

A Systematic Review of EEG Signal Processing and AI Driven Techniques in Brain– Computer Interface

Samata V. Athawale¹, Ratnashil N. Khobragade²

^{1,2}Department of Computer Science and Engineering, SGBAU, Amravati, India

¹samataathawale34@gmail.com, ²rnkhobragade@gmail.com

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Introduction

Brain–Computer Interface (BCI) is an emerging multi-disciplinary subject that combines neuroscience, biomedical engineering, and artificial intelligence to directly connect the brain of human with external devices. BCI systems read neural signals from the brain, removing the necessity of familiar muscular movements to direct computers or electronic devices. In particular, the performance of BCI has been substantially improved and expanded for wide applications in areas such as healthcare, rehabilitation, and adaptive technology [1], [3] in recent years, thanks to the development of AI and signal processing.

Electroencephalography (EEG) is the most highly used methods among all for recording brain activities in BCI systems. EEG measures the signals that are made up of the neurons present in the brain. This is done with electrodes that are put on the scalp. The reason people like to use an EEG is that it does not hurt and it is not expensive. Also, EEG is very good at showing what is happening in the brain at a time. That is why EEG is often used in studies that look at how the brain works and in studies that try to understand diseases of the brain. EEG is a way which is used to measure brain activity. Researchers have utilized several signal processing techniques to extract useful information from EEG signals, which helps facilitate significant brain–computer interaction [2], [7].

Meditation promotes healthy mental practices and has been and continues to be a beneficial tool to help enhance mental health, cognitive abilities, and emotional control. Scientific Studies show that meditation changes brain wave patterns with special focus on the brain's alpha, theta, and gamma waves, which control relaxation, focus, and mindfulness. Analysis based on EEG has shown that meditation practices produce distinctive neural patterns that can be detected and analyzed using computational models [4], [6].

However, signals of EEG are complicated, non-linear, and noisy in behavior, making their analysis hard. Artifacts from eye movement, muscle activity, and environmental interference often contaminate EEG recordings. Thus, EEG data processing needs sophisticated signal processing and machine learning algorithms to augment relevant features extraction and mental states classification [7], [8]. EEG-based BCI systems have gained significant attention in the machine learning (ML) algorithms application to enhance performance. Support Vector Machines (SVM), Random Forest, and k-Nearest Neighbor (KNN) have been used to classify brain signals and identify different cognitive states. These algorithms are really helpful when it comes to making sense of EEG data. They convert this data into patterns that are easy to understand. This is very useful for things like brain-computer interface applications [2], [8].

In recent times, Convolutional Neural Networks and hybrid neural models have been performing a great job in classifying EEG signals which comes under deep learning (DL) models. These techniques can automatically learn dimensional and temporal features from EEG signal data, which can decrease the necessity for manually extracting features in the classification process and makes the classification more accurate. Several studies have demonstrated the effectiveness of deep learning frameworks in EEG-based BCI systems [1], [9], [10].

This encouraged the application of more advanced ML approaches to EEG-driven BCI frameworks for discovering and investigating meditative brain states. These systems could enable applications in neurofeedback training, stress monitoring, and mental health evaluation. While substantial advances have been made, residual issues persist in terms of signal variability due to individual differences, noise interference, and subject-dependent differences. Hence, there is a need for more investigation in developing reliable BCI frameworks that can accurately classify meditation states from EEG signals and sophisticated machine learning methods [3], [5].

Literature Review

Recent studies in BCI research have applied machine learning and deep learning approaches in analyzing electroencephalography (EEG) signals. These studies focus on improving signal classification and developing intelligent systems that recognize mental states like attention, emotion, and meditation.

Kora et al. (2021) proposed a systematic review examining the interpretation of EEG signals during yoga and meditation practices, which revealed that EEG-based brainwave classification typically involves three major stages: preprocessing, feature extraction, and classification. The authors emphasized that machine learning techniques are used to identify meditation-related brain patterns and that meditation has a significant effect on EEG frequency bands related to relaxation and cognitive awareness.

Autthasan et al. (2021) introduced a comprehensive deep learning model named MIN2Net designed for classifying EEG signals in BCI systems. The study integrated deep metric learning with multi-task auto encoders to study compact representations of EEG signals and perform classification simultaneously. The suggested framework demonstrated the usefulness of deep learning in BCI signal analysis by enhancing classification performance and minimizing pre-processing complexity.

Pandey and Miyapuram (2021) introduced a lightweight convolutional neural network model that uses EEG signals to classify cognitive states. The model transforms EEG time-series data into spectral images and processes them through convolutional layers, which greatly reduces computational complexity and achieves high correctness of classification, which makes it especially more suitable for the implementation of real-time BCI systems and neurofeedback operations.

Shang et al. (2023) presented a review on the impact of mindfulness meditation training using both conventional machine learning and deep learning methods, like CNN. The paper analyzed EEG signals from meditation practitioners and proved that it is possible to detect neural activity changes in meditation practitioners using machine learning techniques. The results also proved that it is possible to successfully differentiate between meditation and non-meditation states using EEG-based models.

