

DR. ANIRBAN SINHA

Consultant - Diabetology and Endocrinology

Qualification

MBBS | MD Medicine | DM (Endocrinology)

Overview

Dr. Anirban Sinha is a leading consultant in the Department of Diabetology and Endocrinology at Manipal Hospitals, Dhakuria. He completed his Bachelor of Medicine and Bachelor of Surgery (MBBS), followed by a Doctor of Medicine (MD) in General Medicine. He further pursued a Doctorate of Medicine (DM) in Endocrinology from the Institute of Postgraduate Medical Education & Research. He has also earned a fellowship from the American College of Endocrinology. With over 14 years of experience, including 11 years as a specialist in the field, Dr. Sinha brings deep knowledge and compassionate care to his practice. He manages a broad spectrum of diabetes and endocrine disorders. In addition, Dr. Sinha provides evidence-based, personalised treatment plans for complex endocrine conditions. His clinical interests include diabetes management, thyroid disorders, adrenal and pituitary diseases, osteoporosis, reproductive endocrinology, and metabolic syndromes. In recognition of his academic and clinical excellence, Dr. Sinha has received several accolades, including the AV Gandhi Gold Medal for excellence in Endocrinology and the ‘Young Thyroidology Rising Star’ award from the Asia Oceania Thyroid Association. He

actively contributes to academic research, having authored multiple peer-reviewed articles and contributed to chapters in prominent medical textbooks. Dr. Sinha holds memberships in several prestigious medical societies, including the Indian Medical Association (IMA), the American Association of Clinical Endocrinologists (AACE), and the Research Society for the Study of Diabetes in India (RSSDI). He also serves as an associate professor of Endocrinology at Medical College, Kolkata, actively mentoring postgraduate students and contributing to academic development in the field. Fluent in Bengali, English, and Hindi, Dr. Sinha ensures effective communication with patients from diverse backgrounds, empowering them to take an active role in managing their health. His work exemplifies a blend of clinical excellence, research, education, and compassionate care.

Fellowship & Membership

- Fellowship from the American College of Endocrinology (FACE)
- Member of the Endocrine Society of India (ESI)
- Member of the American Association of Clinical Endocrinologists (AACE)
- Member of the Association of Physicians of India (API)
- Member of the Diabetes Association of India (DSI)
- Member of the Research Society for the Study of Diabetes in India (RSSDI)
- Member of the Endocrine Society of the USA.
- Member of the Indian Society for Bone & Mineral Research (ISBMR)
- Member of the Indian Medical Association (IMA)
- Member of the Indian Thyroid Society (ITS)
- Member of the European Association for the Study of Diabetes (EASD)

Field of Expertise

- Specialises in the diagnosis and management of diabetes mellitus, including type 1 and type 2 diabetes.
- Proficient in treating thyroid disorders, including hypothyroidism, hyperthyroidism, and autoimmune thyroid diseases.
- Expertise in adrenal and pituitary disorders, addressing hormonal imbalances affecting metabolism, stress response, and growth.
- Skilled in managing metabolic bone disorders such as osteoporosis and vitamin D deficiency-related conditions.
- Focused on Reproductive Endocrinology, including menstrual irregularities, polycystic ovary syndrome (PCOS), and infertility.
- Experienced in Paediatric Endocrinology, treating growth disorders, puberty-related conditions, and congenital hormonal abnormalities.
- Special interest in obesity and its associated endocrine complications.

Languages Spoken

- Bengali
- English
- Hindi

Awards & Achievements

- AV Gandhi Gold Medal for Excellence in Endocrinology (2010)
- Gold Medallist in Endocrinology.
- ‘Young Thyroidology Rising Star’ Award by Asia Oceania Thyroid Association (2016)

