Dr. Santhi Silambanan

Professor, Department of Biochemistry, SRMC & RI, SRIHER

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Academic Qualifications

- MBBS, 1988,Chingleput MedicalCollege, Madras University
- MD, 1999, Madras Medical College, TN Dr.MGR Medical University.
- DNB, 2000, National Board of Examinations, New Delhi.
- MBA, 2007, Madras University
- MSc Psychology, 2010, Madras University
- PGDMLS (PG diploma in Medico Legal systems), 2003, Symbiosis centre of Health Care, Pune
- Certificate course on Lean Six Sigma Green Belt, by Manipal ProLearn, Aug 12th 2017.
- Certificate course on Health Research Fundamentals, by NPTEL, September 24th 2017

Area of interest:

Hypertension, Diabetes Mellitus, Obesity, Osteoporosis, Polycystic ovarian syndrome, Congestive Cardiac Failure, Major Mental Disorders

Academic / Clinical / Research Focus

1. Teaching MBBS, MD - (Biochem), MSc (Bioche), MSc MLT and other paramedical courses
2. Monitoring clinical biochemistry section in Sri Ramachandra Laboratory Services.
3. Research: Guiding PhD and PG candidates in their project work.

Work Experience:

- Assistant Professor, SRMC & RI (Aug 1999-Mar 2005)
- Associate Professor(March 2005-July 2009)
- Professor (July 2009 – Apr 2011)
- Professor & Head (April 2011 -April 2018)
- Professor (April 2018 till date)

Awards & Professional Memberships:

- Received a gold medal & a certificate for rendering ten years of continuous service in SRU, 19-09-2009.
- Empanelled as Technical Assessor by NABL since April 2011. Has assessed around 50 clinical chemistry laboratories in India.
- Received an award of recognition by International lions Club, Chennai on Doctors Day celebration for the services rendered to the society, 01-07-2012.
- Member of Board of studies for BSc sports science and exercise physiology
- Life member in the Association of Medical Biochemists of India
- Life member in the Association of Clinical Biochemists of India
- Life member in the Indian Medical Association

Publications

1. Kamalam Ravi, Krishnamoorthy Gunasekaran, Vijayaraghavan Rajagopalan, **Santhi Silambanan.** Evaluation of the Effect of *Enicostemmaaxillare* Extract on Migration of MCF-7 Cell Line. JCDR 2019;13(10): 10-13.
2. R SHermes, **Santhi Silambanan**, B Sendil Kumar. Association of Matrix metalloproteinases with Essential Hypertension- A Case control study. Journal of Medical Science and Clinical Research 2019;7(10):35-40.
3. K Lavanya, **Santhi Silambanan**, M Ganesh. Association of hypothyroidism and polycystic ovary syndrome (PCOS). International Journal of Clinical Biochemistry and Research 2019;6(3):405–409.
4. Lavanya Sekar, WJ Niva, K Mahesh Kumar, Ganesan Thangavel, A Manikandan, **Santhi Silambanan**, VanishreeShriraam, Padmavathi Ramaswamy. Effect of Mahamantra Chanting on Autonomic and Cognitive Functions- An Interventional Study. Journal of Clinical and Diagnostic Research 2019;13(5):05-09.
5. Meghana V, A Manikandan, **Santhi Silambanan**. Comparative Study on Levels of Troponin (cTn), Creatine Kinase-Muscle/Brain (CK-MB), and B-type Natriuretic Peptide (BNP) in Patients with Acute Myocardial Infraction and Congestive Cardiac Failure. Indian Journal of Public Health Research and Development 2019;10(5):189-192.

