



## **DR. ANSHUL KUMAR**

Consultant - Endocrinology

### **Qualification**

MBBS | MD (Internal Medicine/General Medicine) | DM (Endocrinology)

### **Overview**

Dr. Anshul Kumar is a highly esteemed Senior Consultant Endocrinologist in Delhi. With an impeccable academic foundation and a robust clinical background, Dr. Kumar manages over 700 patients monthly, providing expert diagnosis and treatment for a vast spectrum of hormonal and metabolic conditions. His core areas of expertise include diabetes mellitus, thyroid diseases, polycystic ovary syndrome (PCOS), osteoporosis, and complex adrenal and pituitary disorders. As a specialist in this field, he employs comprehensive, evidence-based weight management strategies tailored to each patient's unique metabolic profile. He is highly experienced in utilizing the latest advanced pharmacological therapies, including GLP-1 receptor agonists (such as Semaglutide) and dual GIP/GLP-1 receptor agonists (like Tirzepatide), to deliver cutting-edge anti-obesity care. Dr. Kumar boasts an exceptional academic record, having completed his MBBS from Pt. B.D. Sharma PGIMS, Rohtak, as well as his MD in Internal Medicine and DM in Endocrinology from SMS Medical College; all achieved successfully without any additional attempts. Furthermore, he holds a highly regarded Certificate in Evidence-Based Diabetes

Management from the Public Health Foundation of India, recognized by the International Diabetes Federation. Prior to joining Manipal Hospital, he served in key consultant roles at top-tier institutions, further solidifying his reliability. Beyond clinical excellence, Dr. Kumar is a passionate medical researcher and educator. He is a regular invited speaker at prestigious national conferences like DIPSI, RSSDI, and CMRE. His forward-looking research interests focus on the genetics of endocrine tumors, the application of bioinformatics, and studying the ""Asian Indian Phenotype"" to develop novel, population-specific diabetes management protocols. Known for his meticulous attention to detail and deeply empathetic approach, Dr. Kumar prioritizes clear communication and strong patient rapport. As a collaborative leader and dedicated physician, he continuously stays abreast of the latest medical advancements to ensure his patients receive the most innovative, compassionate, and effective endocrine care available.

### **Field of Expertise**

- Endocrinology
- Diabetes Mellitus
- Thyroid Disorders
- PCOS
- Obesity & Metabolic Health
- Osteoporosis
- Pituitary Disorders
- Adrenal Disorders
- Endocrine Tumours
- Metabolic Disorders
- Rare Endocrine Diseases
- Diabetes Management
- Obesity Pharmacotherapy
- Hormonal Disorders

## Languages Spoken

- English
- Hindi

## Awards & Achievements

- Third position in National Endocrinology Quiz at ESICON 2019, Nagpur
- Poster presented at ISBMR 2019: 'A case of fluorosis and hypoparathyroidism: A rare association'.
- Poster presented at ESICON 2019: 'A case of Pheochromocytoma and the role of Next Gen Sequencing'.
- Oral presentation at AESCON 2018: 'A Case report of Familial Pheochromocytoma'.
- Two E-Posters (Unusual Case Studies) at Annual Conference of Association of Physicians of India, Hyderabad, February 2016.
- Two oral papers at Rajasthan Chapter of Association of Physicians of India Conference, Salasar, 2015.
- Associate Editor, International Journal for Diabetes in Developing Countries (IJDDC).

## Talks & Publications

- Regular invited speaker at national-level medical conferences and CME programmes, including DIPSI (Diabetes in Pregnancy Study Group India), RSSDI Annual Conference and CMRE.
- Lectures and interactive sessions on diabetes management, obesity pharmacotherapy, thyroid disorders and metabolic disorders.
- Publications include research on diabetes and Asian Indian

phenotype, pituitary disorders, disorders of sexual development, endocrine neoplasia, autoimmune endocrine disorders, thyroid disease, bone and mineral metabolism, COVID-19 genetics and epidemiology, and other medical topics.

- Selected publications: Biomolecules (2020); Adipocyte (2019, 2020); Indian Journal of Endocrinology and Metabolism (2019, 2020, 2024); Journal of the Endocrine Society (2020); Thyroid Research and Practice (2018); Journal of Clinical and Diagnostic Research (2018); Journal of the Association of Physicians of India (2022); bioRxiv (2020); IOSR-JDMS (2016); ADDICTA: Turkish Journal of Addictions (2025).