

Transcranial Electrostimulation

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Transcranial [Electrostimulation](#) (TES) is a broad term that encompasses various techniques that involve the use of electrical [stimulation](#) applied to the head or scalp, which includes [Transcranial Direct Current Stimulation](#) (tDCS). In other words, TES is a more general category that encompasses several specific methods, and tDCS is one of those specific methods.

Transcranial Electrostimulation (TES) may include other methods in addition to tDCS, such as:

[Transcranial Alternating Current Stimulation](#) (tACS): This technique involves the application of alternating current to the scalp. It aims to entrain or modulate brain oscillations in a frequency-specific manner to influence brain function.

[Transcranial Random Noise Stimulation](#)

[Transcranial Pulsed Current Stimulation](#)

[Transcranial Magnetic Stimulation](#) (TMS): While not technically a form of electrical stimulation, TMS involves the use of strong magnetic fields to induce electrical currents within the brain. It is used for various neurological and psychiatric applications, including depression and the mapping of brain function.

It's important to note that while these techniques fall under the broader category of Transcranial Electrostimulation, they have distinct mechanisms, applications, and safety profiles. The specific method used can significantly impact the outcomes and potential side effects. The choice of method depends on the desired outcome and the clinical or research context.

In summary, Transcranial Electrostimulation (TES) is a general term for techniques that involve the application of electrical or electromagnetic stimulation to the brain through the scalp. [Transcranial Direct Current Stimulation](#) (tDCS) is one specific method within this category, and there are other techniques such as tACS, tRNS, and TMS, each with its own characteristics and applications.

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