The Amygdala

The amygdala refers to two almond shaped neural clusters that are part of the limbic system. It is located in the medial temporal lobe, in front of the hippocampus.

- The amygdala is involved in the processing of emotions as well as one's memories.

Fun Fact:
- Amygdala is derived from the Greek word "amygdale," meaning "almond."

There are three major parts of the amygdala. The medial group of subnuclei which has connections with the olfactory bulb and cortex. The basolateral group which has connections with the cerebral cortex. As well as the central group which has connections with the brain stem, hypothalamus, and sensory structures.

The amygdala is associated with the "fight-or-flight" response which is triggered by emotions of fear, anxiety, aggression, and anger.

Scientists found that it is possible to function and live without one part of the amygdala. The animals used for the study did not feel fear after the surgery.