

Internal Medicine Department – Aadhar Hospital

Overview

The Department of Internal Medicine at Aadhar Hospital delivers comprehensive, evidence-based medical care with a strong emphasis on diagnostic precision, clinical excellence, and patient-centric management.

Our practice integrates advanced diagnostics, structured disease evaluation, and individualized treatment strategies to ensure optimal outcomes across a broad spectrum of adult medical conditions.

Clinical Scope

- Evaluation and management of complex medical presentations
- Preventive health and risk-factor optimization
- Long-term chronic disease care
- Multidisciplinary coordination for comprehensive treatment

Core Services

Acute & Undifferentiated Illness Care

Systematic assessment and management of fever, infections, respiratory conditions, metabolic disturbances, fatigue syndromes, and multisystem complaints.

Chronic Disease & Risk Management

- Diabetes Mellitus
- Hypertension & Cardiometabolic Disorders
- Thyroid & Endocrine Disorders
- Cardiovascular Diseases
- Respiratory Diseases (Asthma, COPD)
- Renal & Electrolyte Disorders
- Hepatic & Gastrointestinal Disorders
- Autoimmune & Inflammatory Conditions

Preventive & Executive Health

- Comprehensive health evaluations
- Cardiometabolic risk profiling
- Lifestyle and metabolic optimization
- Adult vaccination & preventive strategies

Technology & Infrastructure

The department is supported by advanced diagnostic and monitoring capabilities including modern imaging, cardiovascular diagnostics, integrated laboratory services, and critical care integration.

Advanced Imaging Support

- Digital X-ray, High-resolution Ultrasound, CT Scan, MRI

Cardiovascular Diagnostics

- ECG, Echocardiography, TMT, Holter Monitoring

Integrated Laboratory Services

- Comprehensive panels including biochemistry, hematology, microbiology, immunological and hormonal assays, thyroid profile, liver and renal function testing.

Critical Care Integration

- Seamless access to Ward, Private Rooms, HDU, and ICU facilities

Consultant – Internal Medicine

Dr. Kunal Narang

MBBS, MD (Medicine)

Consultant – Internal Medicine

Dr. Kunal Narang is a specialist in Internal Medicine with focused expertise in the comprehensive management of metabolic, endocrine, cardiovascular, and infectious diseases. His clinical approach emphasizes structured diagnostic evaluation, evidence-based treatment strategies, and individualized patient care.

Areas of Clinical Interest

- Diabetes Mellitus & Metabolic Disorders
- Thyroid & Endocrine Disorders
- Hypertension & Cardiovascular Risk Management
- Comprehensive Infectious Disease Care
- Tuberculosis (TB) Management
- HIV Medicine & Opportunistic Infections

Dr. Narang adopts a precision-driven approach to disease management, integrating clinical reasoning with rational investigations to deliver accurate diagnoses and targeted therapies. He is committed to ethical medical practice and long-term patient care.

Why Patients Trust Dr. Narang

- Evidence-based, guideline-directed treatment
- Strong focus on diagnostic accuracy
- Clear patient communication & counselling
- Holistic, long-term disease management
- Patient-first clinical philosophy