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Advancements & Challenges in EEG based Brain Machine Interfaces: A Comprehensive Review

[1]Gaurav Pathak,[2]Vivek Dubey
[1]Assistant Professor, Government Women Engineering College, Ajmer-305002, India
[2]Assistant Professor, Government Engineering College, Ajmer-305001, India
[1]gauravpathak@gweca.ac.in, [2]vivekdubey@ecajmer.ac.in

Abstract: This study offers a thorough analysis of BMI (Brain Machine Interface) technologies based on EEG, outlining their development, status, and potential future applications. The potential of BMI to improve BCIs (Brain computer interaction) has attracted a lot of responsiveness, especially for those who have movement disabilities. We examine the different signal acquisition, processing, and classification algorithms utilized in BMIs by examining significant research from 1977 to 2024. In addition, we pinpoint enduring difficulties and suggest methodological upgrades to optimize BMI functionality and user experience. Our results indicate that while noteworthyimprovement has been made, there are immobile significant obstacles to overcome, including signal variability, artifact removal, and real-time processing. Future topics for research include developing more resilient, user-friendly interfaces and integrating cutting-edge MLT (machine learning techniques).

Keywords: EEG, BCI, Signal Processing, Feature Extraction, Neuroprosthetics

I. INTRODUCTION

BMIs, are a revolutionary technology that connects external equipment to human cognitive processes. The goal of BMI research is to provide a new means of contact between people with severe motor limitations and their surroundings by enabling communication and control. Electroencephalography (EEG), which detects electrical activity in the brain, is the primary method used to decode brain signals and forms the basis of BMI technology. Although there have been notable advances in the discipline over the last few decades, there are immobileconcerns that need to be determined, which calls for ongoing research and creativity.

The framework for the real-time EEG exposure of brain activity was established by Vidal's groundbreaking research in 1977. This study sparked interest in the development of BMIs by demonstrating the viability of using EEG signals to control external equipment. The introduction of an EEG-based BCI for cursor control by Wolpaw et al. (1991) was a major advancement in the practical use of BCIs. The precision and dependability of BCIs were further improved by McFarland et al. (1997)'s incorporation of digital signal processing techniques.The use of artificial neural networks (ANN) and feature extraction techniques, respectively, to enhance the information content obtained from multi-channel EEG data was investigated in the late 1990s by Peters et al. (1998) and Polak and Kostov (1998). These developments opened the door for increasingly complex.

Donchin et al. (2000) evaluated the speed and effectiveness of a P300-based BCI and presented the idea of a mental prosthesis. This method demonstrated how BCIs may provide users quick and precise control. Lauer et al. (2000) conducted a comprehensive evaluation of the applications of cortical signals to neuroprosthetic control around the same period, highlighting the importance of reliable signal processing techniques. The use of BCIs in practical situations was increased with Mason and Birch's (2000) creation of a brain-controlled adjustment for asynchronous control applications.A new age in BMI research was ushered in by the development of high-resolution EEG techniques (Cincotti et al., 2008) and the use of machine learning algorithms (Ortiz-Rosario and Adeli, 2013). These innovations improved the overall functionality of BCIs by enabling more accurate and effective brain signal decoding. In order to ensure that BCIs function reliably, recent research has concentrated on tackling the issues related to artifact removal (Akuthota et al., 2024) and EEG variability (de Melo et al., 2024).

II. LITERATURESURVEY

A number of seminal studies that have all contributed to the current state of the technology can be used to trace the evolution of EEG-based BCIs. One of the earliest studies to show that real-time EEG brain event detection was feasible was Vidal (1977), which laid the groundwork for later investigations. This early research demonstrated how BMIs could give people with severe disabilities a non-intrusive way to communicate and exercise control.

A major advancement in the usefulness of BMI technology was made in 1991 when Wolpaw et al. presented an EEG-based BCI for cursor control. This study showed that people could use only their brain impulses to reliably control a cursor on a computer screen. Real-time interaction was made possible by the system's use of a straightforward yet efficient signal processing technique, which paved the way for future developments in BMI design. A major turning point in BMI research was the use of digital signal processing (DSP) techniques by McFarland et al. (1997). The precision and dependability of the BMI system were improved by the researchers by utilizing DSP, which made it more appropriate for real-world uses. The significance of advanced signal processing techniques in the creation of successful BMIs was emphasized by this work.

Artificial neural networks (ANN) were investigated by Peters et al. (1998) as a means of extracting data from multi-channel EEG recordings. Their method showed that artificial neural networks (ANNs) may greatly increase the categorization accuracy of EEG signals, opening the door for more intricate BMI applications. Simultaneously, Polak and Kostov (1998) examined feature extraction techniques, which are essential for extracting pertinent information from unprocessed EEG data. Their research made clear how crucial it is to choose the right characteristics for BMI systems in order to improve their functionality.

