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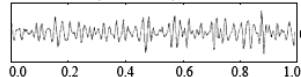
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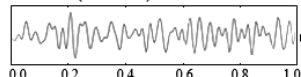
Gamma Waves (30Hz-100Hz)



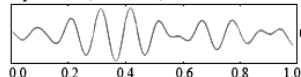
Description

Motor Functions, higher mental

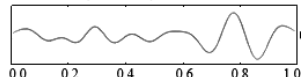
Beta Waves (12Hz-30Hz)

Normal waking state, concentration,
focus, five physical sense, integrated

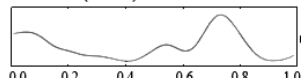
Alpha Waves (7.5Hz-12Hz)

Relaxed, light meditation, creative,
super learning, conscious

Theta Waves (4Hz-7.5Hz)

Light sleep, deep meditation,
creative, recall, fantasy,

Delta Waves (0.1-4Hz)

Deep, dreamless sleep, non-REM
sleep, unconscious

Brain waves charts description.

Source publication



Classification of human brain attention focused on meditation, effected by L-theanine acid in Oolong tea

Conference Paper

Full-text available

Feb 2018

Wanus Srimaharaj · Rungsan
Chaisricharoen · Supansa Chaising ·
Phakkharawat Sittiprapaporn

L-theanine acid is an amino acid in tea which affects mental state directly. Along with other most popular tea types; white, green, and black tea, Oolong tea also has sufficient Ltheanine to relax the human brain. It apparently can reduce the concern, blood pressure, dissolve the fat in the arteries, and especially slow aging by substances against...

Cite

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Context in source publication

Context 1

... EEG graph and simple description of each brain waves shown in Fig. 1. ...

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Similar publications



Decrement in Cellular Iron and Reactive Oxygen Species, and Improvement of Insulin Secretion in a Pancreatic Cell Line Using Green Tea Extract

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May 2019

Pimpisid Koonyosying · Chairat Uthaipibull · Suthat Fucharoen · [...] · Somdet Srichairatanakool

Objectives: We have investigated the efficacy of mono- and combined therapy with green tea extract (GTE) in mobilizing redox iron, scavenging reactive oxygen species (ROS), and improving insulin production in iron-loaded pancreatic cells. Methods: Rat insulinoma pancreatic β -cells were iron-loaded using culture medium supplemented with either fe...

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... Comparison of brain waves [3]. ...

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Oct 2023

Osama Abdulaziz · Olga A. Saltykova

Electroencephalography (EEG) has been used for quite some time as a diagnostic technique in neurology. The goal of this...

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... Brain Waves on frequency,
from [33] ...

Brain-Metaverse Interaction for Anxiety Regulation

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Zihui Qin · Hai-Ning Liang

Metaverse has become a powerful tool for
conducting research in many domains,
including education, social science, and...

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... Different types of brainwaves [19]
...

E-Learning Environments and Their Connection to the Human Brain

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May 2020

G. K. Kassymova · Bekalaeva A. ·
Yershmanova D. · Flindt N. · Renata
Raufovna Gasanova

Digital technology has absolutely
transformed the teaching way in which
learning is imparted to students. Unlike...

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... Since the attention and relaxation
assessment is required for regular
experiments, stable brain signal
detector is inevitable. The commercial
equipment, Neurosky Mindwave
Mobile has been tested for its
reliability compared with other
equipment in brain signals
interpretation [21], this research also
takes this efficient and trusty tool for
brainwaves detection, accordingly the
eSense meter values. This experiment
was carried out on group of 10
seniors. ...

Consideration of Oolong Tea Effect on Senior's Cognitive Performance

Conference Paper

Mar 2020

Roungsan Chaisricharoen · Wanus
Srimaharaj · Swapna Manurkar

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... Brainwave Frequencies and
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Identification of L-Theanine Acid Effectiveness in Oolong Tea on Human Brai...

Article

Full-text available

Feb 2020

Wanus Srimaharaj · Supansa
Chaising · Punnarumol Temdee ·
Roungsan Chaisricharoen ·
Phakharawat Sittiprapaporn

Oolong tea has L-theanine acid, which have
an impact on human brain wave activity,
especially for memorization and meditation...

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... Fig. 1. NeuroSky Mindwave Mobile
[18] It also works with the Neurosky
Experimentor application for
determining the value of attention and
relaxation during the class. The
attention meter algorithm of this
equipment refers to the intensity of
brain focusing, attention value. ...

Brain Cognitive Performance Identification for Student Learning in Classroom

Conference Paper

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Nov 2018

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about 45-50 minutes, approximately. The
student who spent a long time during the...

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Conference Paper

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