

In the news – National

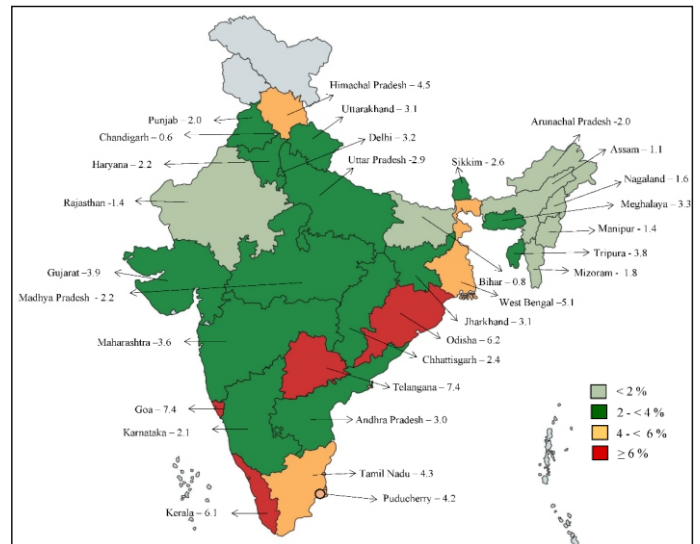
Telangana Emerges as India's Kidney Disease Hotspots, 1 in 14 Adults Affected

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Telangana is gradually turning into a major hotspot of kidney diseases, as a new survey indicates that nearly 7.4% of the population—about 1 out of every 14 individuals—suffers from decreased kidney function. The number is over double the 3.2% national norm, which raises a critical health issue that is overlooked.

The findings are drawn from the latest study conducted by the Indian Council of Medical Research (ICMR) under the ICMR–INDIAB project, the country's largest assessment of kidney health. Surveying over 25,000 adults across all States and Union Territories, the study reported a high prevalence of kidney disease in Telangana (7.4%) and Goa (7.4%), followed by Odisha (6.2%) and Kerala (6.1%).

The rising burden of chronic kidney disease (CKD) in Telangana is linked to a combination of medical, lifestyle and environmental factors. Poorly controlled diabetes and hypertension remain the biggest drivers, along with the widespread use of painkillers and concerns about drinking water quality in some areas. Also, reliance on unqualified rural practitioners, excessive alcohol use and unregulated alternative medicines act as additional triggers. Experts also flag low birth weight, early obesity and sedentary lifestyles as long-term risks.



Pradeepa et al. Prevalence of impaired kidney function & its association with diabetes & hypertension in India: The ICMR-INDIAB study (ICMR-INDIAB-22). *Indian J Med Res.* 2025 Aug; 162(2):143-154.

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