



Institute of
Neurosciences

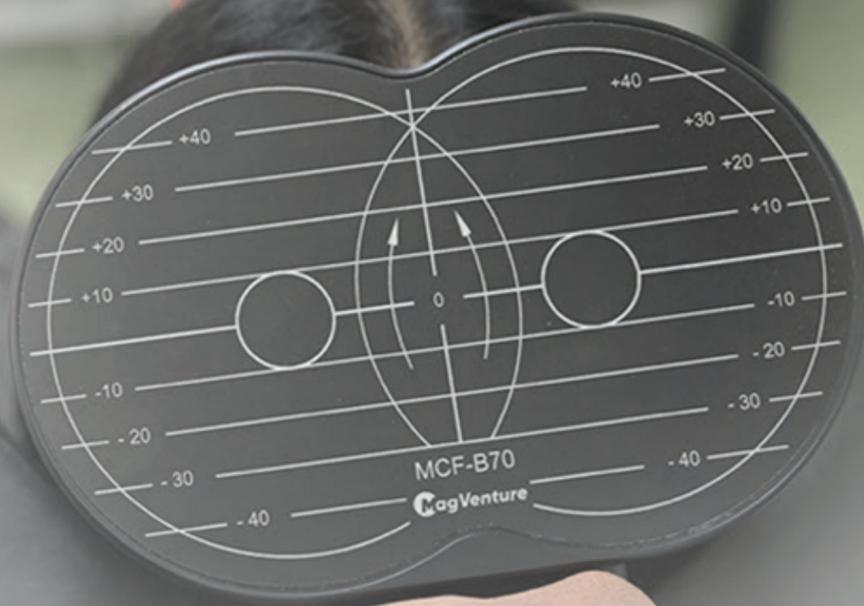


rTMS

*(Repetitive Transcranial
Magnetic Stimulation)*

**A Modern, Non-Invasive
Treatment for Depression,
OCD and Anxiety Disorders**





What is rTMS?

Repetitive Transcranial Magnetic Stimulation (rTMS) is an advanced, non-invasive brain stimulation treatment used for certain psychiatric conditions. It works by delivering controlled magnetic pulses to specific areas of the brain involved in mood regulation, anxiety control, and cognitive processing.

These pulses help modulate brain activity and improve symptoms over time.



No surgery



No hospital admission



No anaesthesia



No injections

Why is rTMS used?

In some mental health conditions, brain circuits do not function optimally despite medicines.

rTMS helps by:

- Activating under-functioning brain areas
- Improving symptoms when the response to medicines is partial
- Supporting recovery alongside regular psychiatric care

Who can benefit from rTMS?

rTMS may be advised by a psychiatrist in the following situations:

Depression

- Depression that has not improved adequately despite appropriate medication trials
- Patients who experience partial response or frequent relapses
- Individuals unable to tolerate antidepressant side effects

Obsessive Compulsive Disorder (OCD)

- Inadequate response to standard medications
- Residual symptoms despite optimal treatment

Anxiety Disorders

- Persistent anxiety symptoms despite medication and psychotherapy
- Functional impairment affecting work, social, or personal life

Other Psychiatric Conditions

- Bipolar depression (under psychiatric supervision)
- Psychosis/Schizophrenia
- Smoking cessation
- Certain chronic pain and psychosomatic conditions

rTMS is typically considered only after psychiatric evaluation and is not a first-line treatment for everyone.



Why is rTMS preferred over other treatment options

rTMS vs Medications*

rTMS	Medications
Targets specific brain areas	Act on the whole body
Minimal systemic side effects	May cause systemic side effects
Time-limited treatment course	Daily intake required
Useful in partial or non-responders	Some patients show a partial response

*Best results seen when combined with medications

rTMS vs ECT (*Electroconvulsive therapy*)

rTMS	ECT
No anaesthesia needed	Requires anesthesia
Patient remains awake	Patient is unconscious
No memory impairment	May cause temporary memory issues
Used in moderate to resistant cases	Used mainly in severe cases

rTMS + Psychotherapy = Better Outcomes

- Therapy helps change thoughts and behaviour
- rTMS helps correct brain circuitry

Best results are often seen when combined.

