

DR. USHA HOLLA

Consultant - Immunology and Rheumatology

Qualification

MBBS | MD (Internal Medicine) | MRCP (UK) | DrNB - Rheumatology

Overview

Dr. Usha Holla is an experienced rheumatologist in Malleshwaram, Bangalore, with advanced training in internal medicine and rheumatology. She is currently practising as a Consultant - Immunology and Rheumatology at Manipal Hospital Malleshwaram, bringing over 5+ years of clinical experience in managing complex autoimmune and inflammatory disorders. Dr. Holla began her medical journey with an MBBS from M. S. Ramaiah Medical College, Bangalore, followed by an MD in Internal Medicine from Lokamanya Tilak Municipal Medical College, Mumbai, and completed her DrNB in Clinical Immunology and Rheumatology from Manipal Hospital, Bangalore. She has also completed her MRCP (Membership of the Royal College of Physicians – United Kingdom), parts 1 and 2, in 2022, solidifying her proficiency in the subject. In daily practice, Dr. Holla focuses on early diagnosis and timely initiation of disease-modifying anti-rheumatic drugs (DMARDs), biologics, and targeted therapies to treat various autoimmune and rheumatological disorders. She carefully monitors therapy response, side effects, and long-term organ protection strategies, making her one of the best rheumatologists in

Malleshwaram. Dr. Holla’s expertise lies in the diagnosis, treatment, and long-term follow-up of autoimmune diseases such as rheumatoid arthritis, systemic lupus erythematosus, spondyloarthritis, vasculitis, inflammatory myopathies, and recurrent pregnancy loss due to autoimmune conditions. She is also experienced in managing refractory urticaria and other allergic and skin diseases. Her background in internal medicine and extensive experience from one of the heaviest centres in Mumbai, especially during the COVID-19 pandemic, strengthen her ability to manage multi-system involvement, a frequent challenge in rheumatological illnesses. As a top rheumatologist in Malleshwaram, Dr. Usha has extensive experience in musculoskeletal ultrasound for diagnostic and therapeutic purposes and has completed basic and advanced courses in the same from various experts in the field. She is also skilled in procedures such as intra-articular injections for arthritis and diagnostic skin, lip, and muscle biopsies. Dr. Holla’s research engagement further shapes her clinical reasoning. She has worked on many projects on subjects such as rheumatoid arthritis, inflammatory myositis, rare diseases like cardiac sarcoidosis, foetal immune cardiac disturbances, and rheumatology mimics. She has received various awards for presentations at various national rheumatology forums and an international award for a research proposal from Groningen, Netherlands. Fluent in English, Kannada, Hindi, and Bengali, Dr. Usha Holla communicates complex autoimmune mechanisms in a manner that is clear and culturally sensitive. She believes chronic rheumatological care requires continuity, structured follow-up, and collaborative decision-making between doctor and patient.

Field of Expertise

- Diagnosis, treatment and follow-up of acute and chronic medical and rheumatological illnesses.
- Emergency ICU procedures, namely endotracheal intubation,

central venous line insertion, haemodialysis catheter insertion etc.
- Certified in emergency resuscitation and basic life support.
- Intensive care and highly experienced in mechanical ventilator usage and patient response guided titration.
- Emergency and elective dialysis care and supervision.
- Interpretation of ECG (electrocardiography), ABG (arterial blood gas), X-rays and diagnostic laboratory investigations.
- Acute emergency and Covid patient management protocol writing.
- Certified in research methodology and experienced in conducting case studies and randomised control trials, analysis, literature reviews, peer reviews and research protocol writing.
- Collaboration with application development for hospital-based care.

Languages Spoken

- English
- Kannada
- Hindi
- Bengali
- Marathi

Awards & Achievements

- Best research proposal titled 'Dendritic spine morphology dynamics after stroke and its relation to cognitive impairment' - Groningen, 2014.
- Best Poster presentation – IRACON, Hyderabad 2023.
- Best Poster presentation – CRC, Hyderabad, 2024.
- Best Image presentation – 3rd prize – CRC, Hyderabad, 2024.

Talks & Publications

- Relative Frequency and Characteristics of Carotid Artery Stenosis in Hospitalized Ischemic Stroke Patients — Retrospective Cross-Sectional Observational Study - Published in the International Journal of Neurology and Neurosurgery, July – December 2017
- Dermatomyositis During COVID-19 Pandemic: Is There a Cause-Effect Relationship? — Case Series - Published in the Journal of the Association of Physicians of India, November 2020
- Cavernous Malformation — a Rare Complication of Gamma Knife Surgery for Arteriovenous Malformations — Case Report - Published in Neurology, 2018
- Cardiopulmonary Manifestations of Systemic Lupus Erythematosus — Observational Study - Pending Publication
- Acute Effect of Various Ragas of Indian Music on Brain Waves, Autonomic Nervous System, Blood Pressure and Salivary Stress Markers Among Human Subjects — Case-Control Study, April 2016
- Comparison of FIB-4 Score With Fibroscan for the Assessment of Liver Fibrosis in Patients With Rheumatoid Arthritis With Long-Term Methotrexate Usage — Cross-Sectional Analytical Study (219 Patients) - Pending Publication
- Cardiac Sarcoidosis — a South Indian Collective — Cross-Sectional Multicenter Analytical Study (38 Patients) - Pending Publication
- Rheumatological Manifestations of Tuberculosis — Cross-Sectional Multicenter Analytical Study (87 Patients)