

CONSCIOUSNESS

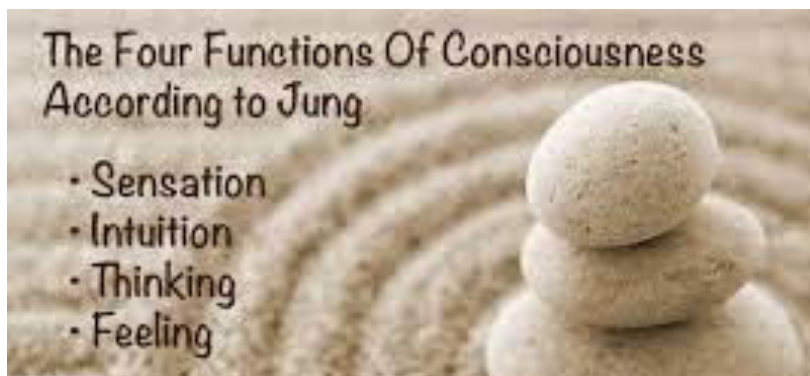
What is the meaning of consciousness?

Consciousness refers to your individual awareness of your unique thoughts, memories, feelings, sensations, and environments.

Essentially, your **consciousness** is your awareness of yourself and the world around you. This awareness is subjective and unique to you.

What are the states of consciousness?

- Awareness.
- Bias.
- Hypnosis.
- Priming.
- Sleep.
- Trance.

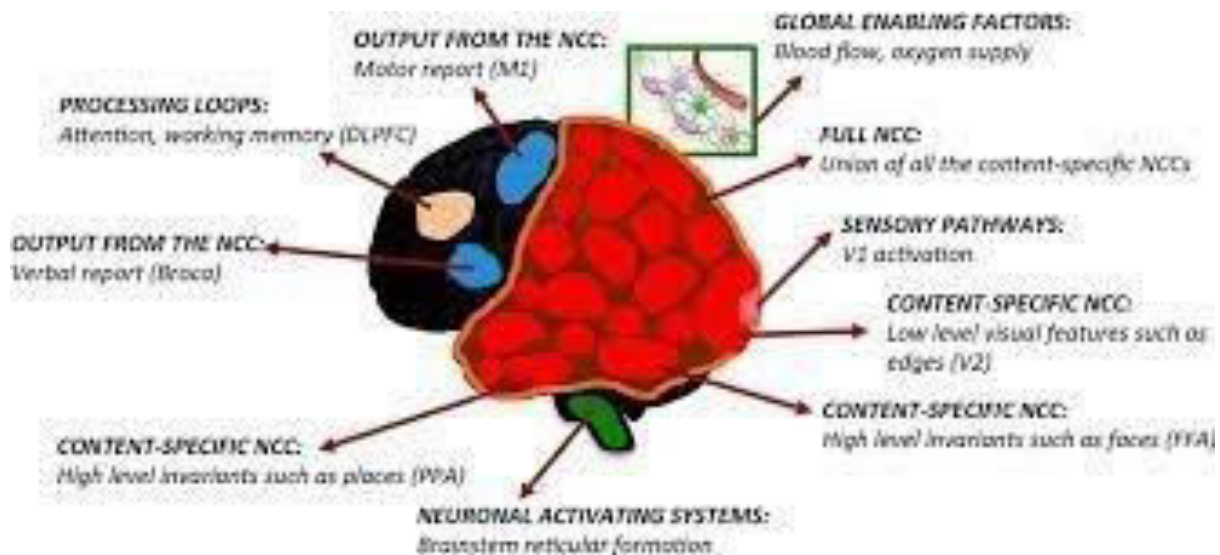


How does the human conscience work?

Conscience is a cognitive (higher mental function) process that elicits emotion and rational associations based on an individual's moral philosophy or value system.

The **Origin of Consciousness**.

It's a mental state in which person experiences and memories of the right hemisphere of the brain are transmitted to the left hemisphere via auditory hallucinations.



What is the lowest level of consciousness?

A mildly depressed **level of consciousness** or alertness may be classed as lethargy; someone in this state can be aroused with little difficulty. People who are obtunded have a more depressed **level of consciousness** and cannot be fully aroused.

How are humans self-aware?

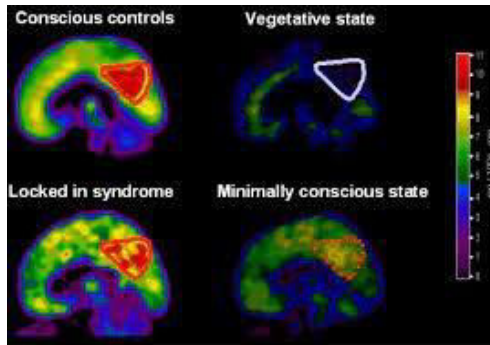
Numerous neuroimaging studies have suggested that thinking about ourselves, recognizing images of ourselves, and reflecting on our thoughts and feelings—that is, different forms of **self-awareness**—all involve the cerebral cortex, the outermost, intricately wrinkled part of the brain.

Can the brain recognize itself?

Two areas of the **brain** that are important in retrieving self-knowledge are the medial prefrontal cortex and the medial posterior parietal cortex. The posterior cingulate cortex, the anterior cingulate cortex, and medial prefrontal cortex are thought to combine to provide humans with the ability to self-reflect.

What are conscious thoughts?

Just like when learning to ride your bike, a **conscious thought** is something you're engaged with, you are very aware of what you're thinking and why you're thinking it. It's making a choice to choose a **thought** in this moment.



You just had a **conscious thought**, as you made a decision to think it in this moment.

These thoughts can be identified by different imaging methods

Things to remember

Just as a computer understands 0&1 and stores all information (written in our readable language), similarly the brain doesn't store language, memory etc (higher functions) through chemicals. There are 5 such chemicals namely Serotonin, Adrenaline, Noradrenaline, Acetylcholine and dopamine.

As a baby is born it has a fixed number of neurons (nerve cells- about 3 million) which once damaged, say by a stroke or tumor or infections never regenerate. These neurons are attached to each other by a synapse.

A neuron has a cell (located in the outer coat of brain called cortex and a tail axon) located below that outer coat. These tails are attached to each other by a junction called synapse. The chemicals, I named before are placed at the ends of the tail areas of axons and during consciousness, these are used to activate your senses to perform activities – that is consciousness.

They get exhausted during the day when you are awake and so at night need to be regenerated, and sleep is nothing but a method of regeneration of these chemicals.

There are several memories which we don't need any more, they are removed to create space for these synapses to store new knowledge.

This removal of useless stored information is done during sleep. Hence sleep is thus an active and not a passive process, by virtue of which this thing is done.

In the process you see dreams, or get hallucinations at times if suddenly called when this process is going on in your brain.

So what is the difference in sleep and unconsciousness?

Sleep being an important physiological process can be broken by internal stimuli (Natural calls, toilets etc. at night), but an unconscious patient will not be arousable with natural stimuli.

SUMMARY

Hence in summary, I can just tell that the brain is a super computer.

Since synapses are generated in numbers by learning (that's why in a class all kids don't have same intelligence), those who use their synapses more by learning are better, there is no concept of being a dull or an intelligent fellow at birth, God has created the same anatomy for all, it all depends how one uses he brain to be more intelligent than the other.

NB: This short article is to stimulate readers to search more on consciousness so that they can better understand the reason for depressed consciousness in patients in Intensive care.