



# Dr Rubina Vohra

D.M. Nephrology, M.D. Medicine, M.B.B.S 23+ Years Experience

## Hospitals

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## Overview

Dr. Rubina Vohra is a highly esteemed Consultant Nephrologist at Apollo Hospitals Indore with over 23+ years of extensive clinical, academic, and research experience in nephrology. She has been at the forefront of kidney care in Central India, serving in leading institutions such as Kokilaben Dhirubhai Ambani Hospital, DNS Hospital, and CHL Hospital in Indore, where she played a pivotal role in managing complex renal disorders and transplant cases. Her academic journey is equally distinguished—she has held key faculty positions including Professor of Nephrology at Amaltas Medical College, and Sri Aurobindo Institute of Medical Sciences (SAIMS), and began her teaching career as Assistant Professor at MYH, Indore. Dr. Vohra's core expertise spans acute kidney injury (AKI) management, chronic kidney disease (CKD), resistant hypertension, renal transplantation (pre- and post-operative care), hemodialysis, peritoneal dialysis, and home dialysis programs. She is also proficient in managing glomerular diseases, autoimmune nephropathies, diabetic nephropathy, inherited kidney disorders, cardiorenal syndromes, and electrolyte/acid-base disturbances. Her skills in interventional nephrology, including catheter placements and renal biopsies, further enhance her clinical depth. A passionate educator and researcher, she actively contributes to medical training, public awareness on kidney health, and clinical research in nephrology. Academically, she holds a D.M. in Nephrology from the prestigious IMS-BHU, Varanasi, and both M.D.

(Medicine) and M.B.B.S. degrees from MGMMC, DAVV, Indore. Known for her compassionate care and evidence-based approach, Dr. Rubina Vohra is widely regarded as a leader in kidney healthcare and a trusted name in the nephrology community.

## Experience

- Consultant Nephrologist

1. Consultant Nephrologist and transplant physician in Kokilaben Dhirubhai Ambani Hospital, Indore M.P (2022-2024)
2. Consultant Nephrologist and transplant physician in DNS Hospital, Indore Hospital, Indore M.P (2020-2022)
3. Consultant Nephrologist and transplant physician in Convenient Hospital Limited (CHL), Indore M.P (2007-2022)

- Professor Nephrology

1. Professor, Medicine (Nephrology) in Amaltas Medical College, Dewas M.P (2021-2022)
2. Professor, Nephrology in Sri Aurobindo Institute of Medical Sciences (SAIMS), Indore M.P (2015-2021)
3. Associate Professor, Nephrology in Sri Aurobindo Institute of Medical Sciences (SAIMS), Indore M.P (2012-2015)
4. Assistant Professor, Nephrology in Maharaja Yeshwantrao Hospital (MYH), Indore M.P (2009-2012)

## Research and Publication

1. Telmisartan Amlodipine Combination Overdose: A First of Its Kind?', Nikhilesh, Jain & Rubina, Vohra. (2022). 893: Critical Care Medicine. 50. 442-442. 10.1097/01.ccm.0000809896.33620.56
2. Clinical spectrum of hospital acquired acute kidney injury: A prospective study from Central India'. Goswami, Shraddha & Pahwa, Naresh & Vohra, Rubina & Raju, Bhavani M. (2018) Saudi Journal of Kidney Diseases and Transplantation. 29. 946. 10.4103/1319-2442.239650.
3. Etiology and Clinical Spectrum of Pregnancy -Related Acute Kidney Injury', Vohra, Rubina, Goswami, Shraddha, Bhavani, Mohan Raju, Anubhav Agarwal, Ashish Purohit, Naresh Pahwa, Rajesh Bharani, Rajesh. (2016). ISSN 2347-954X. 10.21276/sjams.2016.4.10.19.
4. Case Report 'Concomitant Mucormycosis and Aspergillosis of Rhinocerebral Region In a Renal Transplant Patient – Air Cooler Being the Culprit', Goswami, Shraddha & Vohra, R & Raju, Bhavani & Agarwal, Anubhav. (2016)

