



DR. NAMRATHA UPADHYA P Y

Consultant - Paediatric Endocrinology

Qualification

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

Overview

Dr. Namratha Upadhyaya P Y is a highly skilled paediatric endocrinologist in Yelahanka. She is currently practising as a Consultant – Paediatrics and Paediatric Endocrinology at Manipal Hospitals Yelahanka, Bangalore, bringing advanced clinical expertise to the care of infants, children, and adolescents with complex hormonal, growth, and metabolic conditions. Dr. Namratha Upadhyaya P Y is recognised for her comprehensive, child-centred approach to paediatric endocrine care, combining strong academic grounding with meticulous clinical judgement. Her practice encompasses the evaluation and long-term management of endocrine disorders across childhood and adolescence, with particular strength in ambulatory diabetes care, growth and pubertal concerns, obesity-related hormonal issues, and disorders of multiple endocrine glands. Families seeking the best paediatric endocrinologist in Yelahanka value her ability to translate complex medical information into clear, compassionate guidance that empowers both children and caregivers. At Manipal Hospitals Yelahanka, Dr. Namratha plays a key role within the paediatric multidisciplinary ecosystem, working closely with neonatologists,

paediatricians, surgeons, dietitians, diabetes educators, psychologists, and nursing teams to deliver coordinated and evidence-based care. Her clinical focus includes comprehensive management of Type 1 diabetes, advanced use of continuous glucose monitoring systems, insulin pump therapy, and individualised insulin regimens tailored to a child's developmental stage and lifestyle. She is particularly adept at supporting families through the transition phases of diagnosis, school integration, and adolescence—periods that require both medical precision and emotional sensitivity. Growth disorders form another important pillar of her expertise. Dr. Namratha is experienced in evaluating short stature, delayed or precocious puberty, and complex growth patterns, ensuring that investigations are thorough and management plans are appropriate, timely, and aligned with international paediatric endocrine standards. Her care pathway emphasises early identification, longitudinal monitoring, and shared decision-making with families, helping children achieve optimal physical and psychosocial outcomes. Her clinical interests also extend to adolescent endocrine health, including polycystic ovary syndrome, obesity-related hormonal imbalance, thyroid disorders, calcium and bone metabolism conditions such as rickets, and endocrine complications associated with chronic illness and post-transplant care. This breadth of expertise positions her as one of the best paediatric endocrinologists in Yelahanka, especially for children requiring nuanced, long-term endocrine follow-up. A distinctive area of Dr. Namratha's professional contribution is her work with rare and complex conditions such as Prader-Willi Syndrome. She has been instrumental in the development and functioning of multidisciplinary care models for children with this condition, collaborating across specialties to address nutritional, metabolic, behavioural, and developmental challenges in an integrated manner. Her work in this domain has also extended to international academic platforms, reflecting her commitment to advancing paediatric endocrine practice through shared learning and collaboration. Alongside clinical care, Dr. Namratha maintains a strong

engagement with teaching, training, and academic activity. She has contributed to the education of medical students, fellows, nurses, and allied health professionals, ensuring that paediatric endocrine principles are disseminated with clarity and clinical relevance. Her involvement as an examiner, faculty member, and speaker at continuing medical education programmes underscores her role in shaping future standards of paediatric care. Dr. Namratha is also actively involved in research and academic writing, with peer-reviewed publications and textbook contributions that address critical areas such as diabetic ketoacidosis, neonatal thermoregulation, and fluid therapy in critically ill children. Her research orientation informs her clinical practice, ensuring that treatment decisions are grounded in current evidence while remaining adaptable to the individual child's needs. Equally important is her commitment to community awareness and preventive health. Dr. Namratha regularly participates in school-based programmes, parental counselling sessions, and public education initiatives focused on early recognition of endocrine disorders, healthy lifestyle practices, and diabetes awareness. This outreach reflects her belief that paediatric endocrine care extends beyond hospital settings into homes, schools, and communities. For families seeking the best paediatric endocrinologist in Yelahanka, Dr. Namratha Upadhyaya P Y offers a rare combination of clinical depth, academic rigour, and genuine compassion. Her practice at Manipal Hospitals Yelahanka stands as a trusted centre for comprehensive paediatric and adolescent endocrine care, where children are supported not only medically, but emotionally and developmentally, at every stage of their journey.

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.