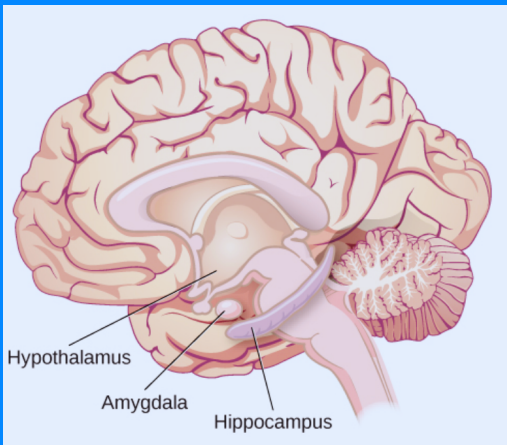


KNOW YOUR BRAIN

Amygdala

Amygdala means Almond In Greek. Amygdala is composed of a collection of nuclei and some distinct cell groups. It got the name Amygdala because of one of its nucleus, basal nucleus, has a shape like an almond.

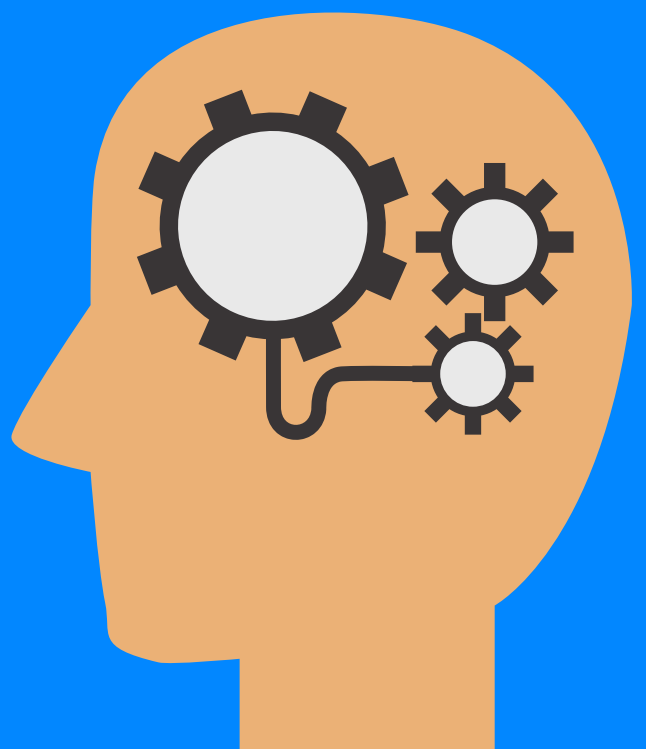


Amygdala, along with Hippocampus and Hypothalamus are the three most important parts of the limbic system. Limbic system is the part of the brain deal with our emotions, memories and behaviors.



The amygdala is best known for its role in fear responses like 'fight-or-flight'. However, research shows it may also involves in other behaviors and emotional responses.

Research shows Amygdala is also shown to be involved in learning to assign positive or negative value to a neutral stimulus, which suggests it plays a role in formation of positive and negative memories.



Stimuli



What is it?



What to be done?

A research paper, published by Luiz Pessoa in 2010 (References [1]) suggests " the amygdala is involved in several processes linked to determining what a stimulus is and what the organism should therefore do".

References

1. Pessoa, L. (2010). Emotion and cognition and the amygdala: From “what is it?” to “what's to be done?” *Neuropsychologia*, 48(12), 3416–3429.
<https://doi.org/10.1016/j.neuropsychologia.2010.06.038>
2. <https://www.neuroscientificallychallenged.com/blog/know-your-brain-amygdala>
3. <https://www.neuroscientificallychallenged.com/blog/amygdala-beyond-fear>