5. Changing picture of acute kidney injury in pregnancy: Study of 259 cases over a period of 33 years', Prakash, Jai & Pant, P & Prakash, Shivnil & Sivasankar, M & Vohra, R & Doley, P & Pandey, Lavkush & Singh, Utkarsh. (2016). Indian Journal of Nephrology. 26. 262. 10.4103/0971-4065.161018.
6. Changing epidemiology of community-acquired acute kidney injury in developing countries: Analysis of 2405 cases in 26 years from eastern India', Prakash, Jyothirmayi & Singh, Tej & Ghosh, Biplob & Malhotra, Vinay & Rathore, Surendra & Vohra, Rubina & Mishra, Rabindra 2009-2012 2012-2015 1994-95 & Srivastava, Pramod & Usha,. (2013). Clinical Kidney Journal. 6. 150-155. 10.1093/ckj/sfs178.
7. Spectrum of kidney diseases in patients with preeclampsia-eclampsia', Prakash, Jai & Vohra, Rubina & Pandey, Lavkush & Niwas, Shashidhar & Behura, S & Singh, Usha. (2010). The Journal of the Association of Physicians of India. 58. 543-6
8. Anatomical Anomalies of Femoral Vein are Not Observed in Indian Patients with Renal Failure: Ultrasound-based Study', Prakash, Jai & Sharma, Naveen & Vohra, Rubina & Dwivedi, Amit Nandan & Ramachandran, Raja & Mishra, Rabindra & Sharma, Om Prakash. (2009). Hong Kong Journal of Nephrology. 11. 30-34. 10.1016/S1561-5413(09)60006-5
9. Renal Disease Is a Prodrome of Multiple Myeloma: An Analysis of 50 Patients from Eastern India', Prakash, Jai & Mandal, Anil & Vohra, Rubina & Wani, Imtiyaz & Hota, J & Ramachandran, Raja & Singh, Usha. (2009). Renal failure. 31. 267-71. 10.1080/08860220902779822.
10. High Prevalence of Malnutrition and Inflammation in Undialyzed Patients with Chronic Renal Failure in Developing Countries: A Single Center Experience from Eastern India. Renal failure', Prakash, Jai & Ramachandran, Raja & Mishra, R & Vohra, Rubina & Sharma, Naveen & Wani, Imtiyaz & Parekh, A. (2007). 29. 811-6. 10.1080/08860220701573491.
11. Diabetic retinopathy is a poor predictor of type of nephropathy in proteinuric type 2 diabetic patients', Prakash, Jyothirmayi & Lodha, Mukesh & Singh, Shri Krishna & Vohra, Rubina & Ramachandran, Raja & Usha,. (2007). The Journal of the Association of Physicians of India. 55. 412-6
12. Decreasing incidence of renal cortical necrosis in patients with acute renal failure in developing countries: A single-centre experience of 22 years from Eastern India', Prakash, Jai & Vohra, Rubina & Wani, Imtiyaz & Murthy, A & Srivastva, P & Tripathi, Kamlakar & Pandey, Lavkush & Usha, & Ramachandran, Raja. (2007). Nephrology, dialysis, transplantation: official publication of the European Dialysis and Transplant Association - European Renal Association. 22. 1213-7. 10.1093/ndt/gfl761.
13. Acute Renal Failure in the Intensive Care Unit', Prakash, Jyothirmayi & Murthy, A & Vohra, R & Rajak, Mithilesh & Mathur, S. (2006). The Journal of the Association of Physicians of India. 54. 784-8.

## Frequently Asked Questions

## **1. What makes Dr. Rubina Vohra a leading name in kidney care and nephrology?**

Dr. Rubina Vohra brings over 17 years of hands-on experience in nephrology and renal transplantation, with a stellar track record at top hospitals like Kokilaben Dhirubhai Ambani Hospital and CHL, Indore. Her unique blend of clinical excellence, academic leadership, and patient-centered care sets her apart.

## **2. Does Dr. Vohra specialize in both dialysis and kidney transplants?**

Yes! Dr. Vohra is an expert in hemodialysis, peritoneal dialysis, and home dialysis programs, along with comprehensive renal transplant care—from pre-transplant evaluations to long-term post-transplant management and immunosuppressive therapy.

## **3. Can Dr. Rubina Vohra help manage resistant hypertension and diabetic kidney disease?**

Absolutely. With specialized expertise in managing secondary and treatment-resistant hypertension and diabetic nephropathy, Dr. Vohra provides advanced, personalized care for patients with these high-risk conditions.

## **4. Does Dr. Vohra offer care for complex kidney conditions like autoimmune or inherited disorders?**

Yes, she is highly experienced in diagnosing and treating complex renal disorders such as glomerulonephritis, lupus nephritis, vasculitis, and genetic kidney diseases like polycystic kidney disease and Alport syndrome.

## **5. What is Dr. Vohra's approach to patient care and medical education?**

Dr. Vohra believes in holistic, evidence-based, and compassionate care, empowering patients through education while mentoring future doctors. She actively contributes to clinical research, community kidney health awareness, and training programs for medical professionals.