

# Dr Ashwathy Haridas

DM Nephrology MD Internal Medicine

9 + Years experience



Dr Ashwathy Haridas is a top Nephrologist in Mumbai at Apollo Hospitals Navi Mumbai . Book appointment online with Dr Ashwathy Haridas at Ask Apollo.

## Hospitals

[Apollo Hospitals, Mumbai](#)

## Doctor's Working Weekdays

Mon-Sat

## Doctor's Working Hours

10:00-19:00

## Doctor's Slot Timings

MON - 17:00 -19:00 TUE - 17:00 -19:00 WED - 17:00 -19:00 THU - 17:00 -19:00 FRI - 17:00 -19:00 SAT - 17:00 -19:00  
MON - 17:00 -19:00 TUE - 17:00 -19:00 WED - 17:00 -19:00 THU - 17:00 -19:00 FRI - 17:00 -19:00 SAT - 17:00 -19:00  
MON - 10:00 -16:00 TUE - 10:00 -16:00 WED - 10:00 -16:00 THU - 10:00 -16:00 FRI - 10:00 -16:00 SAT -

10:00 -16:00 MON - 10:00 -16:00 TUE - 10:00 -16:00 WED - 10:00 -16:00 THU - 10:00 -16:00 FRI - 10:00 -16:00 SAT - 10:00 -16:00

## Overview

Dr Ashwathy Haridas is a distinguished Nephrologist based at Apollo Hospitals Navi Mumbai. With an impressive 9 years of experience in the medical field, she has dedicated her career to providing exceptional healthcare services to patients. She holds DM Nephrology MD Internal Medicine, showcasing her extensive training and commitment to medical excellence. She is proficient in multiple languages, ensuring effective communication with a diverse range of patients.

She is known for her patient-centric approach, emphasizing the importance of understanding each patient's unique needs and medical history. Her expertise encompasses a wide range of conditions related to Nephrology, enabling her to deliver precise diagnoses and treatments. She ensures that patients receive care tailored to their individual health requirements.

In her practice, Dr Ashwathy Haridas goes beyond treatments by educating patients about their health conditions. This empowers individuals to take active roles in managing their health and making informed decisions. By fostering a supportive and understanding environment, she builds trust and ensures long-term health management strategies for patients.

Dedicated to staying updated with advancements in her field, Dr Ashwathy Haridas actively collaborates with other healthcare professionals to provide comprehensive care. Her commitment to improving health outcomes continues to leave a lasting impact on the lives of her patients, solidifying her reputation as a trusted name in Nephrology.

## Experience

- Internal Medicine at LTMMC Hospital Mumbai (2011-2014)
- DM Nephrology from Seth GS Medical College and KEM Hospital, Mumbai (2014-2017)

- Working as a consultant nephrologist and transplant physician In Navi Mumbai since 2017

## Awards

President, Association of Plastic , Reconstructive and Aesthetic Surgeons (AP & Telangana), 2020 - 2022

## Research and Publication

- Metronidazole-Induced Encephalopathy in Chronic Diarrhoea.

[\*Journal of Clinical Pharmacy and Therapeutics\*](#)

- Recovery of kidney function after AKI because of COVID-19 in kidney transplant recipients

*Transpl Int. 2021 Jun; 34(6): 1074-1082*

- Does COVID-19 increase tacrolimus levels in kidney transplant recipients?

[\*Volume 47, Issue 5 p. 707-708\*](#)

*J Assoc Physicians India. 2015 Jun;63(6):77-9*

## Special Interests

Her areas of special interest and expertise lie in Glomerulonephritis, Autoimmune kidney diseases, kidney disease in women, Kidney transplantation.

She also has special interest and expertise in ABO incompatible kidney transplants.

## **Membership**

She holds Certifications & Professional Memberships like:

- MEMBER OF INDIAN SOCIETY OF NEPHROLOGY
- MEMBER OF INTERNATIONAL SOCIETY OF NEPHROLOGY
- MEMBER OF AMERICAN SOCIETY OF NEPHROLOGY

## **Frequently Asked Questions**

### **Where does Dr. Ashwathy Haridas practice?**

Dr. Ashwathy Haridas currently practices at Apollo Hospitals Navi Mumbai, located in Mumbai.

### **Who is Dr. Ashwathy Haridas?**

Dr. Ashwathy Haridas is a highly experienced Nephrologist with 9 years of expertise in the field. She is known for providing exceptional patient care and advanced medical treatments.

### **Why do patients choose Dr. Ashwathy Haridas?**

Patients trust Dr. Ashwathy Haridas for her expertise, patient-centric approach, and commitment to providing the highest standard of care. She is well-versed in the latest medical advancements and ensures personalized treatment for every patient.

### **What is Dr. Ashwathy Haridas's specialization?**

Dr. Ashwathy Haridas specializes in Nephrology, with expertise in Dialysis, Kidney Transplant, Blood Pressure Management, Nephrectomy, Urinary Electrolyte Management.

### **What are Dr. Ashwathy Haridas's medical qualifications?**

Dr. Ashwathy Haridas holds prestigious qualifications, including DM Nephrology MD Internal Medicine.

### **How many years of experience does Dr. Ashwathy Haridas have?**

Dr. Ashwathy Haridas has 9 years of experience in the medical field, treating various conditions related to Nephrology.

### **How can I book an appointment with Dr. Ashwathy Haridas?**

You can book an appointment with Dr. Ashwathy Haridas through:

Online: Visit [<https://www.apollohospitals.com/book-doctor-appointment/>](<https://www.apollohospitals.com/book-doctor-appointment/>) to schedule an appointment.