

*Prof Dr. V.Seshiah*

M.D.,FRCP, FACP, D.S.c., D.Sc., D.Sc (Hony),

**PADMASHRI AWARDEE**

Hony. Distinguished Professor,  
The Tamilnadu Dr.MGR. Medical University,  
Patron Diabetes in Pregnancy Study Group India

Date: 7/8/2023

Prof. Dr. C.V. Harinarayan is an excellent clinician, accomplished researcher and scientist, astute bed-side investigator, exemplary organizer and administrator. He has outstanding contribution in the field of Endocrinology. I have great pleasure in nominating him for the "Sun Pharma Science Foundation Research Awards under category - Clinical Research"

**His research work has provided** - new perspectives in the correct diagnosis and treatment of metabolic bone diseases in India. He was the FIRST to document low vitamin D status and low dietary calcium intake levels in urban and rural subjects through population survey (the only large population-based studies so far from India). His work changed the Recommended Dietary Allowances (RDA) of India by ICMR and paved the way for fortification of food with vitamin D and calcium. His research work has been translated into National Health programs to address the problem of vitamin D and dietary calcium deficiency in India. He developed the national guidelines to treatment of vitamin D deficiency in sun drenched country-India. He was the first to documented by in vitro studies on ampoule model of previtamin D synthesis has shown that we as Indians can synthesize enough vitamin D on exposure to sunlight from 11 am to 2 pm, by exposing 10 to 15% of body surface area for 15 to 30 minutes. He documented that correction of vitamin D deficiency can improve the pancreatic beta cell secretory function.

He was the first to document low vitamin D and dietary calcium status as the cause of bone disease and large parathyroid adenomas (weight in grams) in primary hyperparathyroidism. With widespread vitamin D and calcium supplementation the bone disease is disappearing and the adenoma weight are in milligrams.

His documentation of the renal tubular damage as the cause of bone disease in fluorosis is Ranked top 10 publications - year 2006 by Internet. He was involved in indigenously develop intact IRMA radioimmunoassay for parathyroid hormone in India along with BARC Mumbai. - MAKE IN INDIA CONCEPT. He was involved in development of "Clinical Practice Guidelines on management of Postmenopausal osteoporosis and Recommendations (2012-13)" for Indian Menopause society.

He was the founder Head Department of Endocrinology and Metabolism, at Sri Venkateswara Institute of Medical Sciences, Tirupati, organized and developed the department from scratch (1993). He got the department recognized (by Medical Council of India) for D.M. course in Endocrinology and presently there are two DM students admitted every year.

