

DR. UPAL SENGUPTA

Director - Team Nephrology and Consultant - Nephrology and Kidney Transplant

Qualification

MBBS | MD | DM (Nephrology) | PGIMER Chandigarh | FICP | Preceptorship in ABO Incompatible Kidney Transplant

Overview

Dr. Upal Sengupta serves as the Director - Team Nephrology and Consultant - Nephrology and Kidney Transplant at Manipal Hospitals, Broadway. With over 17 years of clinical experience, Dr. Sengupta is recognised as one of the region’s leading nephrologists, known for his expertise in complex kidney transplantation, critical care nephrology, and integrated kidney care. Dr. Sengupta completed his MBBS, followed by an MD in Internal Medicine, and then pursued a DM in Nephrology from the prestigious PGIMER, Chandigarh. He further underwent advanced training in ABO-incompatible kidney transplantation in Tokyo, Japan. His academic journey is complemented by a Fellowship of the Indian College of Physicians (FICP), reflecting his excellence in internal medicine and nephrology. Over the years, Dr. Sengupta has performed over 200 kidney transplantations, including ABO-incompatible and highly sensitised transplants. His clinical focus includes managing glomerular diseases (such as lupus nephritis and vasculitis), kidney failure in cardiac and liver disease patients, diabetic kidney disease across all stages, and kidney care for the elderly. He is

also an advocate for Cardio-Kidney-Metabolic (CKM) care, offering integrated management of cardiovascular, metabolic, and renal conditions. An expert in interventional nephrology, Dr. Sengupta routinely performs renal biopsies, AV fistula-related procedures, and tunnelled catheter insertions. He is also widely respected for his work in critical care nephrology, especially in managing kidney failure in patients with multi-organ conditions. Dr. Sengupta is a passionate academician and researcher. His pioneering work in stem cell therapy for glomerulonephritis has gained international recognition, including presentations at leading global conferences. He has published extensively in respected journals such as BMC Nephrology, Indian Journal of Nephrology, and Journal of the Indian Medical Association. His research spans transplant outcomes, chronic kidney disease, dialysis innovations, and more. In recognition of his service and contribution to medicine, Dr. Sengupta was awarded the Manav Seva Samman by the Governor of Chandigarh in 2012. He has also received several academic awards, including the Bronze Medal for academic excellence at PGIMER, the Abirlal Memorial Gold Medal in ENT, and the Silver Medal in Pharmacology. He has held key leadership roles in major conferences such as Chairman of the Scientific Committee at ISNEZCON 2024 and Co-Organising Secretary of HOPECON 2025. Dr. Sengupta is fluent in Bengali, Hindi, English, and Punjabi. Known for his collaborative and compassionate care approach, he emphasises patient education, transparent communication, and evidence-based treatment planning. As Director of the Nephrology Department at Manipal Hospitals, Broadway, he plays a key role in driving clinical excellence and mentoring future leaders in nephrology. Dr. Upal Sengupta’s unmatched blend of clinical expertise, academic leadership, and patient-centred care makes him a trusted authority in kidney healthcare.

Fellowship & Membership

- Fellowship of the Indian College of Physicians (FICP)
- Member of the Indian Society of Nephrology (ISN)
- Member of the American Society of Nephrology (ASN)
- Member of the European Renal Association (ERA)

Field of Expertise

- Specialises in Nephrology, with clinical focus areas including chronic kidney disease, glomerular diseases (e.g., SLE, vasculitis), diabetic kidney disease (from early stages to advanced), and kidney care for the elderly.
- Expert in Kidney Transplants, including ABO-incompatible and highly sensitised transplants, with long-term experience in managing post-transplant infections and graft dysfunction.
- Extensive experience in Critical Care Nephrology, particularly in treating kidney failure in patients with heart or liver diseases
- Special interest in Cardio-Kidney-Metabolic (CKM) care, with a focus on the integrated management of cardiovascular, renal, and metabolic disorders.
- Skilled in Interventional Nephrology, such as Renal Biopsies, AV Fistula-related procedures, and Tunnelled Dialysis Catheter Insertions with precision.

