

# DR ANURAG AGARWAL



Professor & Pain Physician  
Dept. of Anesthesiology.

Dr Ram Manohar Lohia  
Institute of Medical Sciences,  
Lucknow, Uttar Pradesh, India

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YouTube -

<https://www.youtube.com/channel/UCXHAgTSyomwrlu13qkisivQ>

FB-

<https://www.facebook.com/anurag.agarwal.528>

Linkedin [www.linkedin.com/in/anurag-agarwal-92415442](http://www.linkedin.com/in/anurag-agarwal-92415442)

# Educational Qualifications

**1998- MBBS**  
(Medicine)  
from G.S.V.M.  
MC, Kanpur

**Aug' 2001-Aug'  
2004- MD**  
(Anesthesiology)  
from S.N. MC, Agra

**2011-2012-**  
**P.D.C.C.- Pain**  
**Management,**  
**BHU Varanasi**

**2019- FIAPM**  
(Fellowship of  
Indian Academy  
of Pain  
Medicine)

**2024-**  
**International**  
**Fellowship in**  
**Spine**  
**endoscopy**  
from South  
Korea

**Work Experience- 23 years +**

2001-2004- MD Anaesthesiology, SNMC Agra

2005-2006- Senior Residency, AIIMS, New Delhi

Sep 2006-Jan 2014- Lecturer/Assistant  
Professor/Associate Professor, LLRMMC Meerut

Jan 2014-Oct 2016- Associate Professor, GSVMC  
Kanpur/ Jalaun Medical College

Oct 2016-June 2020- Associate Professor, Dr RMLIMS,  
Lucknow

July 2020-till date- Professor, Dr RMLIMS, Lucknow

# Research Publications



	Cumulative
Original research publications in indexed journals	38
Original research publications in PubMed journals	10
Case reports in indexed journals	4
No. of Publications as first author	15
No. of publications as corresponding author	12

# Original Research Papers/Case Reports during last 4 years



Article Citation* (Vancouver Style)	Authorship Sequence*	Paper Type	Where Indexed	Impact Factor
1. Agarwal A, Gautam A, Rastogi S, Malviya D, Das PK, Harjai M. Effect of celiac plexus neurolysis for pain relief in patients with upper abdominal malignancy: A retrospective observational study and review of literature. <i>Indian J Palliat Care</i> 2020;26:512-7.	First	Research Article	Pubmed	1.2
2. Agarwal A, Rastogi S, Rai S, Giri M, Parashar S, Malviya D, Sharma D. Effect of Minimally Invasive Pain Intervention in Frozen Shoulder Patients: A Cross-Sectional Study. <i>Anesth Essays Res.</i> 2020 Oct-Dec;14(4):620-626.	First	Research Article	Pubmed	1.9
3. Rastogi S, Yadav SK, Agarwal A, Kumar S, Malviya D. Biochemical markers and haemodynamic changes of stress response after intubation with direct laryngoscopy versus video laryngoscopy versus fiberoptic intubation: A comparative study. <i>Indian J Clin Anaesth</i> 2020;7(4):681-686.	Third	Research Article	Scopus	2.9
4. Agarwal A, Rastogi S, Gautam A, Malviya D, Rai S, Giri M, <i>et al.</i> Celiac plexus neurolysis for intractable upper abdominal malignant pain: A review article. <i>Indian J Pain</i> 2021;35:16-23	First	Review Article	DOAJ	-
5. Agarwal A, Rastogi S, Bansal M, Kumar S, Malviya D, Thacker AK. Radiofrequency treatment of idiopathic trigeminal neuralgia (conventional vs. pulsed): A prospective randomized control study. <i>Anesth Essays Res</i> 2021;15:14-9	First	RCT	Pubmed	1.9
6. Agarwal A, Rastogi S, Malviya D, Mahapatra S, Kumar V, Tripathi M, <i>et al.</i> Functional outcome of percutaneous spine endoscopic intervention in lumbar disc herniation- A retrospective analysis. <i>Indian J Pain</i> 2021;35:150-6.	First	Research Article	DOAJ	-
7. Tripathi S S, Ambasta S, Mahapatra S, Agarwal A, Rastogi S, (2021). Evaluation of Efficacy of Femoral Nerve Block in pain and anxiety in acute fractures of the Femur in the Emergency Department, <i>JCDR</i> , 15(03), RC06- RC10	Fourth	Research Article	Embase	-
8. Mahapatra S, Tripathi S, Kumar V, Ambasta S, Agarwal A <i>et al.</i> (April 21, 2021) Evaluation of Patterns of Trauma Reporting to the Emergency Department During the First COVID-19 Lockdown in India. <i>Cureus</i> 13(4): e14609. DOI 10.7759/cureus.14609	Fifth	Research Article	Pubmed	1.2
9. Tripathi SS, Mahapatra S, Ambasta S, Agarwal A. Evaluation of approach of fluid resuscitation protocols in primary trauma care - a survey-based experience. <i>J Evid Based Med Healthc</i> 2021;8(13):816-822.	Fourth	Research Article	Index Copernicus	-

