

DR. VIRBHAN BALAI

Consultant - Interventional Cardiology

Qualification

MBBS | DLO | MD (General Medicine) | DNB (Cardiology) | FNB (Interventional Cardiology)

Overview

Dr. Virbhan Balai is a Senior Interventional Cardiologist based in New Delhi. He has done his MBBS and DLO (Otorhinolaryngology) from the prestigious V.M.M.C. & Safdarjung Hospital, New Delhi, India. He has completed his MD (Gen. Medicine) from the reputable PGIMER & Dr. R.M.L. Hospital, New Delhi and his senior medical residency from All India Institute of Medical Sciences (AIIMS), New Delhi. In pursuit of higher education, he did his super specialisation in DNB (Cardiology) from the National Heart Institute, New Delhi. To refine his skills further, Dr. Virbhan did a year dedicated fellowship (FNB) in Interventional Cardiology from the National Board of Examinations & Max Super Speciality Hospital Saket, New Delhi. He is considered to be the best heart doctor in Delhi. Dr. Virbhan has published widely recognised peer-reviewed journals and academic publications as a testament to his unwavering commitment to academic learning. His numerous writings on various medical issues demonstrate his commitment to sharing thoughts and insights that can help other practitioners. He is a member of the American College of Cardiology, the European Society of Cardiology, the Society of Cardiovascular Angiography & Intervention (USA) and the Asia Pacific Vascular Society. He is also a Lifetime Member of the Cardiological Society of India, the Association of Physicians of India and the Indian Academy of ECHO (Delhi). Dr. Virbhan has been honoured with the Dr. APJ Abdul Kalam Health Award - 2023 for his outstanding efforts. These renowned honours recognise his extraordinary experience, innovative research, and significant contributions to the medical community. He is fluent in Hindi and English. He is a highly trained, board-certified Interventional Cardiologist specialising in structural heart diseases. He is deeply committed to addressing patients' health and wellness concerns. Dr. Virbhan is known for performing complex interventions, including LM stenting, Rota ablation, Pacemakers implantation, complex arrhythmia ablation, device closure like ASD, VSD, PDA, RSOV for heart defects and advanced cardiovascular procedures like TAVR (TAVI), TRIC VALV, TMVR, MITRA CLIP, BMV, LAA occlude and Alcohol septal ablation. His other related fields of expertise are Primary PCI, Complex PTCA, PTCA in calcific coronary arteries- Rota pro, IVL, Orbital atherectomy, FFR, IFR, OCT, IVUS, EPS, RFA, IMPELLA, ECMO, IABP, Permanent pacemaker, Leadless Pacemaker-Micra, AICD, S/C AICD, CRT-D, CRT-P. He is also well-versed in procedures like PTA, EVAR, and TEVAR. Dr. Virbhan actively participates in various seminars and conferences on cardiology updates. He is routinely invited as guest faculty at various national and international conferences.

Fellowship & Membership

- Fellowship in "Interventional cardiology" from the National Board of Examinations, New Delhi.
- Life Member- Cardiological Society of India (L-4824).
- Life Member- Association of Physicians of India (L-17169).
- Life Member- Indian Academy Of ECHO, Delhi (LM-026).
- Member - American College of Cardiology.
- Member European Society of Cardiology.
- Member- Society of Cardiovascular Angiography & Intervention, USA.
- Member - Asia Pacific Vascular Society.

Field of Expertise

- Primary PCI, Complex PTCA, LM stenting, PTCA in calcific coronary arteries- Rota pro, IVL, Orbital atherectomy, FFR, IFR, OCT, and IVUS
- TAVR (TAVI), TMVR, MITRA CLIP, TRIC VALVE , and BMV
- Permanent pacemaker, Leadless Pacemaker-Micra, AICD, S/C AICD, CRT-D, CRT-P
- EPS, RFA
- LAA Occluder and Alcohol Septal Ablation
- Device Closure: ASD, VSD, PDA, and RSOV
- PTA, EVAR, and TEVAR
- IMPELLA, ECMO, and IABP

Languages Spoken

- Hindi
- English

Awards & Achievements

- Dr. APJAbdul Kalam Health Award - 2023.

Talks & Publications

- Culprit versus Non-Culprit Vessel Angioplasty in STEMI; Chapter 58, CSI Updates 2021.
- Efficacy, Safety and Promising of Atorvastatin versus Rosuvastatin in LDL Cholesterol Reduction Potential and CVD Protection. Chapter 22. Advances in Statin Therapy & Beyond in CVD (ASTC). A Textbook of Cardiology.
- Coronary Plaque Regression in Statin Intervention Trials; Does It Hold the Ground? Chapter 19. Cardiology 2021 Edition; LIPIDS.
- Conducted research on the prevalence of coronary heart disease risk factors - novel as well as conventional risk factors.
- Conducted research; To study the effect of intensive nutritional and lifestyle modification in patients of uncontrolled Type II Diabetes Mellitus despite availing optimum drug Treatment.
- INDIA VALVE 2022 "TAVR Hall of Fame" - Transaortic TAVR with Porcelain Aorta, 09.09.2022.
- INDIA VALVE 2022 "TAVR Hall of Fame" - TAVR In Challenging Anatomy 10.09.2022.
- INDIA VALVE 2022 "TAVR Hall of Fame" - TMVR -Transcatheter Mitral Valve, 11-Sep-2022.
- SCAI VIRTUAL LAB, Complex Bifurcation Stenosis- Tips and Tricks. DK- Crush Technique; 10.07.2021.
- IVUS Connect. IVUS Guided LM PCI, 19.09.2021.
- SCAI VIRTUAL LAB; Coronary Imaging. IVUS Guided Left Main PCI,17.10.2021.
- Left Main- Ostial LAD Intramural hematoma as a rare case of ACS, Society of Coronary Imaging and Physiology (SCIP),29.10.2022.
- Healthy Heart, Visit Health; 29.09.2022.
- PCR Tokyo Valves- Transaortic TAVR, 17.02.2023.
- Sudden cardiac death, Visit Health, 29.03.2023.
- Myth busters on Cholesterol. [Click Here](#)