Garcia et al. (2023) discussed meditation techniques using EEG signals. The authors have emphasized the difference between focused attention meditation and open monitoring meditation. The study also emphasized the importance of EEG spectral characteristics, such as alpha and theta waves, in identifying meditation states. It also highlighted the significance of employing the methods of machine learning to enhance the correctness of meditation detection systems.

Attar (2025) is a recent study that investigated meditation and auditory attention using EEG signals and machine learning techniques. In this paper, it is demonstrated that meditation can significantly impact neural responses to attention and cognitive processes. Event-related potentials and spectral power characteristics are analyzed in this paper, showing that machine learning models can effectively classify meditation brain activity patterns.

Another recent study proposed the idea of a subject-independent classification approach that could be used to distinguish meditative and resting states based on the EEG signal. The framework included with techniques of feature extraction like CSP and classification methods such as Linear Discriminant Analysis and Long Short-Term Memory Networks. The outcomes represented that the classification accuracy was high, i.e., above 96%, and this proves the efficacy of the hybrid approach of machine learning in detecting the meditation state.

The literature has indicated that the combination of BCI systems which are based on EEG with cutting-edge ML approaches has shown promising results in the identifying and categorizing various brain conditions related to meditation. In identifying brain signals associated with meditation, models like Convolutional Neural Networks (CNNs) and Long Short-Term Memory networks (LSTMs) have shown encouraging results. However, the issue of noise in the signal and the requirement for a more generalized model still remain to be addressed in the future.

Existing Methodology

The existing methodology for assessing meditative signals of EEG in Brain-Computer Interface (BCI) systems involves a multi-stage process of signal acquisition, signal pre-processing, feature extraction and classification using ML algorithms.

- **EEG Signal Acquisition:** The initial phase involves collecting EEG data according to the international 10–20 electrode placement system through the application of non-invasive electrodes put on the scalp. During the data collection process, meditation or relaxation activities will be required from the subjects, and EEG machines will be used to collect brain signal data, particularly in the range of delta (0.5–4 Hz), theta (4–8 Hz), alpha (8–13 Hz), beta (13–30 Hz), and gamma (>30 Hz) frequencies [3], [6].
- **Signal Pre-processing:** Raw EEG signal is often associated with noise and artifacts because of eye movement, physical activity, and external electrical interference. In order to enhance signal quality prior to additional analysis, preprocessing methods such as Independent Component Analysis (ICA), band-pass filtering, and notch filtering are employed [2], [7].
- **Feature Extraction:** After the preprocessing, the significant key features are derived from the EEG data, which represents important characteristics of the brain signals. The feature extraction methods used are power spectral density, wavelet transform, and statistical features. These features are used to identify the patterns of the meditative mental state and simplify the EEG signals [5], [8].
- **Classification using Machine Learning:** The features which are extracted are further utilized by the machine learning model to classify EEG signals corresponding to different mental conditions. Classical models like Support Vector Machine, k-Nearest Neighbor, and Random Forest are widely used. However, recent advances in deep learning architectures such as Convolutional Neural Networks and Long Short-Term Memory have also been reported to achieve improved classification accuracy for EEG classification problems [1], [4], [9].
- **Performance Evaluation:** Finally, the classification model performance is assessed based on certain important factors like accuracy, precision, recall, and F1-score. These factors will be useful in evaluating the effectiveness of the system in detecting the meditative brain states and improving the performance of the BCI system [10].

Overall, it is found that existing methodologies combine EEG signal processing with advanced machine learning techniques to create efficient BCI systems to detect meditation-related brain activity.

Study And Analysis of Various Methods

Some of the techniques used for analyzing meditative EEG signals in BCI systems are based on ML and DL. These methods are mainly employed to enhance the accuracy of mental state detection from EEG signals.

Among the most popular machine learning techniques employed for classifying EEG signals is the Support Vector Machine (SVM). It uses an optimal separating boundary between different classes of data. SVM has shown good results in the classification of meditation and non-meditation states in various BCI studies because of its good performance in high-dimensional EEG signals.

Another widely used technique is k-Nearest Neighbor (KNN). This algorithm classifies the EEG signals on the basis of the similarity between the points. It is easy to implement and simple technique. However, the performance of the KNN algorithm may degrade when the size of the data increases. Nevertheless, it is a helpful technique for the initial classification of the EEG signals. Random Forest is another powerful technique that is being used for the analysis of the EEG signals. It's a kind of machine learning method. It is made up of several different decision trees. It is effective in handling complex data and minimizes the chances of overfitting.

As artificial intelligence technology has evolved, deep learning techniques like Convolutional Neural Network (CNN) are being incorporated into BCI system. CNN models automatically learn spatial features from EEG signals and can detect patterns related to meditation more efficiently. Such models eliminate the need for manual feature extraction and often result in improved accuracy during the classification process.

