

DR. SAURABH GUPTA

Consultant - Internal medicine

Qualification

MBBS | DNB (General Medicine)

Overview

Dr. Saurabh Gupta is a highly accomplished and deeply dedicated Consultant in Internal Medicine, bringing a wealth of specialised expertise to his clinical practice as an expert medicine specialist. He holds a robust academic foundation, comprising an MBBS followed by a rigorous postgraduate DNB in General Medicine, which equipped him with the advanced diagnostic skills necessary to manage highly complex medical cases. Fluent in both English and Hindi, he is widely recognised for his analytical precision, empathetic patient care, and commitment to evidence-based medicine. His clinical practice focuses on providing comprehensive, individualised treatment plans for patients navigating a broad spectrum of acute, chronic, and multi-system disorders. In his daily clinical practice, Dr. Gupta possesses exceptional expertise in managing both complex infectious and non-infectious diseases. In the realm of infectious diseases, he is highly proficient in the evaluation and treatment of Pyrexia of Unknown Origin (PUO), alongside managing common and severe tropical infections such as typhoid, malaria, dengue, scrub typhus, urinary tract infections, and pneumonia. His clinical focus also encompasses

specialised liver care, including the treatment of liver abscesses, as well as the comprehensive management of both pulmonary and extra-pulmonary tuberculosis. For non-infectious and chronic conditions, Dr. Gupta provides expert management for autoimmune disorders such as rheumatoid arthritis, and metabolic conditions including diabetes mellitus, hypertension, obesity, obstructive sleep apnea, and chronic obstructive airway diseases like COPD and asthma. Beyond his intensive clinical responsibilities, Dr. Gupta is a prolific researcher, academic teacher, and active contributor to the global medical community. He has been recognised with multiple awards for his outstanding contributions to clinical practice and is deeply involved in advancing medical education. His research footprint is highlighted by prominent international presentations and publications, including a co-authored study on improving susceptibility patterns in Gram-negative pathogens and a systematic review assessing the safety and effectiveness of molnupiravir for COVID-19, which he presented at the prestigious European Congress of Internal Medicine (ECIM 2022). He is also an active member of the Association of Physicians of India (API), reflecting his commitment to maintaining the highest professional standards and delivering cutting-edge, compassionate care to his patients.

Field of Expertise

- Fever
- Typhoid
- Malaria
- Dengue
- Scrub typhus
- UTI
- Pneumonia
- Liver disorders such as liver abscess, pulmonary and extrapulmonary tuberculosis

- Evaluation of PYO and treatment of PYO.
- Immune disorders: rheumatoid and other autoimmune disorders
- Diabetes
- Hypertension
- Obesity
- OSA
- COAD

Languages Spoken

- English
- Hindi

Talks & Publications

- Impact of incorporating disodium EDTA with ceftriaxone and sulbactam on improving susceptibility patterns in Gram-negative pathogens – Shreya Chaudhuri, Saurabh Gupta.
- A systematic review of ongoing clinical trials assessing the safety and effectiveness of molnupiravir for both treatment and prevention of COVID-19 in adults – presented at the European Congress of Internal Medicine (ECIM 2022).