

Fiziološki temelji spomina

Physiologic basis of memory

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Izvleček

Spomin je intimno povezan z učenjem. Učenje je pridobivanje znanja o svetu, ki nas obdaja. Spomin pa nam omogoča priklic in izražanje naučenega znanja, veščin in podoživljanje osebnih izkušenj. Učenje in spomin nenehno spreminjata naše vedenje, prek vedenja pa okolje, v katerem delujemo. Učenje in spomin določata našo osebnost, saj smo v glavnem to, kar znamo in česar se spomnimo.

Preučevanje spomina je področje na stičišču kognitivnih znanosti, neurofiziologije in molekularne biologije. Danes že poznamo nekatere molekularne mehanizme, ki bi lahko bili podlaga za kratkotrajni in dolgotrajni spomin na celični in na sistemski ravni. Ta prispevek obravnava nekatere od teh mehanizmov.

Abstract

Memory is intimately connected with learning. Learning is the process by which we acquire knowledge about the world while memory enables the encoding, storage and later retrieval and expression of learned knowledge, skills and personal experiences. Learning and memory are constantly shaping our behaviour, whereas our behaviour is shaping the environment in which we live. Learning and memory determine our personality, we are who we are largely because of what we learn and remember.

The investigation of memory is an area where cognitive sciences, neurophysiology and molecular biology converge. Today we already know some of the molecular mechanisms that might underlie the short- and long-term memory at the cellular and systemic levels. This paper describes some of these mechanisms.

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