



DR. ASHLESHA SHUKLA

Associate Consultant - Rheumatology

Qualification

M.B.B.S. (Gold Medalist) | M.D. (General Medicine) | D.M. (Clinical Immunology and Rheumatology)

Overview

Dr. Ashlesha Shukla began her medical career at J.N.M. College in Wardha, where she built a strong academic foundation. During her M.B.B.S. studies, she excelled both academically and clinically. She graduated as the final-year university topper and received Gold Medals in Community Medicine and Pediatrics, highlighting her dedication and consistent performance. Following her M.B.B.S., Dr. Shukla pursued her postgraduate degree in General Medicine. Over three years, she gained extensive experience in diagnosing and managing various medical conditions. During the COVID-19 pandemic, she worked actively in intensive care and COVID wards, contributing to the care of critically ill patients. She also presented her original research on Rheumatoid Arthritis at APICON 2020, showcasing her early interest in autoimmune diseases. Her academic efforts led to a published research article in the Journal of Laboratory Physicians, which explored the importance of red cell and platelet distribution in ICU settings. She is the best Rheumatologist in Cuttack. Dr. Shukla recently completed her super-speciality training in Clinical Immunology and Rheumatology, focusing on autoimmune and rheumatic conditions. As part of her

training, she became skilled in musculoskeletal ultrasound, joint-related procedures, and minor biopsies, along with performing advanced immunological tests like ANA. She has received an IRA GRANT for her original research work in Rheumatoid Arthritis. She actively participated in various rheumatology conferences and received recognition for her work, earning awards at EZRACON 2024 and IRACON Odisha in 2022, 2023, and 2024. Her D.M. dissertation involved studying the effectiveness of different drug combinations for rheumatoid arthritis patients who do not adequately respond to methotrexate alone. She has also contributed to international journals such as Arthritis & Rheumatology and attended workshops on MRI in rheumatology, musculoskeletal imaging, and autoantibody diagnostics. She is widely appreciated for her empathetic and patient-focused approach, ensuring patients feel understood, supported, and involved in their treatment. She is proficient in Hindi, English, and regional languages like Oriya, Chhattisgarhi and Marathi, allowing her to communicate effectively with a wide range of patients. She simplifies complicated medical information and relates well to her patients, which has helped her earn trust and respect in her area of expertise.

Fellowship & Membership

- Indian Rheumatology Association (IRA)
- APLAR Young Rheumatologist (AYR)
- Association of Women in Rheumatology (AWIR)

Field of Expertise

- Arthritis and soft tissue Rheumatism- Rheumatoid, Osteoarthritis, Ankylosing Spondylitis, Osteoporosis, Fibromyalgia, etc
- Connective tissue Disease- Lupus, Systemic Sclerosis, Myositis,

Vasculitis, etc

- Juvenile and pediatric rheumatic disorders
- Musculoskeletal ultrasound and intraarticular joint injections, Skin biopsy, Minor salivary gland biopsy
- Immunology Laboratory - ELISA, Flowcytometry, Indirect Immunofluorescence Reading

Languages Spoken

- Hindi (Native)
- English
- Oriya
- Chhattisgarhi
- Marathi

Awards & Achievements

- Passed M.B.B.S with distinction in the subjects of Microbiology, Pharmacology, ENT, Pediatrics and received a Gold medal with the hands of Honourable health minister of India, Shri Jagat Prakash Nadda, in the subjects of Pediatrics, Community Medicine and 2nd Final Year University Topper.
- 3rd Prize in Oral Paper Presentation titled "Comparing Efficacy Of Combination Therapy: Leflunomide, Sulfasalazine Or Tofacitinib With Methotrexate In Rheumatoid Arthritis With Methotrexate Inadequate Response - Randomized Open Label Study" at EZRACON/IRACON Odisha 2024.
- 2nd Prize in Oral Case Presentation titled "An Ordinary Finding In An Extraordinary Child" at 15th IRACON Odisha 2023.
- 2nd Prize in Poster Presentation titled "Aortitis as Initial Presentation of Acute Myeloid Leukemia" at 14th IRACON Odisha 2022.

- Grants:
- Indian Rheumatology Association IRA for original research work in 2022

Talks & Publications

- Samanta J, Amudalapalli A, Shukla A, Harish BV, Gadde S, Sahoo RR, Patro PS. Optimal bridging strategy in active early rheumatoid arthritis: a bridge falling short? Comment on the article by Krause et al. *Arthritis Rheumatol.* 2022 Dec;74(12):2044. doi: 10.1002/art.42302. Epub 2022 Oct 12. PMID: 35818723.
- Amudalapalli, A., Sahoo, R.R., Shukla, A. and Patro, P.S. (2025), Clinical Images: Painless subcutaneous swellings in a middle-aged man. *Arthritis Rheumatol*, 77: 118-118.
- Dubey, Ayush & Kumar, Sunil & Acharya, Sourya & Wanjari, Anil & Bawankule, Shilpa & Agrawal, Sachin & Shukla, Ashlesha. (2021). Impact of Red Cell and Platelet Distribution Width in Patients of Medical Intensive Care Unit. *Journal of Laboratory Physicians.* 13. 10.1055/s-0041-1730883.
- Workshop Attended:
- 70th National Autoantibody Workshop 13th - 16th February 2025 at SGPGI, Lucknow.
- MRI for Rheumatologist Workshop, 21st November 2024 at 39th Annual conference of Rheumatology Association- IRACON 2024, Bengaluru.
- Musculoskeletal Ultrasound Workshop, 22nd & 23rd November at the 38th Annual conference of the Rheumatology Association- IRACON 2023, Hyderabad.
- Autoantibody Workshop, 25th -30th July 2022 at Kalinga Institute Of Medical Sciences, Bhubaneswar.