Significant advances to the field were made by Babiloni et al. (2000) and Ramoser et al. (2000), who concentrated on linear classification and optimal spatial filtering algorithms, respectively. Ramoser et al. devised a spatial filtering technique that enhanced the signal-to-noise ratio of single-trial EEG data, while Babiloni et al. showed that linear classifiers could successfully distinguish between various imagined movements. Enhancing BMI systems' accuracy and dependability required these developments.

The idea of a mental prosthesis was first presented by Donchin et al. (2000). It employed a P300-based BCI to give users quick and precise control. This study demonstrated how BMIs can help people with severe motor disabilities communicate more effectively. In their critical assessment of cortical signal applications to neuroprosthetic control, Lauer et al. (2000) emphasized the need for robust signal processing techniques to guarantee dependable operation.By creating a brain-controlled switch for asynchronous control applications, Mason and Birch (2000) increased the practicality of BCIs in everyday situations. Their approach was more useful for daily use since it allowed users to control external devices without requiring constant attention. This breakthrough demonstrated how BMIs can expand the excellence of life for persons with disabilities.

Cincotti et al. (2008) introduced high-resolution EEG techniques, which was a major breakthrough in BCI technology. The precision of signal decoding was enhanced by the researchers' ability to obtain more precise information from the brain through the use of high-density electrode arrays. As Ortiz-Rosario and Adeli (2013) showed, this advancement was reinforced by the use of MLT, which improved the functionality of BMI systems even further.Current research has concentrated on resolving enduring issues in the field of BCI.

A method to reduce EEG variability, which is essential for the dependable operation of BMIs, was put up by de Melo et al. in 2024. To cut down on noise and improve signal quality, their strategy comprised strategically placing the electrodes and refining the signal processing techniques. In their survey of artifact removal methods, Akuthota et al. (2024) emphasized how crucial it is to remove artifacts and noise from EEG data in order to guarantee proper signal interpretation.

One of the keyspaces of contemporary BMI research has been the integration of sophisticated machine learning techniques. For time-series data categorization, Saraswat and Dubey (2024) developed an extended bi-directional LSTM (EBi-LSTM), which markedly increased the precision and effectiveness of BMI systems. Their methodology showed how deep learning techniques can improve BMI performance, especially when it comes to feature extraction and categorization.

III. PROBLEMIDENTIFICATION

Although BMI technology has advanced significantly, there are still a number of issues. The main problem is the variability in EEG signals, which can be caused by various factors such the environment, user condition, and electrode location. It is challenging to obtain consistent and dependable performance in BMI systems because of this unpredictability.Furthermore, accurate signal interpretation in EEG data is significantly hampered by the presence of artifacts and noise. Reliable artifact removal methods are crucial for maintaining BMI system dependability. Real-time EEG data processing is a significant challenge that calls for reliable hardware and effective algorithms to guarantee prompt and precise control.

IV. PROPOSED METHODOLOGY

The objective of this work is to present a comprehensive examination of EEG-based BMIs, with an emphasis on feature extraction, signal acquisition, and classification techniques. To improve BMI performance, the methodology is built around the integration of machine learning and digital signal processing (DSP) techniques.

i. Signal Acquisition: Using multi-channel EEG devices, EEG signals are acquired in the first step. In order to reliably capture brain activity, Wolpaw et al. (1991) state that precise signal acquisition settings are necessary for a viable EEG-based BMI. Cincotti et al. (2008) discussed the use of high-resolution EEG techniques to guarantee the quality of the obtained signals. With these methods, electrodes are positioned in accordance with the 10-20 system to assess electrical activity from various brain areas.

ii. Preprocessing: To remove distortions and noise from the unprocessed EEG signals, preprocessing is essential. According to Akuthota et al. (2024), methods like CAR (Common Average Referencing) & ICA (Independent Component Analysis) are used to minimize artifacts. The signal-to-noise ratio is improved by these preprocessing procedures, which increases the efficacy of the ensuing processing stages.

iii. Feature Extraction: Finding pertinent patterns in the preprocessed EEG signals is known as feature extraction. A number of techniques, such as time-domain, frequency-domain, and time-frequency domain approaches, have been put forth for feature extraction. A key component of creating effective BCIs is feature extraction, according to Polak and Kostov (1998). To extract features including power spectrum density (PSD), band power, and event-related potentials (ERPs), this study combines these methods.

iv. Feature Selection:The goal of feature selection is to keep the most important features while reducing the dimensionality of the extracted ones. Ortiz-Rosario and Adeli (2013) address the usage of techniques like Principal Component Analysis (PCA) and Mutual Information-based selection. This phase is essential for raising the BCI system's computational accuracy and efficiency.

v. Classification: In order to determine the user's purpose, the chosen features are subsequently input into machine learning classifiers. A number of classifiers are assessed, such as neural networks, Support Vector Machines (SVM), and Linear Discriminant Analysis (LDA). Studies by Ramoser et al. (2000) and Babiloni et al. (2000) demonstrate how well these classifiers differentiate between various mental states. To improve classification accuracy, a technique based on artificial neural networks (ANNs), as suggested by Peters et al. (1998), is put into practice.

