu's arteritis. Authors: Naresh Tripathi, Sundeep Kumar Upadhyaya, Nakul Sinha, Sonia Nityanand. Journal of Rheumatology, 2001 April; 28(4):805-8.
- Methotrexate in Seronegative Spondyloarthropathy; results of a double-blind placebo
- controlled drug trial. Authors: Sundeep K Upadhyaya, Amita Aggarwal, Ram Nath Misra. Journal of Indian Rheumatology Association, 2004 March; 12(1):6-10.

- Evolving role of Biological Response Modifiers in the management of Arthritis and Spondylitis. Author: Sundeep K Upadhyaya. Apollo Medicine, 2005 June; 2(2):107-110.
- Use of Anti-TNF alpha agents (Infliximab and Etanercept) in Rheumatoid Arthritis and Ankylosing Spondylitis: experience of a Rheumatology practice at Apollo Hospital, India. Author: Sundeep K Upadhyaya. Apollo Medicine, 2005 June; 2(2):147-9.
- Management of Rheumatic Disease in Pregnant and nursing women. Author: Sundeep Kumar Upadhyaya. Apollo Medicine, 2006 March; 3(1):35-38.
- Limited Wegener's Granulomatosis: an exception to the the Pulmonary- Renal syndrome; a systematic review of three cases and review of literature. Author: Sundeep Kumar Upadhyaya. Apollo Medicine 2006 September; 3(3):307-10.
- Immunotherapy for cancer with special reference to lung cancer. Author: Sundeep Kumar Upadhyaya. Apollo Medicine 2006 September; 3(3):277-84.
- Limited Wegener's Granulomatosis: an exception to the "Pulmonary-Renal Syndrome"; a systematic review of three cases and review of literature. Author: Sundeep K Upadhyaya. Apollo Medicine September 2006;3(3):307-310.
- Lack of clinical association with antibodies to ribosomal P protein in Indian patients with Systemic Lupus Erythematosus. Authors: Vinod Chandran, Sundeep Kumar Upadhyaya, Nigil Haroon, Amita Aggarwal, Ramnath Misra. Journal of Rheumatology, 2006 October; 33(10):1987-9
- Pulmonary hypertension in connective tissue disease. Authors: SK Upadhyaya, A Kumar. Indian Journal of Rheumatology, 2007 September; 2(2):114-9.
- Musculoskeletal Disease in Primary Hyper-parathyroidism-Review of literature and Case report. Authors: Sundeep K Upadhyaya, NidhiMalhotra, Harsh Rastogi, Ambrish Mittal, Uma Ravishankar, CM Malhotra. Apollo Medicine March 2009;1(6):46-50.
- The management of neonatal lupus syndrome. Algorithms Author: Sundeep Kumar Upadhyaya. Apollo Medicine. Apollo Medicine September 2012;9(3):280-1.
- New and Emerging therapies for Rheumatoid Arthritis. Author: Sundeep K Upadhyaya. Apollo Medicine March 2009;1(6):51-54.
- The management of neonatal lupus syndrome. Algorithms. Author: Sundeep K Upadhyaya. Apollo Medicine. September 2012;3(9):280-281.
- Treatment of Early Rheumatoid Arthritis. Algorithms. Author: Sundeep Kumar Upadhyaya. Apollo Medicine. December 2012; 4(9):345-346.
- Treatment of Established Rheumatoid Arthritis. Algorithms. Author: Sundeep Kumar Upadhyaya. Apollo Medicine. December 2012;4(9):347-348

- The lung in Connective Tissue Disorders - A Hospital based prevalence study with clinical and Radiological Analysis of Cases – A Thesis by Dr. Shreeja Kumar. Guide – Dr. Sanjay Sobti, Co-guide- Dr. Sundeep Upadhyaya (In Press)
- Treatment of lupus nephritis in adult patients. Algorithms. Author Sundeep K Upadhyaya. Apollo Medicine. March 2013;1(10):85-86.
- Immunology of type-I diabetes: The journey from animal models to human therapeutics. Author: Sundeep K Upadhyaya. Apollo Medicine. June 2013;2(10):105-107.
- Rheumatic manifestations in diabetes mellitus patients. Authors: Bhowmik Meghnathi, Sundeep K Upadhyaya. Apollo Medicine. June 2013;2(10):126-133.
- Antibodies to Tumor Necrosis Factors in the Treatment of Rheumatoid Arthritis and Spondyloarthritis: The Basic Science, Clinical Science and Unmet Needs; Results from a Single Center. Author: Sundeep K Upadhyaya. Open Journal of Rheumatology and Autoimmune Diseases, 2014, 4, 86-92. <http://dx.doi.org/10.4236/ojra.2014.42013>.