# Original Research Papers/Case Reports during Current Tenure



Article Citation* (Vancouver Style)	Authorship Sequence*	Paper Type	Where Indexed	Impact Factor
10. <b>Agarwal A*</b> , Rastogi S, Singh N, Singh MK, Litin Y, Bhasin S. Percutaneous treatment of trigeminal neuralgia: A narrative review. Indian J Pain 2022; 36:S31-9.	First	Review Article	DOAJ	-
11. Das G, Surange P, <b>Agarwal A</b> , Kothari K, Dey S, Natarajan KB, <i>et al.</i> Radiofrequency ablation in chronic pain syndromes: An evidence- and consensus-based Indian Society for the Study of Pain Guidelines, 2022. Indian J Pain 2022;36:S2-23.	Third	Guideline Formatio n	DOAJ	-
12. Rastogi S, <b>Agarwal A*</b> , Litin Y, Singh N, Patel H. Percutaneous vertebroplasty in metastatic vertebral fracture: A retrospective cross-sectional study. Indian J Pain 2022;36:S40-5.	Second & Correspon ding	Research Article	DOAJ	-
13. Litin Y, Rastogi S, <b>Agarwal A</b> , Misra S, Agrawal P, Malviya D. A Prospective Evaluation of Percutaneous Vertebroplasty in Osteoporotic Vertebral Compression Fracture Patients. Cureus. 2023 Jun 11;15(6):e40255. doi: 10.7759/cureus.40255	Third	Research Article	Pubmed	1.2
14. Tripathi SS, Ambasta S, <b>Agarwal A</b> . Pre and Post-operative care of children with cleft Lip and Palate. SSR Inst. Int. Life Sci., 2021: 7(1): 2742-2748	Third	Research Article	Embase	1
15. Rastogi, Shivani; <b>Agarwal, Anurag</b> ; Bhandari, Raj Laxmi1; Bagga, Aayushi; Tiwari, Brihaspati. Hypervitaminosis D Due to Overdose: A Case Series. Indian Journal of Pain 38(2):p 153-155, May–Aug 2024.   DOI: 10.4103/ijpn.ijpn_89_23	Second	Research Article	DOAJ	
16. Kumar S, <b>Agarwal A</b> , Rastogi S, Das PK, Harjai M, Malviya D. Use of Adenosine and Magnesium Sulphate Vs Bupivacaine in Upper Limb Surgeries and Post-Operative Analgesia: A Comparative Hospital Based Study. Int Arch BioMed Clin Res	Second	Research Article	Index Copernicus	-

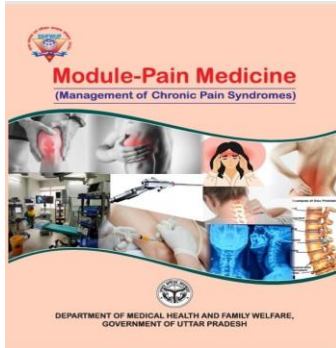


# Research-Best Publications During last 4 years

- H. Index = 6
- Contribution based on publications = Increased use of PBC for Trigeminal Neuralgia & Celiac Rhizolysis for cancer pain in India