Talks & Publications

- Neeraj Sinha, Animesh Maiti, Anirban Sinha, A.K. Basu, Chandra Das, Senior Resident: Study of Serum Testosterone Level in Males with Prediabetes, Before and After 3 Months of Metformin Therapy, in Patients Attending a Tertiary Care Hospital in West Bengal, Eastern India.
- Neeraj Sinha, A. Maiti, A. Sinha, A.K. Basu, T.C. Das, S. Raghuvanshi, S. Ghosh, Senior Resident: Vanishing Testes Syndrome: Report of Two Cases.
- Anirban Sinha: Heart Failure in Diabetes: A New Found Enemy? Volume 4 Issue 7 September 2019, EC Endocrinology and Metabolic Research.
- Srikanta Giria, Nisha Balmiki, Biswabandhy Bankura, Arup Kumar Pattanayak, Anirban Sinha, Tapas Kumar Das, Sudipta Chakrabarti, Subhankar Chowdhury, Madhusudan Das: Thyroid Peroxidase (Tpo) Gene Mutation in Hypothyroid Females and Its Association with Menstrual Disturbances and Abortion in the Population of West Bengal.
- Neeraj Sinha, Animesh Maiti, Anirban Sinha, A.K. Basu, Chandra Das, Faiyaz Ahmad Ansari, Senior Resident: Primary Hypothyroidism with Precocious Puberty and Pituitary Hyperplasia.
- Bhattacharjee Kingshuk, Basu Asish Kumar, Sinha Anirban, Swar Subir Chandra, Maiti Animesh, Devarbhavi Praveen: Evaluation of Metabolic, Hormonal, and Clinical Parameters in Different Phenotypes of Polycystic Ovary Syndrome: An Observational Study from a Tertiary Care Center in Eastern India. DOI: 10.15406/Jdmdc.2018.05.00164
- Biplab Mandal, Ravindra Shukla, Ak Basu, Anirban Sinha, Animesh Maiti, Kingshuk Bhattacharjee: Association of ABO Blood Groups with Type-2 Diabetes Mellitus and Its

Complications. DOI: 10.15406/Jdmdc.2018.05.00130

- Usha Rani Pegu, Anirban Singha, Dibyajyoti Borah, Uttam Kumar Nath, Naruttam Sonowal: A Case Report on Sheehan's Syndrome with Iron Deficiency Anaemia - A Haematological Perspective of Panhypopituitarism. DOI: 10.18410/Jebmh/2017/405
- Praveen Devarbhavi, Animesh Maiti, Anirban Sinha, Asishkumar Basu, Satyam Chakraborty, Lakshmi Dey, Subir Swar, Kingshuk Bhattacharjee: Rituximab Therapy in Steroid Resistant Thyroid Associated Ophthalmopathy. 01/2017; 66(2017):17-20, DOI: 10.5348/Crint-2017-36-Cr-5
- S. Chakraborty, Bhattacharjee, Laiti A., Sinha A., Devarbhavi P., Das T.C.: Adrenal Histoplasmosis in an Immunocompetent Individual - A Rare Case Report
- Anirban Sinha: Effect of Metformin on Serum Thyrotropin (Thyroid Stimulating Hormone) Levels in Hypothyroid Patients on Stable and Adequate Levothyroxine Doses with Diabetes or Pre-diabetes. DOI: 10.15226/2374-6890/3/6/00166
- Anirban Sinha, Satyam Chakraborty, Praveen Devarbhavi: All Hypogonadotrophic Hypogonadism Patients with Anosmia Are Not Kallmann's. International Journal of Current Research 09/2016; Vol. 8, (09): 38151-38157.
- Satyam Chakraborty, Ashish Kumar Basu, Animesh Maiti, Anirban Sinha, Praveen Devarbhavi: Endocrinology Case Report International Journal of Clinical and Diagnostic Research Hypogonadotrophic Hypogonadism with Synkinesia and Deranged Pituitary Profile: An Enigma of Findings and Dilemma in Diagnosis.
- Anirban Sinha, Biplab Mondal, Ravindra Kumar Shukla, Asish Basu, Satyam Chakraborty, Lakshmi Dey, Animesh Maiti: Association of ABO Blood Groups with Type-2 Diabetes Mellitus and Its Complications. DOI: 10.1007/S13410-016-0469-6
- Lakshmi Dey, Koushik Basu, Anirban Sinha, Animesh Maiti,

Satyam Chakraborty: Effect of High Dose Inhaled Steroids on Blood Glucose Level and Lipid Profile in Diabetic and Non-Diabetic Subjects with Asthma.

