

# Lilavati Doctors Save Woman with Severe Heart Condition

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Image source: Press Release

In a groundbreaking medical achievement, Lilavati Hospital, Mumbai, has successfully saved the life of a 78-year-old woman suffering from a severe heart

condition known as Mitral Annular Calcification. The patient underwent India's first successful Transcatheter Transatrial Mitral Valve Replacement (TMVR)—a feat that sets a new benchmark in cardiac care across Asia.

### **A Life Crippled by Breathlessness**

Sujata Sakpal (name changed), had endured months of extreme breathlessness. She could no longer sleep lying down and struggled with everyday activities like walking, bathing, and eating. Despite seeking help from multiple doctors, her symptoms worsened.

When her family brought her to Lilavati Hospital, medical investigations revealed that her mitral valve was severely damaged and calcified. Given her age, fragile lungs, and the complexity of her condition, open-heart surgery posed a high risk. Several hospitals had turned down her case.

### **A Bold Decision: Transatrial TMVR**

Refusing to give up, a dedicated team at Lilavati Hospital decided to pursue a more advanced, minimally invasive approach. The team, led by Dr. Ravinder Singh Rao (Interventional Structural Cardiologist), Dr. Kaushal Pandey (Cardiac Surgeon), and Dr. Uday Gandhi (Cardiac Anaesthetist), opted for Transcatheter Transatrial Mitral Valve Replacement (TMVR).

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“Given her age and frailty, we ruled out traditional surgery,” explained Dr. Rao. “We chose the transatrial TMVR technique and used the Edwards Sapien 3 valve for replacement. We made a small incision in the heart to remove the damaged valve and implant the new one.” The team efficiently completed the complex procedure. They monitored the patient in the ICU for just one day and discharged her within four days due to her remarkable recovery.

### **A New Lease on Life**

As per the press release, three months post-surgery, Sujata has made a full recovery. She now sleeps comfortably, walks without assistance, and has resumed daily life independently. “This procedure offers a ray of hope to high-risk patients who cannot undergo open-heart surgery,” Dr. Rao emphasized.

### **A Landmark Moment for Indian Healthcare**

Dr. Niraj Uttamani, COO of Lilavati Hospital, proudly stated, “This surgery is more than a medical success—it's a landmark for India and the Asian continent. It reflects Lilavati Hospital's unwavering commitment to innovation and excellence in healthcare.”

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