Title of Publication	Journal Name	Your Authorship Sequence*	Where Indexed	Impact factor of the Journal	Citations
<u>Radiofrequency Treatment of idiopathic trigeminal neuralgia (conventional vs. pulsed): a prospective Randomized Control Study</u> A Agarwal, S Rastogi, M Bansal, S Kumar, D Malviya, AK Thacker Anesthesia Essays and Researches 15 (1), 14-19	Anesthesia Essays and Researches	First	Pubmed	1.9	13
<u>Effect of celiac plexus neurolysis for pain relief in patients with upper abdominal malignancy: a retrospective observational study and review of literature</u> A Agarwal, A Gautam, S Rastogi, D Malviya, PK Das, M Harjai Indian Journal of Palliative Care 26 (4), 512	Indian Journal of Palliative Care	First	Pubmed	1.1	11
<u>A Prospective Evaluation of Percutaneous Vertebroplasty in Osteoporotic Vertebral Compression Fracture Patients</u> Y Litin, S Rastogi, A Agarwal, S Misra, P Agrawal, D Malviya Cureus 15 (6)	Cureus	Third	Pubmed	1.2	6
<u>Celiac plexus neurolysis for intractable upper abdominal malignant pain: A review article</u> A Agarwal, S Rastogi, A Gautam, D Malviya, S Rai, M Giri, S Mishra, ... Indian Journal of Pain 35 (1), 16-23	Indian Journal of Pain	First	DOAJ		4

# Book & Book Chapters-



## Book Module:

1. 'Module- Pain Medicine- Management of Chronic Pain Syndromes' for 'Training of Provincial Medical Services Doctors' with SIHFW, U.P.- Lead Author & Chief Editor



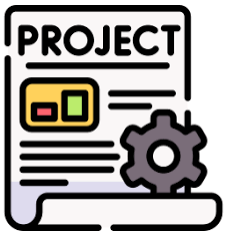
## **Book Chapters: (09)**

1. Trauma & Emergency book, ISBN-13 : 978-9381378311; 2 Chapters
2. Handbook of Pain and Palliative care: CBS Hand book; ISBN-13 : 978-9390619429; 2 Chapters
3. Competency Based Textbook of Anesthesiology; ISBN: 978-93-5466-680-3; 5 chapter; 5 Chapters

## Research Mentored/



Thesis Guided (Numbers only)	Chief Guide		Co-guide	
	Current Tenure	Cumulative	Current Tenure	Cumulative
MD Anesthesiology	4	4	6	6



## Research Projects

Type of Projects	Principal Investigator (PI)		Co-PI	
	Current Tenure	Cumulative	Current Tenure	Cumulative
Intramural	1	3	2	3



# Active Participation in Scientific Meetings during last 4 years

(Numbers only)



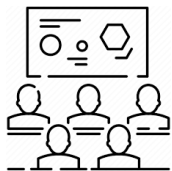
Particulars	Free Paper (Platform)	Free Paper (Poster)	Invited Lecture	Session Chair/ Panelist/ Judge/ Faculty
International	1		5	5
National	-	-	20	6
State	-	-	2	
Others	<ul style="list-style-type: none"><li>• Multiples social awareness programs at Door Darshan and Print Media</li><li>• Runs a 'YouTube Channel' &amp; FB Page for public awareness</li></ul>			

