

# In a first, Ganga Ram hospital doctors treat Parkinson's tremors without surgery

An MRI-guided focused ultrasound to treat Parkinson's tremors non-surgically was done in New Delhi, a first in North India. This procedure offers a safer alternative to brain surgery.



The procedure uses sound waves to focus on a specific part of the brain.

## In Short

- A non-invasive treatment was done to treat tremors in Parkinson's patient
- The procedure focused on sound waves guided by MRI for precision
- It is a latest tech for patients who don't respond to medicines

Patients suffering from Parkinson's tremors might find relief as doctors have used a non-surgical method to treat the condition.

Doctors at Sir Ganga Ram Hospital in New Delhi treated a patient successfully using a method called MRI-Guided Focused Ultrasound (MRgFUS).

According to the experts, this is the first time this method has been used to treat Parkinson's disease in North India.

Parkinson's disease is a brain condition that affects how a person moves. It happens when certain nerve cells in the brain that produce a chemical called dopamine begin to break down or die.

Dopamine helps control smooth and balanced movement, so when its levels drop, a person can have trouble moving normally.

Common symptoms of the condition include tremors (shaking), especially in the hands, stiff muscles, slowed movements, balance and coordination problems, and small handwriting or changes in speech.

Over time, it may also lead to issues like depression, trouble sleeping, or memory problems.

Reema (name changed), a retired schoolteacher, had been battling severe hand tremors for years. These tremors made everyday tasks like drinking water, eating, or writing nearly impossible.

Despite visiting several doctors and trying different medicines, nothing helped.

When she was advised to undergo Deep Brain Stimulation, a complicated brain surgery, she was terrified and chose to continue living with the problem.



Parkinson's disease is a brain condition that affects how a person moves.

That changed when she learned about a new non-invasive treatment available in Delhi. Initially considering travelling to the UK for the procedure, Reema was relieved to find the same technology here in India.

She underwent the MRgFUS procedure, conducted by Dr. Anshu Rohatgi, Vice Chairman of Neurology, and saw results immediately. Her right hand stopped shaking during the treatment itself.

The next morning, she could hold a glass of water, eat a sandwich, and even write her name, simple acts that felt like major milestones.

MRgFUS is a modern treatment that doesn't require any cuts or implants. It works by using focused sound waves to target the exact part of the brain causing the tremors.

The procedure is done using an MRI, which ensures high accuracy. It is especially useful for people with Essential Tremors (a common neurological disorder) and Parkinson's Disease where shaking is the main symptom.

"This is a completely non-invasive technique, so patients avoid the risks of open surgery and recover faster," said Dr. Satnam Chhabra, Chairman of Neurosurgery.

"This is part of our ongoing effort to bring the latest technology to our patients. For those who don't respond to medicines, this treatment offers a new lease on life," Dr. Ajay Swaroop, Chairman of the hospital's Board of Management, said.

**News Source:**

<https://www.indiatoday.in/health/story/mri-guided-focused-ultrasound-treats-parkinsons-disease-tremors-delhi-2724574-2025-05-14>