

Independent Study Title	The Study of Brainwave and Attentive Process in Cumulative Drinking Black Tea
Author	Ekasit Lalitsuradej
Degree	Master of Science (Anti-aging and Regenerative Medicine)
Advisor	Dr. Werner Kurotschka
Co-Advisor	Dr. Ariya Sarikaphuti Asst. Prof. Dr. Wichian Sittiprapaporn

ABSTRACT

This independent study was intended to study the brainwave and attentive process in cumulative drinking of black tea. The black tea used in this study is named Tea Phanna and was granted from SriNapan-Tawane Community, Nan province. Purposes: To study brainwave and attention in cumulative drinking of black tea. Method: 20 urban working people were enrolled to the study. Brainwaves in each participant were recorded by Brain Actor 2 channels Electroencephalogram (EEG). The attention was investigated by spatial test of mechanical aptitude and spatial relation test. Brainwaves were recorded at the time of eyes closed, eyes open and doing spatial test before drinking black tea. The participants were asked to drink black tea every 10 minutes alternately with doing spatial test until 30 minutes. Brainwaves also recorded at the time of doing spatial test with eyes closed and eye open after drinking black tea. Results: Cumulative drinking of black tea showed increased of alpha waves after 10 minutes of drinking black tea along doing the spatial test ($p < 0.05$). The effect associated with decrease of reaction times in spatial test, nevertheless, not number of correction ($p < 0.05$). Conclusion: Brainwaves mainly in

cumulative drinking black tea were alpha wave and associated with reaction time doing test.

Keywords: Brainwave/Attentive Process/Black Tea

