

Brainwave entrainment for mental well being

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Brainwaves are patterns of electrical impulses generated by the brain that are responsible for various neural activities. These patterns of brainwaves can be studied by an EEG (electroencephalogram) machine. EEG usually carries out a procedure to evaluate, record and monitor brain activity. Brainwaves will synchronise their activity according to the changes in the environment, such as audio or visual patterns. This synchronisation is called brainwave entrainment. Brainwave entrainment can help to induce a desired state of mental well being. The stimulus is mainly an audio or visual pattern. There are 6 types of brainwaves, namely alpha wave, beta wave, gamma wave, delta wave and theta wave, each of varying frequency. Each wave represents a different state of consciousness, and altering the brainwave will lead to an alteration in the state of consciousness. Alpha waves are produced when the eyes are closed and a person is in a relaxed state. They are responsible for relaxation, creativity and visualisation. Beta waves are produced when a person is fully awake and alert. They are responsible for concentration and focused work. Gamma waves are produced in a deep meditation state and are responsible for learning, self-awareness, information processing and psychic abilities. Delta waves are produced during a dreamless sleep state. They are responsible for rejuvenation and healing during sleep. Theta waves are produced during dreaming. They are responsible for learning, memory and stress relief. The role of different brain waves in mental health includes alpha waves, which are responsible for calming down stress, helping with anxiety and increasing serotonin levels, which is a happiness-providing hormone. Beta wave helps with ADHD [attention-deficit hyperactivity disorder] and ADD [attention deficit disorder] disorders as it increases focused attention. It is also responsible for peak performance and increasing IQ levels. Gamma waves increase compassion and provide happiness. The delta wave provides blissfulness, a healing mind and body and restorative properties. Theta wave enhances learning and memory and relieves stress. Studies have shown that for ADHD patients, alpha wave frequency in the range of 7-9 Hz for 22 minutes is very effective. For anxiety, an alpha wave frequency of 10 Hz helps to relieve stress, while fatigue can be improved by beta and gamma wave frequencies. Depression is treated by beta waves as it makes a person more alert and active. In ancient tradition, certain rhythms, such as those produced by drum beats of 4.5 beats/second, can help induce a meditative state due to increased theta wave activity. Memory can be enhanced by theta wave frequency in the 4-8 Hz range. Therefore, brainwave entrainment has the potential to enhance mental well-being, improve productivity, problem-solving skills, and reduce stress.

Keywords: *Brainwave entrainment, Mental well-being, ADHD, Stress, Depression*

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