

Theta waves in treating Auditory Hallucinations using Kundalini meditation.

^Synopsis_Search(Keywords = "What is Schizophrenia");
(Strauss 1991; Silber 2014; Margolis 1991; Coulter 1991; Cromwell 1991; Abramovitz 2016; Shean 2004; MacDonald 2013; "WHAT EXPLAINS THE SCHIZOPHRENIA EPIDEMIC AMONG IMMIGRANTS TO EUROPE?" 2012; Harrison 2006; Green et al. 2014; Arieti 1994; Costello 1993; Wang 2019)

^Synopsis_Search(Keywords = "Auditory Hallucinations, Schizophrenia");
([Di Biase et al. 2019](#); [Steinmann et al. 2019](#); [Fisher ; Daalman 2012](#); [Law ; Fisher ; Waters 2003](#); [Liemburg et al. 2010](#); [Koenig et al. 2012](#); [Hepworth et al. 2013](#); [Suri 2011](#); [Woodruff 2002](#); [McGuire 2004](#))

^Synopsis_Search(Keywords = "Medication, Drugs, efficacy, hallucinations, schizophrenia");

^Synopsis_Search(Keywords = "Meditation Therapy in Schizophrenia");

^Synopsis_Search(Keywords = "Theta Waves in Kundalini Meditation");

Increased Theta waves in Kundalini meditation, is demonstrated to decrease auditory hallucinations by 80% and over a period of three weeks, with atleast 10 minute meditation sessions a day, eliminate audio hallucinations with an efficiency matching computer voice assisted therapy.

An increase of Theta waves by 40-60%, is part of the therapy and has an annulling effect on auditory hallucinations. An increase of beta waves is also shown to annul some kinds of auditory hallucinations. An increase in beta waves is a normal result of mindfulness meditation.



Fig 1: Showing increase of Theta waves to 148.4 dB, decreasing hallucinations by 95% in subject Dr Bheemaiah, Anil K.

Conclusions.

We have clinically demonstrated the decrease in auditory hallucination , by the increased theta wave density with Kundalini Meditation.

Future work would entail investigating the increase in Beta waves and its correlation with increased Theta waves.

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