



## Dr Tarun Sahni

MBBS, MD, DM 45+ Years Experience

Dr Tarun Sahni is a top Internal Medicine Physician in Delhi at Apollo Hospitals Delhi . Book appointment online with Dr Tarun Sahni at Ask Apollo.

### Hospitals

[Apollo Hospitals, Delhi ,](#)

Doctor's Working  
Weekdays  
Mon - Sat

Doctor's Working  
Hours  
12:00 -13:00



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## Overview

Dr. Tarun Sahni is a distinguished General Physician and Internal Medicine Specialist with over 45 years of rich experience in the medical field. Based in South Delhi, he is committed to delivering high-quality healthcare services to his patients. Dr. Sahni possesses an impressive educational background, holding an MBBS and an MD, along with a DMM (Diploma in Marine Medicine) from Mumbai, which equips him with a broad understanding of various medical conditions and their effective management. His expertise in internal medicine allows him to diagnose and treat a wide range of illnesses, ensuring his patients receive comprehensive and personalized care. Fluent in both English and Hindi, Dr. Sahni is adept at communicating with a diverse patient population, ensuring that each individual feels informed and understood throughout their treatment journey. As a part of the Apollo healthcare network, he is dedicated to upholding the standards of excellence associated with the institution. Whether it's managing chronic diseases, conducting health assessments, or providing preventative care, Dr. Tarun Sahni brings a compassionate approach to his practice, emphasizing the importance of holistic health and patient-centered care. His commitment to continuous learning and professional development ensures he stays

updated with the latest advancements in medical science, enabling him to provide the best possible care to his patients.

## Experience

- Dr Tarun Sahni is an alumnus of Armed Forces Medical College following which he served the Indian Navy for over a decade and took voluntary release to pursue his aspirations.
- He then worked in the UK and UAE prior to coming back to India to establish India's first private hyperbaric treatment center at the Apollo Hospital Delhi in the year 2000 - which he currently heads.
- Dr Sahni is known as the “father of modern hyperbaric medicine in India” and has over 25 publications and chapters in books.
- For this contribution to education and research in the field of Diving & Hyperbaric Medicine, he has been conferred the title of “Adjunct Professor” by the Apollo Hospital & Educational Research Foundation.
- He also has a mention in Limca book of records in 2000.

## Membership

- Member of Apollo Ethics Committee (AHERF)
- President Hyperbaric Society of India
- Chairman Asian Hyperbaric and Diving Medicine Association (2012-2014)
- President, GBN Squash Racket Association (affiliated to UP Squash association)

## Awards

2017 Dr Gupte Award'

2018 Best Clinical Care Team Award

etc.

## Frequently Asked Questions

### 1. Where does Dr. Tarun Sahni practice?

Dr. Tarun Sahni is a practicing physician at Apollo Hospitals, Delhi. This hospital offers comprehensive healthcare services and is renowned for its medical expertise.

## **2. Who is Dr. Tarun Sahni?**

Dr Tarun Sahni is a renowned Internal Medicine Specialist with over 25 years of experience. He practices in Delhi at Apollo Hospitals Delhi. Dr Tarun Sahni holds a degree in MBBS, MD, DM. He provides treatments including Abdominal Pain Treatment, Preventive Treatment, Alcohol De Addiction Treatment. He specializes in treating conditions like Urinary tract infection, Wilson Disease, Gonococcal Infection.

## **3. Why do patients choose Dr. Tarun Sahni?**

Patients seek Dr. Tarun Sahni's expertise in managing various health concerns, including skin allergies, viral fever treatment, and diabetes management. For a complete overview of his services, please refer to his updated profile.

## **4. What is Dr. Tarun Sahni's specialization?**

Dr Tarun Sahni specializes in Internal Medicine. He has expertise in treating conditions such as Urinary tract infection, Wilson Disease, Gonococcal Infection. His key treatments include Abdominal Pain Treatment, Preventive Treatment, Alcohol De Addiction Treatment.

## **5. What are Dr. Tarun Sahni's medical qualifications?**

Dr Tarun Sahni holds MBBS, MD, DM, reflecting his comprehensive education in the field of Internal Medicine.

## **6. How many years of experience does Dr. Tarun Sahni have?**

Dr. Tarun Sahni has 25 years of experience in medicine.

## **7. Who is a General Physician?**

A general physician (GP) is a medical doctor specializing in non-surgical adult healthcare. They treat various diseases not requiring surgery, encompassing cardiovascular, respiratory, neurological, haematological, endocrine, and gastrointestinal systems. Some GPs may further specialize within these systems.

## **8. What are the education requirements to become a General Physician?**

General physicians, also known as primary care physicians, require completion of medical school followed by a three-year residency in primary care. Prerequisites include a science-based bachelor's degree, a minimum GPA, and successful completion of medical school and basic medical training.

## 9. When should I consult a General Physician?

A general physician provides primary care for various health concerns. They treat conditions affecting the cardiovascular, respiratory, musculoskeletal, neurological, gastrointestinal, and endocrine systems, excluding those requiring surgery. Consult a general physician for symptoms related to these systems.