

DR. UPAL SENGUPTA

Director & Sr. Consultant – Nephrology & Kidney Transplant

Qualification

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

Overview

Dr. Upal Sengupta is one of the top nephrologist in Kolkata, now associated with Manipal Hospitals, Dhakuria, as the Director – Team Nephrology & Consultant – Nephrology & Kidney Transplant. With over 17 years of clinical experience, he is recognised for his clinical acumen, particularly in Complex Kidney Transplantation and Critical Care Nephrology. He has completed his MBBS from Medical College, Calcutta, and MD in Internal Medicine from PGI Chandigarh. Later, he earned a DM in Nephrology from PGIMER Chandigarh. He also underwent advanced training in ABO-incompatible Transplants in Tokyo, Japan. Dr. Sengupta is also a fellow of the Indian College of Physicians (FICP). Dr. Upal Sengupta is a leading and well-known nephrologist in West Bengal. His key focus areas include treating several complex kidney disorders, such as managing kidney failure in cardiac and liver disease patients and treating glomerular diseases (e.g., SLE and vasculitis). He has completed more than 200 Kidney Transplantations, including highly sensitised transplants and ABO-incompatible. His expertise also covers elderly kidney care, management of diabetes-related kidney disease at all stages, and CKM

(Cardio-Kidney Metabolic) care. Dr. Upal Sengupta has held several key leadership roles. As the Head of the Department of Nephrology, he worked at many renowned institutions across Kolkata. He has received international recognition for his pioneering research on Stem Cell Therapy. Dr. Upal sengupta was invited to present at several national and global nephrology conferences. Dr. Sengupta chaired the Scientific Committee of the East Zone Conference of the Indian Society of Nephrology (ISNEZCON) 2024 and was the Co-organising Secretary of HOPECON 2025. In addition, Dr. Upal Sengupta has authored numerous publications in national and international journals, including BMC Nephrology, Indian Journal of Nephrology, and Journal of the Indian Medical Association, among others. Dr. Sengupta’s research covers a wide range of topics such as transplant outcomes, chronic kidney disease, and emerging therapies like Bone Marrow Mononuclear Cell Infusion. Dr. Sengupta's clinical expertise has been widely recognised and celebrated. He received the Manav Seva Samman from the Governor of Chandigarh in 2012 for his service in the field. He is the best Kidney Specialist in South Kolkata. He is fluent in Bengali, Hindi, English, and Punjabi. His treatment approach is based on open communication, clinical precision, and collaborative decision-making. As the director of Manipal Hospital’s Nephrology Department, he ensures the highest standards of care and continuous medical education for clinical staff. Dr. Sengupta’s compassionate care, combined with clinical expertise, makes him a trusted name in the field of nephrology.

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.