

## **Union Minister Dr. Jitendra Singh Emphasises early diagnosis, timely medical intervention and avoidance of unnecessary investigations as the basis of responsible patient care**

**Dr. Jitendra Singh Launches ‘Rheumatology Essentials’  
Authored by Prof. Anand N. Malaviya and Dr. Prashant  
Kaushik**

**Dr. Jitendra Singh Advocates Three-Pronged Approach to  
Improve Clinical Management of Rheumatic and  
Musculoskeletal Diseases**

**Quality Medical Literature in Hindi Essential to Support  
Expansion of Medical Education in Indian Languages: Dr.  
Jitendra Singh**

प्रविष्टि तिथि: 16 AUG 2026 5:11PM by PIB Delhi

Union Minister of State (Independent Charge) for Science & Technology and Earth Sciences and MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh, who is himself a Professor of Medicine, today called for greater emphasis on clinically guided medical practice, with early diagnosis, timely medical intervention and avoidance of unnecessary investigations as the basis of responsible patient care.

Speaking at the launch of “Rheumatology Essentials: A New Frontier for Aspiring Clinicians”, Dr. Jitendra Singh said this three-pronged approach can help reduce unnecessary medication and investigations, prevent delays in diagnosis and ensure that patients reach the appropriate specialist at the right time.

The book, authored by eminent rheumatologists Prof. Anand N. Malaviya and Dr. Prashant Kaushik, was launched in the presence of senior members of the medical fraternity, including Dr. Uma Kumar, Head of Rheumatology, AIIMS, and Dr. Shankar Subramaniam. Prof. Malaviya is widely recognised for his pioneering contribution to rheumatology and clinical immunology in India, while Dr. Kaushik is Clinical Professor of Medicine and Chief of Rheumatology at Northeastern Health System, Oklahoma, USA. The book carries a foreword by Dr. Vinod K. Paul.

Describing Prof. Malaviya as a “teacher of teachers”, Dr. Jitendra Singh said his contribution went beyond teaching students to creating generations of clinicians and teachers who helped take rheumatology forward across the country. Recalling his early association with Prof Malviya, he said Rheumatology was once not

widely recognised as a distinct super-specialty, but Prof. Malaviya's work at AIIMS helped establish its identity, credibility and institutional foundation in India.

The Minister said Prof. Malaviya not only founded the specialty but also institutionalised rheumatology through structured courses and training programmes, creating opportunities for young doctors and medical teachers from different parts of the country to receive specialised training. He said the growth in the number of trained rheumatologists and formal programmes in the discipline reflected the lasting contribution of Prof. Malaviya.

Referring to the clinical framework presented in “Rheumatology Essentials”, Dr. Jitendra Singh said the book provides clinicians with a simple and practical way to distinguish between inflammatory rheumatic diseases, mechanical-structural disorders and nociplastic pain syndromes. He said this approach can help physicians move beyond symptomatic treatment and identify patients who require specialist rheumatological care.

The Minister said the book's three-pronged strategy of “recognise disease early, avoid unnecessary investigation and ensure timely referral” is particularly relevant to contemporary medical practice. He said patients with musculoskeletal complaints can sometimes undergo repeated symptomatic treatment or move from one physician to another without the underlying condition being properly identified. A clinically guided approach can help prevent such delays and reduce avoidable treatment.

Calling for greater reliance on clinical judgement alongside modern diagnostic technology, Dr. Jitendra Singh said investigations should support clinical reasoning rather than replace it. He referred to the growing availability of immunological tests, MRI scans and other sophisticated investigations and said their appropriate use is important for ensuring responsible and ethical medical practice.

The Minister also spoke about the wider implications of musculoskeletal disorders, including reduced mobility and the management of common comorbidities such as diabetes. He said prolonged or inappropriate use of painkillers can also affect overall health, making accurate diagnosis and appropriate referral important components of patient safety.

Welcoming the book's information on DM, DNB and fellowship programmes in rheumatology across India, Dr. Jitendra Singh said it would help students and young doctors explore specialised training opportunities in the field. He also spoke about the importance of creating quality scientific and medical literature in Hindi and other Indian languages, saying language accessibility must be supported by adequate professional literature so that students are not disadvantaged by the medium of instruction.

According to the book's introductory synopsis, Rheumatology Essentials is designed for undergraduate and postgraduate medical students, primary-care physicians, general physicians and frontline emergency-room physicians. It provides a practical framework for diagnosing and triaging rheumatic and musculoskeletal diseases and seeks to enable clinicians to distinguish conditions requiring specialist rheumatological care from mechanical-structural and biopsychosocial pain conditions.

Congratulating Prof. Malaviya and Dr. Kaushik on the launch, Dr. Singh said that after dedicating his professional life to rheumatology, Prof. Malaviya had chosen through the book to carry the legacy of rheumatology to future generations. He expressed the hope that the book would reach a wide range of clinicians and aspiring specialists and contribute to more ethical, informed and patient-centred medical practice.





\*\*\*\*\*

**NKR/AK/NM**

(रिलीज़ आईडी: 2300189) आगंतुक पटल : 589  
इस विज्ञप्ति को इन भाषाओं में पढ़ें: Urdu , हिन्दी , Tamil