

Dr. Ramu Adela, M. Pharm, Ph.D.

Assistant Professor

Department of Pharmacy Practice

National Institute of Pharmaceutical Education and Research -Guwahati

ramuadela@gmail.com

Contact Number: +91-8860280242

My current research concerns

To identify biomarkers to predict and detect progression of cardiovascular and diabetes complications by doing basic, preclinical and clinical research.

Understanding endocrine disrupting chemicals (EDCs) role in diabetes and cardiovascular diseases by using basic and clinical research.

To find biomarkers to understand metabolic disorders (hypertension and gestational diabetes) in pregnancy by using different omics approaches.

Prizes and Awards

- Awarded **Torrent-ISHR Young Investigator Award** by Torrent Pharmaceuticals and International Society of Heart Society, Cardiovascular Research Convergence-2017, Translational Health Science and Technology Institute, Faridabad, India, 2017.
- Received second prize for research presentation in **Cardiovascular Research Convergence & Heart Failure Certification Program Conference** at Jawaharlal Nehru University in New Delhi, India, 2015.

Funding received

I received a Grant 19,20,000/- INR **National Postdoctoral Fellowship** - from Department of Science and Technology (DST-SERB), Govt. of India. Research work: **“To explore the role of Endocrine Disrupting Chemicals (EDCs) in coronary artery diseases in type 2 diabetes”**.

Publications:

Adela R, Nethi SK, Bagul PK, Barui AK, Mattapally S, Kuncha M, Patra CR, Reddy PN, Banerjee SK. [Hyperglycaemia enhances nitric oxide production in diabetes: a study from South Indian patients.](#) *PLoS One*. 2015; 10(4): e0125270.

Kaur G*, Padiya R*, **Adela R**, Putcha UK, Reddy GS, Reddy BR, KP Kumar, Chakravarthy S, Banerjee SK. Garlic and Resveratrol attenuate diabetic complications, loss of β -cells, pancreatic and hepatic oxidative stress in streptozotocin-induced diabetic rats. *Frontiers in Pharmacology*. 2016; 7:360.

Adela R, Borkar RM, Bhandi MM, Vishwakarma G, Srinivas R, Reddy PNC, Banerjee SK. Lower vitamin D metabolites levels in Indian diabetic patients were associated with coronary artery diseases. *Scientific Reports*. 2016; 6, 37593.

Adela R, Borkar RM, Bhandi MM, Vishwakarma G, Srinivas R, Varma BA, Mishra N, Banerjee SK. Serum vitamin D metabolites levels in relation to circulating cytokine, chemokines and metabolic hormones in hypertensive disorders of pregnancy in Indian women. *Frontiers in Immunology* 2017; 8:273.

Adela R, Banerjee SK. [GDF-15 as a Target and Biomarker for Diabetes and Cardiovascular Diseases: A Translational Prospective.](#) *Journal of Diabetes Research.* 2015; 2015:490842.

Adela R, Mohammed SA, Kanwal A, Reddy PNC, Banerjee SK. Elevated levels of GDF- 15 is associated with increased Angiotensin-II in hypertensive patients with type-2 diabetes. *Personalized Medicine* 2016; 13 (4): 325-336.

Khatua TN, **Adela R**, Banerjee SK. [Garlic and cardioprotection: insights into the molecular mechanisms.](#) *Can J Physiol Pharmacol.* 2013; 91(6):448-58.

Adela R, Reddy PNC, Banerjee SK. Alteration of plasma GDF-11 levels in type 2 diabetes patients with cardiovascular complications: A pilot study. *Journal of the Practice of Cardiovascular Sciences* 2015; 1(3):262-266.

Bairi R, Vijaya C, **Adela R**. Evaluation of Cardiogenic Activity of Peltophorum Pterocarpum. *International Journal of Phytopharmacology.* 2011; 2(1): 1-6.

Book Chapter:

Adela R and Banerjee SK. "Novel Biomarkers to Understand Cardiovascular Complications in Diabetes" Book title: "Role of Biomarkers in Medicine", **InTech–open science Publisher.** ISBN 978-953-51-4697-1. Chapter 5:93-117.