B. Clinical Research –

- Primary Investigator for Rheumatoid Arthritis
- for Jhonson & Jhonson Simponi ,phase IV trial - (RA)
- for Roche (ACT-SURE) - (RA)
- for Elli Lily (BCDM, BCDO) - (RA)
- for Elli-Lily (BCDY) and JADZ,JADX,JADY- (RA)

C.Current Clinical-Research-

- To assess the construct validity of SDAI, CDAI, and HAQ-DI as compared to DAS 28 in patients with Rheumatoid Arthritis in an `Indian Tertiary Care Multi-Specialty Corporate Hospital in Outpatient setting. (Dr. Bhowmik Meghnathi DNB Thesis project: Chief Guide).
- To assess the efficacy and safety of a single intra-articular injection of High Molecular weight Hyaluronic Acid in patients with Osteoarthritis of the knee. (Dr Himanshu Aggarwal DNB thesis project:Co-Guide)
- Vitamin D Deficiency in Rheumatoid Arthritis: Prevalence and Impact on Disease Activity & Ability. (Dr. Bhupendra Vaishnav DNB Thesis project: Co-Guide)
- D.Study of Serum TNF α , A.T.I. & Infliximaf concentration in patients with spondyloarthritis in treatment with Infliximaf (Dr. Abhishek Patil,DNB thesis project, Chief guide)

Frequently Asked Questions

1. Where does Dr. Sundeep Kumar Upadhyaya practice?

Dr. Sundeep Kumar Upadhyaya consults at Apollo Hospitals, Delhi. This location offers comprehensive healthcare services and advanced medical expertise.

2. Who is Dr. Sundeep Kumar Upadhyaya?

Dr Sundeep Kumar Upadhyaya is a renowned Rheumatologist with over 30 years of experience. He practices in Delhi at Apollo Hospitals Delhi. Dr Sundeep Kumar Upadhyaya holds a degree in MBBS, MD, DM. He provides treatments including Rheumatism Treatment, Rheumatoid Arthritis Treatment, Scleroderma Treatment.

3. Why do patients visit Dr. Sundeep Kumar Upadhyaya?

Patients seek Dr. Sundeep Kumar Upadhyaya's expertise for Scleroderma treatment and Rheumatological rehabilitation. His comprehensive approach to rheumatology makes him a sought-after specialist.

4. What is Dr. Sundeep Kumar Upadhyaya's specialization?

Dr Sundeep Kumar Upadhyaya specializes in Rheumatology. His key treatments include Rheumatism Treatment, Rheumatoid Arthritis Treatment, Scleroderma Treatment.

5. What are Dr. Sundeep Kumar Upadhyaya's medical qualifications?

Dr Sundeep Kumar Upadhyaya holds MBBS, MD, DM, reflecting his comprehensive education in the field of Rheumatology.

6. How many years of experience does Dr. Sundeep Kumar Upadhyaya have?

Dr. Sundeep Kumar Upadhyaya has 30 years of experience in rheumatology. His extensive experience spans several years and locations.

7. What is patient feedback for Dr. Sundeep Kumar Upadhyaya?

Dr. Sundeep Kumar Upadhyaya has received positive feedback from nine patients, with seven sharing their experiences. Detailed patient testimonials are available.

8. Who is a Rheumatologist?

A rheumatologist is a medical specialist, often with a background in internal medicine or pediatrics, who diagnoses and treats musculoskeletal and autoimmune diseases such as

rheumatoid arthritis. They possess expertise in conditions affecting joints, muscles, and the immune system.

9. What diseases does a rheumatologist treat?

Rheumatologists specialize in treating various musculoskeletal and autoimmune diseases. These include, but are not limited to: rheumatoid arthritis, osteoarthritis, gout, lupus, psoriatic arthritis, spondyloarthropathies, tendinitis, and chronic back pain.

10. What symptoms necessitate a rheumatologist visit?

Consult a rheumatologist for symptoms such as back pain, joint pain, skin rashes, swollen joints, itching or dry mouth, recurring fevers, unexplained bruising, joint or back stiffness. These could indicate various rheumatic diseases requiring specialized care.