

DR. NAMRATHA UPADHYA P Y

Consultant - Paediatric Endocrinology

Qualification

MBBS | MD (Paediatrics) | MRCPCH | FRGUHS (Fellowship in Paediatric & Adolescent endocrinology)

Overview

Dr. Namratha Upadhya P Y is a highly skilled paediatrician and paediatric endocrinologist in Hebbal. She is currently practising as a Consultant – Paediatric Endocrinology at Manipal Hospital Hebbal, specialising in the diagnosis and long-term management of hormonal and growth-related disorders in children and adolescents. She is known for her structured, compassionate approach and for delivering evidence-based endocrine care tailored to the unique needs of growing children. Dr. Namratha’s professional journey reflects a rare blend of strong academic grounding, advanced subspecialty training, and sustained clinical excellence. After completing her MBBS from M.S. Ramaiah Medical College, she pursued MD in Paediatrics from Goa Medical College, followed by advanced super-specialty training in Paediatric and Adolescent Endocrinology at Indira Gandhi Institute of Child Health, Bangalore. Her credentials are further strengthened by the prestigious MRCPCH from the Royal College of Paediatrics and Child Health (UK) and FRGUHS in Paediatric & Adolescent Endocrinology, positioning her among the most comprehensively trained specialists in her field. This depth of training has established

her reputation as one of the best paediatric endocrinologists in Hebbal, trusted for managing both routine and highly complex endocrine disorders. In her current role at Manipal Hospital Hebbal, Dr. Namratha provides expert care across a wide spectrum of paediatric endocrine conditions, including Type 1 diabetes, growth disorders, pubertal disorders, obesity, thyroid diseases, adrenal and pituitary disorders, calcium and bone metabolism abnormalities, and polycystic ovarian syndrome (PCOS) in adolescents. She is particularly proficient in the ambulatory management of diabetes, including advanced technologies such as continuous glucose monitoring (CGM) and insulin pump therapy, enabling children and families to achieve better metabolic control while maintaining quality of life. Parents seeking the best paediatric endocrinologist in Hebbal often value her ability to translate complex medical concepts into clear, practical guidance that supports long-term disease management. A defining area of Dr. Namratha’s clinical interest is Prader–Willi Syndrome (PWS). She has played a pivotal role in developing and delivering multidisciplinary care models for children with PWS, integrating endocrinology, nutrition, behavioural support, and family counselling. Her work in this area has received international recognition, including an international travel grant to present outcomes from a multidisciplinary PWS clinic at a global research symposium in the United States. This reflects her commitment not only to individual patient care but also to advancing structured, evidence-based models for rare and complex endocrine conditions. Beyond clinical practice, Dr. Namratha has an extensive background in medical education and academic leadership. She has previously served as Assistant Professor and Consultant in Paediatrics, where she was actively involved in undergraduate and postgraduate teaching, mentoring trainees, conducting audits, and contributing to curriculum planning and academic governance. Her role as an internal examiner for fellowship exit examinations further highlights her standing within the academic community. This strong teaching foundation ensures that her clinical practice remains firmly anchored in

current guidelines, ethical standards, and evolving scientific evidence. Dr. Namratha is also an accomplished researcher, with publications in peer-reviewed journals and contributions to authoritative paediatric textbooks. Her research interests include diabetic ketoacidosis, neonatal thermoregulation, and critical care fluid management, reflecting her broad-based expertise that spans general paediatrics and endocrine subspecialties. She regularly participates in national and international conferences, delivers invited talks in schools and professional forums, and contributes to awareness programmes aimed at early identification and prevention of endocrine disorders in children. What truly distinguishes Dr. Namratha is her patient-centred and family-focused approach. She believes that managing paediatric endocrine disorders requires long-term partnerships with families, grounded in trust, education, and empathy. Her consultations are known for being thorough, unhurried, and tailored to the child's developmental stage and psychosocial context. This philosophy has made her a preferred choice for families seeking the best paediatric endocrinologist in Hebbal, especially for chronic conditions that require sustained follow-up and collaborative care. Through her work at Manipal Hospital Hebbal, Dr. Namratha Upadhya P Y continues to combine clinical excellence, academic rigour, and compassionate care, ensuring that children and adolescents receive holistic, evidence-based treatment that supports both medical outcomes and overall well-being.

Field of Expertise

- Paediatric Diabetes: Type 1 diabetes management, insulin pump therapy, continuous glucose monitoring (CGM).
- Growth Disorders: Short stature, growth hormone deficiency, and constitutional growth delay.
- Pubertal Disorders: Early or delayed puberty, pubertal disorders in chronic illness, and PCOS in adolescents.
- Thyroid Disorders: Congenital and acquired hypothyroidism,

hyperthyroidism, autoimmune thyroid disease.
- Childhood Obesity and Metabolic Syndrome: Comprehensive assessment and multidisciplinary care.
- Calcium & Bone Disorders: Rickets, hypocalcemia, and other bone health concerns.
- Disorders of Sex Development (DSD): Evaluation and long-term management of ambiguous genitalia.
- Endocrine Emergencies: DKA, hypoglycemia, and electrolyte disturbances.
- Endocrine Oncology: Hormonal management in craniopharyngioma, thyroid, and adrenal tumours.

Languages Spoken

- Kannada
- English
- Hindi

Awards & Achievements

- Co-organised Multidisciplinary clinics for children with Prader-Willi Syndrome (PWS).
- Recipient of Travel grant for oral presentation at FPWR Research Symposium at Chicago, USA (2022).
- Organizing secretary- PWS Scientific & Family Conference, 2023, Bengaluru.