# Guest Faculty in Conferences / Workshops

**27** since 2020 (important noted below)



GUEST FACULTY				
S.N	NAME	PLACE	DATE	TOPIC
1	International Conference on Recent Advances in Pain	Delhi	19 <sup>th</sup> -21 <sup>st</sup> November, 2021	Percutaneous Spine Endoscopy
2	Percutaneous Endoscopic Discectomy Live Workshop	AIIMS, Rishikesh	31 <sup>st</sup> October, 2021	Percutaneous Spine Endoscopy Techniques- Lecture & Live Demo
4	APPRA Cadaveric Fluoroscopic Guided Pain Interventional Workshop	AIIMS Delhi	18 <sup>th</sup> December 2021	Cervical Interventions: epidural and facet MBB
5	43 <sup>rd</sup> Annual Conference of Indian Society of Anesthesiologists- UP State UP-ISACON 2021	BHU Varanasi	2 <sup>nd</sup> -3 <sup>rd</sup> October 2021	Chronic Low Backache- Pain Physician's Perspective
6	<b>AIIMS Pain Practice and Regional Anaesthesia Hand-On Workshop</b>	<b>Delhi</b>	<b>4<sup>th</sup> December 2022</b>	<b>Percutaneous Vertebroplasty</b>
7	37 <sup>th</sup> Annual National Conference of Indian Society for Study of Pain (ISSPCON 2023)	Amritsar		Percutaneous Balloon Compression for Trigeminal Neuralgia
8	<b>Nepal Association for the Study of Pain(NASPCON 2023)</b>	<b>Kathmandu, Nepal</b>	<b>23<sup>rd</sup> April 2023</b>	<b>Trigeminal neuralgia</b>
9	SEAP (Spine Endoscopy & Advanced Pain Interventions- CME + Hands-on Cadaveric & Live Workshop)	AIIMS Rishikesh	5 <sup>th</sup> -6 <sup>th</sup> August 2023	Spine Endoscopy and Vertebral Augmentation
10	SOAPCON (Society of Onco-Anesthesia & Pain Conference) 2023	AIIMS DELHI		Workshop Faculty
11	<b>70<sup>th</sup> ISACON (Indian) 2023 'Workshop of Chronic Pain MIPSIs'</b>	<b>Indian Society of Anesthesiologists, PGIMS, Rohatak</b>	<b>22<sup>nd</sup> November, 2023</b>	<b>Percutaneous Balloon Compression; Workshop Faculty on MIPSIs</b>
12	6 <sup>th</sup> National & 1 <sup>st</sup> International Conference of Indian Society of Pain Clinicians *(ISPCCON 2023)	Indian Society of Pain Clinicians, King George's Medical University, Lucknow	15-17 <sup>th</sup> December 2023	Percutaneous Balloon Compression, Moderator- Panel on Career Opportunities in Pain Medicine
13	8 International Conference of Recent Advances in Pain- ICRA-Pain 2024	Daradia Pain Foundation, Kolkata	9 <sup>th</sup> -10 <sup>th</sup> March 2024	Percutaneous High Cx Chordotomy, VBS system for vertebra augmentation, Panel Discussion- Endoscopy



## Attended

1	2 <sup>nd</sup> & 3 <sup>rd</sup> World Congress on Spine Endoscopy,		Mumbai	Sep 2021 & 2022
2	(International Society of Pain and Neurosciences) ISPN ANNUAL CONFERENCE	'Podium Presentation'	Dubai	8 <sup>th</sup> & 9 <sup>th</sup> December, 2023



## Organized

1	CZ PG Assembly @ Dr RMLIMS	Dr RMLIMS, Lucknow	2 <sup>nd</sup> – 6 <sup>th</sup> March 2022	Co-organizing chairperson
2	Masterclass in Pain Medicine-1 'Radio-frequency Live Workshop cum CME	Dr RMLIMS, Lucknow	9 <sup>th</sup> -10 <sup>th</sup> October 2021	Organizing Chairperson
3	Conceptualized and conducted ' <b>ISPC Online Gurukul</b> ' Webinars for Pain Physicians and Residents Anesthesiology during difficult COVID times	-	2020-2021	
4	4 <sup>th</sup> Annual National Conference of Indian Society of Pain Clinicians ( <b>ISPCCON 2018</b> )	Dr RMLIMS, Lucknow	October 2018	Organizing Secretary
5	Multiple CMEs on CLBP/ Chronic Pain/ Regen. Therapy	Dr RMLIMS, Lucknow		Organizing Chairperson