Benefits of rTMS

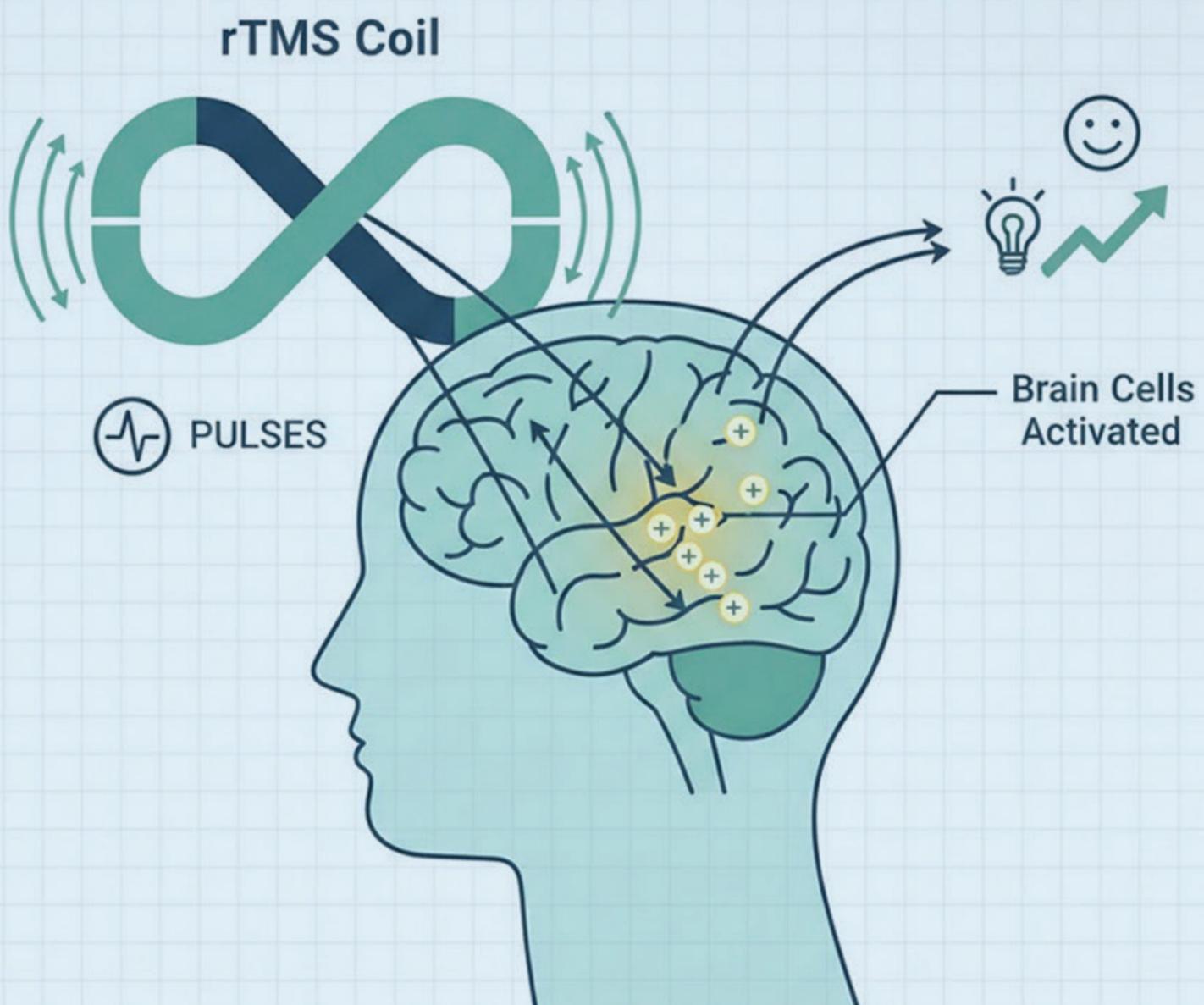
- Non-invasive and well-tolerated
- No memory impairment
- No sedation or recovery time
- Can continue daily routine
- Can be safely combined with medicines
- Evidence-based and internationally approved

Patients often report:

- Improved mood
 - Reduced anxiety
 - Better focus and energy
 - Improved quality of life
- (Response varies from person to person)

What happens during an rTMS session?

- Patient sits comfortably on a chair
- A magnetic coil is placed gently over the scalp
- Patient remains awake and alert
- Session lasts 20–30 minutes
- Given 5 days a week for a few weeks
- Normal activities can be resumed immediately





Safety and Side Effects

rTMS is generally safe and well-tolerated.

Possible mild effects:

- Temporary scalp discomfort
- Mild headache

These usually settle on their own.

Important to Know

- rTMS is not a replacement for psychiatric consultation
- Treatment is individualised
- Regular follow-up is essential
- Not suitable for everyone (e.g., certain metal implants/ history of implants / history for seizures)

Want to know if rTMS is right for you?

Please speak to our Psychiatry Team for detailed guidance.

Available at:

Division of Mental Health, Institute of
Neurosciences, Medanta – Gurugram

24x7
Emergency No. **1068**

📞 95999-11926
📞 88-0000-1068



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www.medanta.org

Medanta – The Medicity,
Sector 38, Gurugram, Haryana