

DR. HARIKA UPPALAPATI

Consultant - General Physician

Qualification

MBBS | MD (General Medicine) | Postgraduate Diploma in Endocrinology | Postdoctoral fellowship in Infectious diseases

Overview

Dr. Harika Uppalapati is a clinically astute physician in Vijayawada with over 8 years of post-residency experience in Internal Medicine and Infectious Diseases. She is currently practising as a Consultant - General Physician at Manipal Hospitals Vijayawada, with focused expertise in infectious diseases, endocrinology, metabolic disorders, and complex medical case management. With an MD in General Medicine and advanced training, including a Fellowship in General Infectious Diseases from CMC Vellore, along with a PG Diploma in Endocrinology, Dr. Harika’s clinical foundation bridges acute medical care and long-term disease management. Her expertise spans respiratory infections such as tuberculosis, chronic obstructive pulmonary disease, complicated urinary tract infections, gastrointestinal disorders including inflammatory bowel disease and decompensated liver disease, as well as metabolic conditions like diabetes and hypertension. Infectious diseases demand precise antimicrobial selection, resistance awareness, and antibiotic stewardship, areas strengthened by her certification in Antibiotic Stewardship from Stanford and infectious disease coursework from

Johns Hopkins. In endocrine and metabolic medicine, she manages diabetes mellitus, thyroid disorders, dyslipidaemia, and hypertension through structured evaluation and risk stratification. Her dual focus on endocrinology and infectious diseases enables comprehensive care for patients with overlapping metabolic and infectious conditions. She also evaluates stroke, heart failure, rheumatological conditions such as systemic lupus erythematosus and rheumatoid arthritis, and acute poisoning or snake bite cases requiring prompt stabilisation and multidisciplinary coordination. This breadth of systemic expertise contributes to her recognition among the best internal medicine doctors in Vijayawada for complex and multisystem illnesses. Her academic engagement includes publications on hypertensive emergencies, chronic liver disease parameters, thrombocytopenia, and hyper-eosinophilic syndromes. She actively participates in national conferences such as APICON and infectious disease forums, ensuring her clinical decisions reflect current evidence and updated guidelines. Her involvement in adult vaccination updates, HPV immunisation training, and transplant-related conferences further strengthens preventive medicine integration in her practice. Fluent in English, Hindi, Tamil, and Telugu, she ensures that medical explanations are clear and culturally contextualised. Her consultation style remains focused, evidence-driven, and attentive to preventive strategies, reinforcing her reputation for dependable internal medicine care.

Fellowship & Membership

- Postgraduate diploma in endocrinology from the Endocrine Society of India.
- Member of the Association of Physicians of India.
- Member of Clinical Infectious Diseases Society.
- Member of Research society for the study of diabetes in India.
- Member of the Indian Medical Association.
- Member of the Indian Society of Hypertension.

- Fellowship in infectious diseases CMC Vellore.

Field of Expertise

- Infectious diseases
- Critical care
- Diabetes
- Hypertension
- Metabolic diseases

Languages Spoken

- English
- Telugu
- Hindi

Talks & Publications

- Hypereosinophilic syndrome, JAMA, Vol.4, November 2014.
- Management of hypertensive emergencies in all age groups, International Journal of Emergency Medicine.
- Harika Uppalapati on Monsoon Health: Ways to Prevent Fungal Infections this Season | Indian Express. Click Here