# Awards/Honors/Orations



Particulars	Current Tenure#	Cumulative
<b>Awards</b>	<ol style="list-style-type: none"> <li>1. 'Best Researcher Award' at Foundation Day-2023 @Dr RMLIMS Lucknow</li> <li>2. 'National Award For Interventions in Palliative Care' by NAPCAIM 2023</li> <li>3. International 2021 Brilliance award as Pain Physician of the year</li> </ol>	4
<b>Member/Fellow of any National Academy</b>	<ol style="list-style-type: none"> <li>1. Member- Pain Medicine Board, NBEMS India (National)</li> <li>2. Fellow of Indian Academy of Pain Medicine</li> </ol>	2
<b>Any position holding in National/International Academic Society</b>	<ol style="list-style-type: none"> <li>1. National Member of 'Indian Society for Study of Pain-Executive Council' (National)</li> <li>2. Past Secretary- Indian Society of Pain Clinicians(National)</li> <li>3. Member of 'Cancer Aid Society Ethics Committee' notified by GOI (National)</li> <li>4. SIG Member of ISSP- for Percutaneous Spine Endoscopy Guidelines</li> <li>5. Founder President- Endoscopic Spine &amp; Interventional Pain Society 'ESIPS' (National)</li> <li>6. Vice-President NAPCAIM U.P. Chapter (State)</li> </ol>	6
<b>Admin. position @ DrRMLIMS</b>	<ol style="list-style-type: none"> <li>1. Member- Library Committee (Institutional)</li> <li>2. Member- IQAC Dr RMLIMS (Institutional)</li> </ol>	2
<b>Any Other Information</b>	<ol style="list-style-type: none"> <li>1. <b>Visiting Professor- Dept. of Pain Medicine, GSVM Medical College, Kanpur</b></li> <li>2. External Member, Board of Studies, Department of Anesthesiology, AMU Aligarh</li> <li>3. Section Editor -Indian Journal of Pain &amp; JOACP</li> <li>4. <b>'First' External examiner D.M. Pain Medicine.</b> (2022, 24)- AIIMS Rishikesh</li> <li>5. International Proctor for SYM Medical Percutaneous Balloon Compression</li> </ol>	5

## Academic Achievements



### Teaching achievements

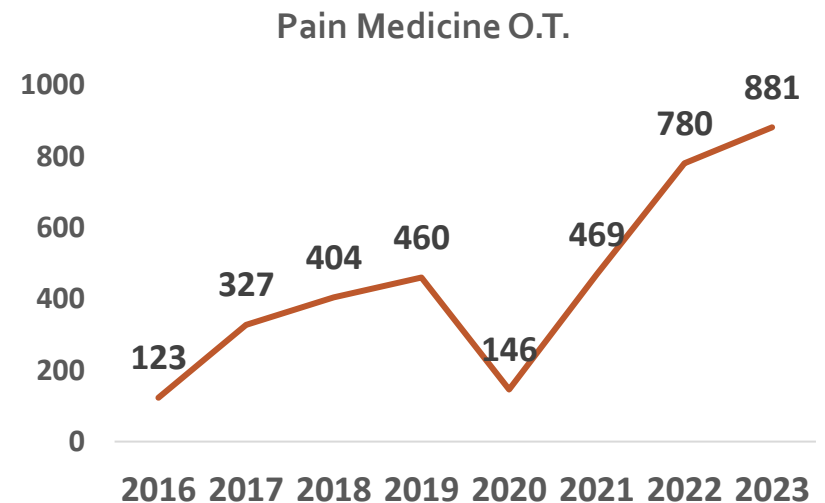
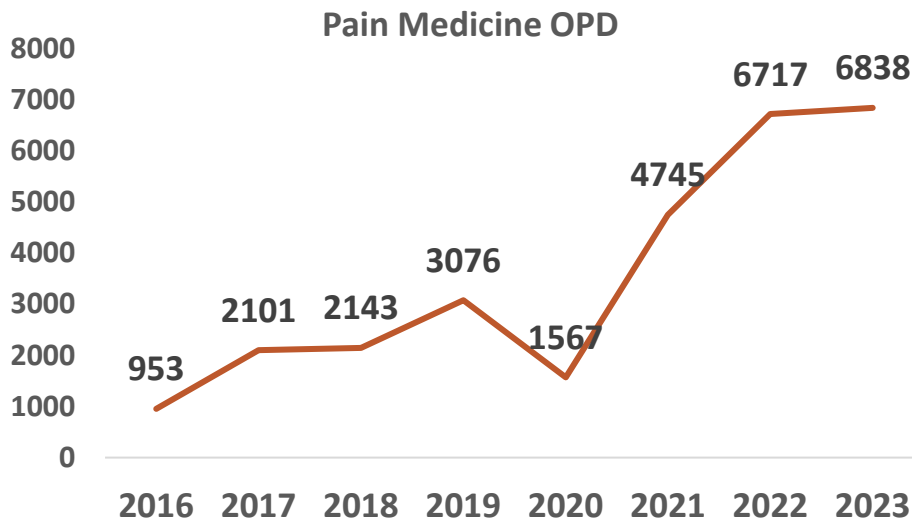
- Started one year, 'PDCC Pain Medicine' course at Dr RMLIMS, Lucknow
- Trained 3 Observers in 'Basic Training of Pain Medicine' for 3 months
- Applied for FNB Pain Medicine

