

EEG ANALYSIS OF DEEP RELAXATION STATES INDUCED BY QIGONG PRACTICE

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The aim of this work was to approbate the effective methods of computational electroencephalography for analysis of human deep relaxation states. This investigation was conducted with the subjects who have long-term experience of submergence into relaxation state by the use of accurate regulated Chinese system of Qigong exercise (meditation).

It was shown that the use of EEG spectral analysis permits to reveal specific dynamics of EEG rhythmical components during Qigong exercise fulfillment. The most expressed changes in EEG were observed in the band of upper alpha-rhythm (10.5-11.5 Hz) during Qigong exercise.