

DR. UPAL SENGUPTA

Director - Team Nephrology and Consultant - Nephrology and Kidney Transplant

Qualification

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

Overview

Dr. Upal Sengupta is a Director - Team Nephrology and Consultant - Nephrology and Kidney Transplant at Manipal Hospitals, Saltlake. With more than 17 years of rich clinical experience, he is widely recognised for his expertise in complex kidney transplantation and critical care nephrology. After completing his MBBS and MD in Internal Medicine, Dr. Sengupta pursued a DM in Nephrology from PGIMER, Chandigarh, one of India’s premier medical institutes. He further honed his skills in ABO-incompatible transplants through advanced training in Tokyo, Japan, and is also a Fellow of the Indian College of Physicians (FICP). As a leading nephrologist in the region, Dr. Sengupta has successfully performed over 200 kidney transplants, including ABO-incompatible and highly sensitised cases. These include managing kidney failure in cardiac and liver disease patients and treating glomerular diseases (e.g., SLE and vasculitis). His work also includes elderly kidney care, management of diabetes-related kidney disease at all stages, and CKM (Cardio-Kidney Metabolic) care. Throughout his career, Dr. Sengupta has held several prominent leadership roles, including Head of

Nephrology at leading institutions across Kolkata. His pioneering research on Stem Cell Therapy in Glomerulonephritis has earned international recognition, and he has been invited to speak at multiple national and global nephrology conferences. He chaired the Scientific Committee of ISNEZCON 2024 and served as the Co-organising Secretary of HOPECON 2025. An accomplished researcher and author, Dr. Sengupta has published extensively in reputed journals such as BMC Nephrology, Indian Journal of Nephrology, and the Journal of the Indian Medical Association. His research covers a wide spectrum, from transplant outcomes and chronic kidney disease to novel therapies like Bone Marrow Mononuclear Cell Infusion. In recognition of his outstanding contribution to healthcare, he was awarded the Manav Seva Samman by the Governor of Chandigarh in 2012. Fluent in Bengali, Hindi, English, and Punjabi, Dr. Sengupta is known for his patient-centric approach that combines clinical precision with compassionate care. He values open communication and collaborative decision-making, ensuring patients feel supported at every step of their treatment journey. Dr. Sengupta continues to set benchmarks in kidney care, making him one of the most trusted and respected nephrologists in Kolkata.

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.