## Thesis Guide/Co-Guide Ongoing

S. N	Topic	Course	Guide/ Co-Guide	Year
1	Functional outcome of percutaneous spine endoscopy for prolapsed intervertebral disc and or lumbar canal stenosis: A prospective observational study.	MD	Guide	2023
2	Combined celiac plexus rhizolysis and bilateral splanchnic nerve radiofrequency ablation for upper abdominal malignant pain- prospective observational study”	MD	Guide	2022

# What The 'Pain Medicine' Team Dr RMLIMS, LKO has Achieved So Far..

- A 'Dedicated' Pain Medicine OPD
- A 'Dedicated' Pain Medicine Modular OT/ MIPSI Lab
- 10 In-house Beds for Pain Medicine services.
- First Pain Medicine Unit', Dept. of Anaesthesiology across India having a complete equipment set of 'Percutaneous Spine Endoscopy'
- First institute of Uttar Pradesh to apply for FNB Pain Medicine



## Advanced Pain Interventions (MIPSI) started at Dr RMLIMS

- Radio-frequency interventions for chronic pain patients e.g. RF of sacro-iliac joints
- Cooled Radiofrequency Treatment for various chronic pain syndromes
- Vertebroplasty/ Balloon Kyphoplasty/ Vertebral Stenting System for vertebral augmentation
- Balloon compression of Gasserian Ganglion
- Trans-aortic celiac plexus Rhizolysis.
- Superior Hypogastric Rhizolysis for pelvic cancer patients
- Percutaneous Spine Endoscopic procedures for chronic back pain patients
- Intra-thecal Baclofen Pump Implantation (Neuro-Augmentative therapy) for patients of spasticity
- Spheno-palatine Ganglion Interventions for atypical facial pain



# My vision for my Speciality/ Department/ Institute

- Advocacy for
  - inclusion of 'Pain Medicine' as a super-specialty branch by NMC so that DM-Pain Medicine can also be started here.
  - Inclusion of all MIPSIs in Ayushman Bharat PMSSY, so that all sections of society can be served
- I believe in 'Team-Work' and self-growth through empowerment team and strengthening of systems
- To mentor our students/ residents/ fellows to be able to compete on global fora
- To assist Dr RMLIMS Lucknow in becoming a 'Globally Recognized Institute' in general and in field of Anesthesiology & Pain Medicine, in particular
- In view of the impending tsunami of chronic pain patients in the near future in India due to the demographic shift, my vision is to ensure that Dr RMLIMS is not only a 'pioneer institute' of chronic pain management, but also a creator of qualified, competent Pain Physicians to serve the society.

**Thank You**