Languages Spoken

- Bengali
- English
- Hindi
- Punjabi

Awards & Achievements

- Recognised as University Topper in Pharmacology, ENT
- Conferred with Manav Seva Samman from the Governor of Chandigarh, 2012
- Awarded the Bronze Medal (Second Order) by PGIMER, Chandigarh, for outstanding performance in MD Internal Medicine, 2010
- Awarded the Abirlal Memorial Gold Medal in Otorhinolaryngology in 2002
- Felicitated with a Silver Medal in Pharmacology in 2001
- Chairman, Scientific Committee: East Zone Conference of the Indian Society of Nephrology (ISNEZCON), 2024
- Co-Organising Secretary of HOPECON 2025, the Fourth Edition of the Comprehensive Multidisciplinary Medi-Educare Conference organised by the Kolkata Nurture Foundation, in association with Uni Edu Health and Valmiki Healthcare.

Talks & Publications

- Principles and Practical Guidelines for Prescribing Drugs in Renal Disease - To be published by Kothari Group
- Infusion of Autologous Bone Marrow Mononuclear Cells Leads to Transient Reduction in Proteinuria in Treatment Refractory Patients with Idiopathic Membranous Nephropathy - Abstract accepted by the American Society of Nephrology, Presented at the Annual Meeting, November 2012, San Diego.
- Zygomycetes Peritonitis in Ambulatory Peritoneal Dialysis: Case Report and Review of Literature - Published in Indian Journal of Nephrology, July 2014, Volume 24, Issue 4, Page 253.
- Infusion of Autologous Bone Marrow Mononuclear Cells Leads to Transient Reduction in Proteinuria in Treatment Refractory

Patients with Idiopathic Membranous Nephropathy - Published by Sengupta et al. in BMC Nephrology, 2013, Volume 14:262.

- Higher Prevalence of Asymptomatic Renal Stones in Diabetic Population: Do We Need to Screen Routinely? - Published in International Journal of Scientific Research, May 2017, Volume 6, Issue 5, ISSN: 2277-8179, Impact Factor: 4.176, IC Value: 78.46, Second Author.
- A Comparative Study of Clinical Features and Severity of Dengue Outbreaks Between Two Successive Years in a Tertiary Care Hospital in Kolkata: Are We Facing a Bigger Challenge? - Published in Indian Journal of Basic and Applied Medical Research, December 2016, Volume 6, Issue 1, Pages 612–623, Second Author, Study conducted in Kolkata.
- A Comparative Study of Clinical Presentation of Scrub Typhus Patients Between Pre- and Post-Monsoon Clusters in a Tertiary Care Hospital in Kolkata - Published in Journal of the Indian Medical Association, April 2022, Volume 120, No. 4, Corresponding Author, Study conducted in Kolkata.
- A Study of Clinical Presentations of Chronic Lead Poisoning in Adults - Published in Journal of the Indian Medical Association, August 2021, Volume 119, No. 8, Second Author.
- Protein Restriction in Adults with Chronic Kidney Disease, with or Without Diabetes: IDEA Consensus Statement for Indian Patients Published in Diabetes & Metabolic Syndrome: Clinical Research & Reviews, 2023 - Volume 17, Article 102785, Consensus statement by Integrated Diabetes and Endocrine Academy.
- Management of Asymptomatic Hyperuricemia: IDEA Consensus Statement - Published in Diabetes & Metabolic Syndrome: Clinical Research & Reviews, 2020, Volume 14, Pages 93–100, Consensus statement by Integrated Diabetes and Endocrine Academy.
- Review Article on Hemodiafiltration - Published in Journal of the

Indian Medical Association> (JIMA), August 2013.

- Principal Investigator - Associated with clinical research as Principal Investigator of multinational multicenter trials.
- Presentations & Speaking Engagements - Eminent speaker in national and international nephrology forums.