6. S Rashmi, **Santhi Silambanan**, L Shalini. Association of gamma glutamyl transferase with prostate specific antigen levels in patients with prostatic disorders. International Journal of Clinical Biochemistry and Research 2019;6(2):176-181.
7. Sneha, D Ganesh Rajahan, P Sampath Kumar, **Santhi Silambanan**, L Shalini. Suicidality with Time Distribution and Serum Cholesterol Estimation. Medico-Legal Update. 2019;19(2):197.
8. Manu Sudhakar, **Santhi Silambanan**, Athira A Prabhakaran, Ramya Ramakrishnan. Angiogenic Potential, Circulating Angiogenic Factors and Insulin Resistance in Subjects with Obesity. Indian Journal of Clinical Biochemistry 2019:816-818.
9. MSudhakar**, Santhi Silambanan**, Athira A, Jayakumar Nair. Galectin-3 is secreted by adipocytes through exosomes Trends in Carbohydrate research 2018;10(3):12-20.
10. P Modagan, **Santhi Silambanan**, P Gopinath Menon, P Arunalatha. Comparison of Bone Mineral Density with Biochemical Parameters and Prevalence of Osteopenia and Osteoporosis in South Indian Population. Biomedical & Pharmacology Journal 2018;11(4): 2209-2214.
11. Manu Sudhakar, **Santhi Silambanan**, Ramya Ramakrishnan.Sirtuins in Adipose Tissue Metabolism. In Leszek Szableswski Adipose tissue. 1 st ed. 2018. p. 23-37. DOI: 10.5772/intechopne.71377.
12. Shalini L, **Santhi Silambanan**. A study on the assessment of stability of glucose concentrations in serum separator gel tubes. International Journal of Clinical Biochemistry and Research 2018;5:321-323.
13. Rajeswari Devi V, Jothimalar R, **Santhi Silambanan**, Sungdirenla Jamir. Neonatal screening for congenital adrenal hyperplasia: 17-hydroxyprogesterone cut-off values based on birth weight. International Journal of Clinical Biochemistry and Research 2018(5): 321-323.
14. P Modagan, **Santhi Silambanan**, Gopinath Menon, P Arunalatha. Serum 25-hydroxy vitamin D levels as an indicator of Bone Mineral Density in Osteoporosis. Journal of Clinical and Diagnostic Research 2018;12(8):19-21.
15. Manu Sudhakar, **Santhi Silambanan**, Abhinand S Chandran, Athira A Prabhakaran, Ramya Ramakrishnan. C-Reactive Protein (CRP) and Leptin Receptor in Obesity: Binding of Monomeric CRP to Leptin Receptor. Front. Immunol 2018;9:article1167.

16. Leena Chand, K Sowmya, **Santhi Silambanan**, Manikandan. Meaningful learning in medical science by self-directed approach of Concept Mapping. Journal of Education Technology in Health Sciences 2018;5(1):31-35.
17. Hermes RS, **Santhi Silambanan**, Emmanuel Bhaskar, Kalaiselvi VS. Evaluation of homocysteine, hsCRP and microalbuminuria in hypertensives with and without end organ damage-A Case Control Study. Journalof Medical Science and Clinical Research 2017;5(6:)22829-22838.
18. Veena V, M Ganesh**, Santhi Silambanan.** Correlation between brain-type natriuretic peptide (BNP) levels & left ventricular ejection fraction (LVEF) in heart failure. International Journal of Clinical Biochemistry and Research 2016;3(4):461-465.
19. Vijatha Thomas, Arun T Mithrason**, Santhi Silambanan.** A study to assess the iron status of regular blood donors. International Journal of Clinical Biochemistry and Research 2016;3(4):466-46.
20. Sathya Selvarajan, Jothimalar R**, Santhi Silambanan.** The association of serum uric acid with total white blood cell count in a healthy Indian adult population. International Journal of Clinical Biochemistry and Research 2016;3(3):304-307.
21. Leena Chand, **Santhi Silambanan**. Serum Adiponectin Level in Obese and Non-obese Type 2 Diabetes Mellitus. International Journal of Clinical and Biomedical Research. 2016; 2(3): 8-12.
22. Modagan P, Renuka A, Manamalli A, **Santhi Silambanan**. Prevalence of Thyroid Dysfunction among adult population of Kanchipuram District, Tamil Nadu. European Journal of Biomedical and Pharmaceutical sciences 2016;3(7):434-437.
23. Hermes R S, Santhi Silambanan, Emmanuel Bhaskar E, Kalaiselvi V S. Association of Microalbuminuria with the Onset of End Organ Damage in Patients with Essential Hypertension. Journal of Dental and Medical Sciences 2016; 5(9): 25-30.
24. K U Maheshwari, **S Santhi**, R J Malar. Cystatin C: An alternative dialysis adequacy marker in high flux hemodialysis. Indian J Nephrol 2015; 25(3):143–145.
25. Leena Chand, A Manikandan, **Santhi Silambanan**, Jothimalar. Serum Adiponectin Level in Type 2 Diabetes Mellitus in Urban South Indian Population. International Journal of Interdisciplinary and Multidisciplinary Studies. 2015;2(9):103-108.

