



DR. NIKHIL C

Consultant - Clinical Immunology and Rheumatology

Qualification

MBBS | MD (General Medicine) | DM (Clinical Immunology and Rheumatology)

Overview

Dr. Nikhil C is a highly accomplished rheumatologist in Yeshwanthpur. He is currently practising as a Consultant - Clinical Immunology and Rheumatology at Manipal Hospitals, Yeshwanthpur, Bangalore, bringing over 7 years of experience in autoimmune and inflammatory disorders. His clinical practice centres on the diagnosis and long-term management of complex autoimmune diseases, including rheumatoid arthritis, systemic lupus erythematosus, spondylo-arthritis, vasculitis, inflammatory myopathies, and connective tissue disorders. He is trained in interpreting advanced autoimmune serology panels, immunological biomarkers, and inflammatory profiles, enabling precise disease stratification and tailored therapy. His expertise extends to biologic and JAK inhibitor initiation, monitoring protocols, and safety management, particularly in patients requiring advanced immunomodulatory therapy. Patients and families trust him as the best rheumatologist in Yeshwanthpur, Bangalore for structured autoimmune care and clear therapeutic planning. Dr. Nikhil completed his MBBS from Mysore Medical College and Research Institute, followed by an MD in General Medicine, New Delhi, where he underwent rigorous training

in complex internal medicine. He subsequently pursued DM in Clinical Immunology and Rheumatology from, Lucknow, a high-volume tertiary centre known for advanced rheumatology and immunology services. His experience spans inflammatory arthritis, primary immunodeficiencies, autoimmune overlap syndromes, and allergy-related immune disorders. This structured clinical background has led many to regard him among the top rheumatologists in Yeshwanthpur for comprehensive autoimmune disease management. He has completed EULAR-certified training in rheumatology and musculoskeletal ultrasound, strengthening his evidence-based clinical practice. His academic contributions include peer-reviewed publications in Lung India, Clinical Rheumatology, Best Practice & Research Clinical Rheumatology, and Indian Journal of Rheumatology. His work has explored caregiver burden in juvenile idiopathic arthritis, tuberculosis diagnostics, primary immunodeficiency masquerading as JIA, and autoimmune biomarkers in systemic lupus erythematosus. He has presented at IRACON and EULAR and received recognition for the best clinical poster at SGPGI Foundation Day. Beyond clinical care, Dr. Nikhil actively participates in CME programmes and research discussions, contributing as a panelist at professional meetings including RSSDI and IRACON chapters. His consultations are characterised by detailed evaluation, careful explanation of immune mechanisms, and realistic long-term disease planning. He ensures patients understand their condition, medication choices, and monitoring requirements, fostering clarity in chronic disease care. Dr. Nikhil speaks Kannada, English, and Hindi, allowing him to communicate comfortably with patients from varied backgrounds. His approach combines methodical clinical reasoning with patient education, ensuring that individuals navigating chronic autoimmune conditions feel supported and well-informed.

Fellowship & Membership

- Member of the Indian Rheumatology Association
- Fellowship in Musculoskeletal Pain and Ultrasound, Aadhya Pain Management Centre

Field of Expertise

- Rheumatoid arthritis
- Connective Tissue Diseases including Lupus
- Fibromyalgia
- Juvenile Idiopathic Arthritis
- Gout and Crystal Arthritis

Languages Spoken

- English
- Kannada
- Hindi

Talks & Publications

- Gowda NC, Ray A, Soneja M, Khanna A, Sinha S. Evaluation of Xpert® Mycobacterium tuberculosis/rifampin in sputum-smear negative and sputum-scarce patients with pulmonary tuberculosis using bronchoalveolar lavage fluid. Lung India. 2018 Jul-Aug;35(4):295-300.
- Gowda NC, Chatterjee R, Balakrishnan A, Lawrence A, Aggarwal A. Caregiver burden in families of children with juvenile idiopathic arthritis in India. Clin Rheumatol. 2024 Jun;43(6):2009-2019.
- Gowda NC, Aggarwal A. Primary immunodeficiencies: When is it

not "JIA". Best Pract Res Clin Rheumatol. 2024 Sep;38(3):101960.

- Rahulan LM, Gowda NC, Chandwar K, Chatterjee R, Lawrence A, Aggarwal A. Tjalma syndrome as the rare initial presentation of systemic lupus erythematosus. Indian J Rheumatol. 2025;20(2):192-193.
- Nikhil C, Aggarwal A. SLE - Antibodies and Biomarkers. In: Rheumatology Clinics: Connective Tissue Diseases. Sharma A, Handa R, editors. Evangel; 2025.