- Anirban Sinha: A Unique Case of Lamotrigine Induced Disorder of Sexual Differentiation. International Journal of Clinical Cases and Investigation, Vol. 6 Issue 4, 146-153, 1st July 2015.
- Deep Dutta, Indira Maisnam, Ankit Shrivastava, Anirban Sinha, Sujoy Ghosh, Pradip Mukhopadhyay, Satinath Mukhopadhyay, Subhankar Chowdhury: Author's Response. The Indian Journal of Medical Research 06/2014; 139(6):959-60.
- Deep Dutta, Indira Maisnam, Ankit Shrivastava, Anirban Sinha, Sujoy Ghosh, Pradip Mukhopadhyay, Satinath Mukhopadhyay, Subhankar Chowdhury: Insulin Resistance & Vitamin-D Levels in Prediabetics. The India Journal of Medical Research 06/2014; 139:958-960, DOI: 10.13140/2.1.2585.4085.
- Srikanta Guria, Biswabandhu Bankura, Nisha Balmiki, Arup Kumar Pattanayak, Tapas Kumar Das, Anirban Sinha, Sudipta Chakrabarti, Subhankar Chowdhury, Madhusudan Das: Research Article Functional Analysis of Thyroid Peroxidase Gene Mutations Detected in Patients with Thyroid Dyshormonogenesis. International Journal of Endocrinology 04/2014; 2014, DOI: 10.1155/2014/390121.
- Deep Dutta, Indira Maisnam, Ankit Shrivastava, Anirban Sinha, Sujoy Ghosh, Pradip Mukhopadhyay, Satinath Mukhopadhyay, Subhankar Chowdhury: Does Serum Vitamin-D Predict Insulin Resistance in Individuals with Prediabetes? The India Journal of Medical Research 04/2014; 139(4):177, DOI: 10.1111/1753-0407.
- Nisha Balmiki, Biswabandhu Bankura, Srikanta Guria, Tapas Kumar Das, Arup Kumar Pattanayak, Anirban Sinha, Sudipta Chakrabarti, Subhankar Chowdhury, Madhusudan Das: Genetic Analysis of Thyroid Peroxidase (TPO) Gene in Patients Whose Hypothyroidism Was Found in Adulthood in West Bengal, India.

Endocrine Journal 01/2014; 61(3).

- Deep Dutta, Indira Maisnam, Ankit Shrivastava, Anirban Sinha, Sujoy Ghosh, Pradip Mukhopadhyay, Satinath Mukhopadhyay, Subhankar Chowdhury: Serum Vitamin-D Predicts Insulin Resistance in Individuals with Prediabetes. The India Journal of Medical Research 12/2013; 138(6):853-60.
- Ravindra Shukla, Asish Kumar Basu, Biplab Mandal, Pradip Mukhopadhyay, Animesh Maiti, Anirban Sinha: Tale of Two Rare Diseases. 10/2013; 17(Suppl 1):S146-8, DOI: 10.4103/2230-8210.119539.
- Sayantan Ray, Ashit Kumar Bairagi, Santanu Guha, Satyabrata Ganguly, Debes Ray, Ashis Kumar Basu, Anirban Sinha: A Simple Way to Identify Insulin Resistance in Non-Diabetic Acute Coronary Syndrome Patients with Impaired Fasting Glucose. 12/2012; 16(Suppl 2):S460-4, DOI: 10.4103/2230-8210.104132.
- Anirban Sinha, Sudip Kumar Ghosh, Monodip Biswas, Jotideb Mukhopadhyay: Prognostic Value of Post-Prandial Triglyceride Level with Reference to Cardiac Impairment in Well. The Journal of the Association of Physicians of India 06/2012; 60(6):61-2.
- Anirban Sinha, Deep Dutta, Ankit Srivastava, Pradip Mukhopadhyay, Satinath Mukhopadhayay, Subhankar Chowdhury: Association of Different EGFR Methods, Calcium Metabolism and Anemia in Diabetic Chronic Kidney: An Indian Perspective (Experience). Diabetologia Croatica 01/2012; 41(4):129-136.
- Oishani Mukherjee, Anirban Sinha: Prevalence of Subclinical Hypothyroidism among Type 2 Diabetes Mellitus Patients Attending the Diabetic Clinic in a Tertiary Care Medical College and Hospital of West Bengal. Indian Journal of Applied Research 12/2019.
- Somnath Singh, Anirban Sinha, Animesh Maiti, Asish Kumar Basu: Anti-Mullerian Hormone as a Diagnostic Marker of Polycystic Ovarian Syndrome in a Tertiary Care Centre in

Eastern India. Journal of Medicine and Medical Science Research 11/2019; 7(11).

- N. Balmiki, S. Guria, B. Bankura, A.K. Pattanayak, T.K. Das, A. Sinha, S. Chakrabarty, S. Chowdhury, M. Das: Clinical Spectrum of Hypothyroidism in West Bengal, India. 01/2014; Pages 295-301.