Another variant of DL methods used for EEG data processing is the Long Short-Term Memory, which is form of recurrent neural network. It can be very useful for the processing of time-series data, such as brain waves observed in EEG. Such a technique is effective in the processing of brain signals to detect changes in mental states. Hybrid approaches that combine different variants of machine learning techniques are being explored in recent research studies. Such approaches combine the reliability of different feature extraction techniques with the power of deep learning techniques.

From the discussion of the different techniques employed in the processing of EEG data, it is evident that the performance of the different approaches is satisfactory. However, the need to integrate the reliability of advanced machine learning methodologies with the power of EEG-based BCI frameworks is essential to detect meditative states of brain accurately.

Analysis And Discussion

The research o of Brain-Computer Interface (BCI) systems utilizing Electroencephalography for meditative state detection proves that the ML and DL methods are beneficial and important in enhancing classification performance. The use of the EEG technique provides complex brain waves that depend on the mental state of an individual. Using the computer-based method of analysis of the brain waves, it is possible to identify the brain waves that correspond to the meditative state of the brain. The most common types of machine learning methods, which were employed for classification of EEG signals, are SVM, KNN, and Random Forest Out of all these mentioned methods, the SVM algorithm has shown the most encouraging outcomes in classifying EEG waves due to its ability to deal with the multi-dimensional features of the brain signals.

Recently, DL methods such as Convolutional Neural Networks (CNN) and Long Short-Term Memory (LSTM) have been reported to be effective in BCI research. CNN is excels in extracting dimensional features from EEG data, whereas LSTM is proficient at capturing temporal features. The capabilities of deep learning techniques in learning complex neural patterns associated with meditation is due to their ability to recognize complex neural patterns associated with meditation.

The hybrid models, where two or more algorithms or feature extraction techniques are used, has been found useful for enhancing the accuracy of EEG classification systems. These hybrid models are very good at learning both dimensional and temporal features from EEG signals, thus providing better accuracy and reliability for meditation detection.

However, there are a few challenges that need to be addressed in this area. The EEG signals are inclined to a lot of noise and variations from person to person. Also, deep learning models need a lot of computational power.

Therefore, from the above discussion, it is evident that it is possible to enhance the efficiency of BCI systems with the help of efficient signal processing techniques in addition to feature extraction and machine learning. In the future, more robust models need to be developed that can detect meditation states accurately from different subjects. Table 1 shows the comparison of methods for EEG-Based BCI Meditation Analysis.

Table 1. Comparison Table of Methods for EEG-Based BCI Meditation Analysis

Method	Type	Advantages	Limitations	Application in EEG Meditation Detection
Support Vector Machine (SVM)	Machine Learning	High accuracy, efficient for high dimensional data	Parameter tuning is challenge	Used to distinguish meditation EEG signals from non-meditation signals

k-Nearest Neighbor (KNN)	Machine Learning	Simple to implement, good on small datasets	Not efficient on large dataset, sensitive to noise	Used to classify EEG signal.
Random Forest	Machine Learning	Effective on complex datasets, prevents overfitting	Computational cost is high	Used to identify important EEG features and improves classification
Convolutional Neural Network (CNN)	Deep Learning	Automatically extracts spatial features, high accuracy	Requires large datasets and high computation	Detects patterns in EEG brainwave signals
Long Short-Term Memory (LSTM)	Deep Learning	Detects sequential dependencies in time-series data	Training can be complex and time-consuming	Analyzes sequential EEG signals for meditation detection
Hybrid Models (CNN + LSTM)	Deep Learning	Combination of spatial and temporal learning, offers very high accuracy	Needs large datasets and resources	Advanced BCI systems for accurate mental state detection

Conclusion

This review emphasizes the significance of Brain–Computer Interface systems that utilize EEG. This review article focuses on the necessity of Brain-Computer Interface (BCI) systems utilizing EEG signals for analyzing brain signal activity in meditation by utilizing advanced machine learning algorithms. The EEG signals are found to provide significant information related to brain patterns during meditation, mainly related to alpha and theta waves. By utilizing signal processing techniques like classification, it is possible to effectively identify mental states during meditation. Classical ML models like SVM, KNN, and Random Forest are found to perform well for EEG signal classification. Recently, advances in DL models like CNN and LSTM have improved the accuracy of meditation detection by learning features from EEG signals. However, these advancements face various issues like noise in EEG signals, variability among subjects, and the requirement for large amounts of dataset. Future research in this area should be directed toward developing more reliable hybrid models and improving methods of collecting data in order to increase the reliability of BCI systems.

In conclusion, the combination of enhanced machine learning methods along with EEG-based BCI systems has a high potential for applications in neurofeedback training, stress management, neuroenhancement, and psychological monitoring. Further research in this area will help improve the reliability of meditation detection systems.

Future Scope

Future research on Brain–Computer Interface systems utilizing EEG signals can focus on creating more accurate models of machine learning and deep learning models to analyze meditative brain signals. Advanced techniques such as CNN and LSTM hybrid models may improve meditation state detection. Moreover, wearable EEG devices, along with real-time monitoring systems, can be utilized for various applications such as stress management and mental health analysis. In addition, larger datasets of EEG signals will help enhance the reliability of BCI systems.

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