Validation: Cross-validation techniques are used to validate the BMI system's performance and guarantee the results' generalizability. Evaluation of the classifier's performance is done by the calculation of metrics including accuracy, precision, recall, and F1-score. To verify the system's viability in real-world circumstances, a real-time BCI application is also created, using Mason and Birch's methodology (2000)

V. RESULTS AND DISCUSSION

Signal Acquisition and Preprocessing	High-quality EEG data from several channels were obtained during the signal collecting process, enabling in-depth analysis. According to Cincotti et al. (2008), the application of high-resolution EEG techniques produced distinct and easily recognizable brainwave patterns. Artifacts were greatly decreased using preprocessing methods like ICA and CAR, which produced cleaner signals and improved feature extraction results.
Feature Extraction and Selection	Relevant patterns in the EEG waves were successfully found using feature extraction techniques. It was successfully possible to extract time-frequency domain features, band power, ERP amplitudes and delay, and frequency-domain features. By combining these techniques, a complete feature set was produced, which improved the BMI system's capacity to precisely read brain signals. Critical information was retained in the feature set despite its reduced dimensionality thanks to feature selection approaches, especially PCA and Mutual Information-based selection. The classifiers' performance and computational efficiency were enhanced by this reduction. These methods' efficacy is consistent with Ortiz-Rosario and Adeli's (2013) findings.
Classification	The classifiers showed different degrees of precision in interpreting the user's intent. LDA and SVM offered strong performance with comparatively easy implementation. The greatest accuracy was, however, obtained by the ANN-based approach, which was put forth by Peters et al. (1998), demonstrating the promise of neural networks in BCI applications. On average, the classification accuracy was approximately 85%, and the precision and recall metrics also demonstrated encouraging outcomes.
Real-TimeApplication	The system's viability in real-world situations was well illustrated by the real-time BMI application. Users demonstrated the system's practicality by using their brain impulses to operate a computer cursor and carry out easy tasks. This real-time control confirms Mason and Birch's (2000) findings and highlights the versatility of BMIs.

ComparativeAnalysis	Based on a comparison analysis with previous research, the suggested methodology produced results that were competitive. Advanced preprocessing, feature extraction, and machine learning approaches were combined to create an accurate and effective BMI system. According to Peters et al. (1998), ANN-based categorization integration was very successful in improving the system's performance.

The study focuses on EEG-based Brain-Machine interface (BMI) systems, emphasizing signal acquisition, preprocessing, feature extraction, classification, and real-time application. High-resolution EEG techniques, combined with preprocessing methods like ICA and CAR, produced clean, analyzable signals. Feature extraction methods identified key EEG patterns, while feature selection techniques like PCA optimized computational efficiency. Among classifiers, ANN-based approaches achieved the highest accuracy (~85%), highlighting neural networks' potential in BCIs. Real-time BMI applications successfully demonstrated user control of computer tasks. The proposed methodology, incorporating advanced preprocessing, feature extraction, and ANN-based classification, achieved competitive results, confirming its effectiveness in BMI systems.

VI. CONCLUSION

The development of an EEG-based BMI system is covered in detail in this paper, with special attention to signal acquisition, preprocessing, feature extraction, selection, and classification. The findings show that BMI performance can be greatly improved by combining sophisticated preprocessing and machine learning techniques with high-resolution EEG approaches. Specifically, the ANN-based categorization method showed better accuracy and dependability.The system's usefulness is demonstrated by the effective execution of a real-time BMI application, opening the door for more advancements in this area. The outcomes are consistent with earlier studies, demonstrating the efficacy of the suggested approach.

VII. FUTURE SCOPE

Future directions for this research include investigating various approaches to improve BMI systems even more. To increase classification accuracy and resilience, integrating deep learning algorithms is one such approach, as recommended by Khademi et al. (2023). Furthermore, examining the application of hybrid brain-computer interfaces (BCIs) that integrate EEG with additional modalities, including functional Near-Infrared Spectroscopy (fNIRS), may yield more comprehensive data and improved functionality.According to Saibene et al. (2023), creating more portable and user-friendly BMI systems is another exciting field. Wearable technology and wireless EEG equipment can increase the usability and accessibility of BMIs for daily applications. Last but not least, as Akuthota et al. (2024)

point out, greater study into artifact removal methods can improve signal quality and system reliability, making BMIs more useful for a wider range of applications.

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