26. Mario Leesha Fernando, **Santhi Silambanan**, Jothimalar**.**Neutrophil to Lymphocyte Ratio as an Indicator of Coronary Artery Disease in Diabetic Women. International Journal of Clinical Biochemistry and Research. 2015;2(3):143-147.
27. T Spandana, Jnankumar Chaudhuri, **Santhi Silambanan**.Assessing the need for adjustment of first trimester screening markers in Diabetic Women. International Journal of Clinical Biochemistry and Research 2015;2(3):189-192.
28. Lakshmi G, Jothimalar, **Santhi Silambanan**.Vitamin D Status in Type 2 Diabetes Mellitus. International Journal of Clinical Biochemistry and Research 2015;2(3):140-142.
29. Anusha R, **Santhi Silambanan**, MadhubalaVeerasamy. Plasma Neutrophil Gelatinase Associated Lipocalin in the early detection of Acute Kidney injury in patients undergoing cardiac surgery. Int J Pharm Bio Sci 2015; 6(4):64-71.
30. Vinod Babu S, **Santhi Silambanan**, Krithika. Osazones of the Uncommonly Encountered Reducing Sugars. IJIMS 2015;2(9):24-29.
31. DivyaDharshini B, Ganesh M, **Santhi Silambanan**.Assessing Proteinuria in Chronic Kidney Disease: Protein: Creatinine ratio Vs Albumin: Creatinine Ratio IJIMS 2015;2(9):1-4.
32. Manikandan A, Ganesh M, **Santhi Silambanan**. Study of iron status in type I diabetes mellitus. IJCBR 2015;2(2):77-82.
33. **Santhi Silambanan**, Manikandan A, SubhaPalaneeswari, Soundararajan P. Aluminium toxicity in chronic kidney disease patients on maintenance hemodialysis. IJSR 2015; 4(6): 370-372.
34. K.Sowmya, **Santhi Silambanan**,CMPrabu kumar. Problem Based Learning As An Effective Method To Integrate Concepts in Medicine For I MBBS Students. International Journal Of Scientific Research And Education2015; 3(4):3254-3259.
35. Sudhakar M, **Silambanan S**, Malar J. Sirtuins and Obesity related Metabolic dysfunction. IJBAMS 2015; 5(1): 2277-2103.
36. Krithika B, **Santhi Silambanan**. Association of Subclinical Hypothyroidism with Metabolic Syndrome and its Parameters. IJIMS 2015; 2(3): 53-56.
37. P Mohanalakshmi, **Santhi Silambanan**. Comparative Study of lipoprotein(a) and lipid profile in chronic kidney disease patients with hemodialysis and without hemodialsysis. J of Evolution of Med and Dent Sci 2014; 3(43): 10656-10664.

38. Uma Maheshwari K, **Santhi Silambanan**, Jothi Malar R. Paradoxical increase in cystatin –C levels in conventional hemodialysis. Int J Pharm Bio Sci 2014; 4(2): 218-221.
39. P Mohanalakshmi, **Santhi Silambanan**, R Jothimalar. Correlation of Lipoprotein (a) in normal individuals and in chronic kidney disease patients with diabetes mellitus. IntJ Curr Microbiol App Sci 2014; 3(3):1074-1080.
40. Thomas Vijatha, **Silambanan Santhi**, Jothimalar. To study glycated hemoglobin level among diabetes patients with chronic kidney disease. International Journal of Medical and Applied Sciences 2014;3(1):136-140.
41. Subasish Dan, Jnankumar Chaudhuri, MaitreyaSamanta, R Jothimalar, **Santhi Silambanan**, P Soundararajan. Effect of type II diabetes mellitus on intact parathyroid hormone level in end stage renal disease patients on maintenance hemodialysis. Al Ameen J Med Sci 2013;6(4):369-375.
42. KSowmya, CMPrabu Kumar, **Santhi Silambanan**. Value of plasma brain natriuretic peptide in non-dialysis dependent chronic kidney disease patients. International Journal of Pharmaceutical and Biomedical Research 2013;4(1):34-36.
43. SubhaPalaneeswari M, PM Abraham Sam Rajan, **Santhi Silambanan**, Jothimalar. Blood Arsenic and Cadmium Concentrations in End-Stage Renal Disease Patients who were on Maintenance Haemodialysis.JCDR2013;7(5):809-813.
44. M SubhaPalaneeswari, PM Abraham Sam Rajan, **Silambanan Santhi**, Jothimalar. Blood Lead in End-Stage Renal Disease (ESRD) Patients who were on Maintenance Hemodialysis. 2012; JCDR 6(10):1633-1635.
45. **Santhi Silambanan**, Jothimalar R, Sowmya K. Role of Blood Ammonia in the diagnosis and grading the severity of Hepatic Encephalopathy.Biomedicine 2011;31(4):527-529.
46. SowjanyaB, Jothimalar, NaiduJN, **Santhi Silambanan**, SowmyaK. Risk of metabolic syndrome and insulin resistance in normal glucose tolerant subjects. Biomedicine2010; 30(1): 79-82.
47. **Santhi Silambanan**, Jothimalar R. Significance of blood ammonia in uremic encephalopathy. Sri Ramachandra Journal of Medicine 2009;1(1):14-16.
48. **Santhi Silambanan**, Jothimalar R**.** Significance of blood ammonia estimation in patients with sub-clinical hepatic encephalopathy. Indian Journal of Medical Biochemistry 2008; 12(1):40-42.