

Neurosciences and Gender Equality

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Introduction

For a long time and in different areas of human knowledge, the difference between men and women has undoubtedly been very marked; perhaps for social, religious and other reasons the attributes of the feminine component have been obscured; the subtle differences between genders at least in the field of science have been omitted. The neurosciences is a set of united sciences that seek to answer different questions from an integral point of view using the scientific method focused on the brain, the mind and human behavior; The differences between genders and above all their complementarity is the motive that moves me to the realization of this article.

Development

At the time of writing this work, the best example can cite to echo to express here is an experience in early years as a medical student that mention below:

In a neuroanatomy class we were talking about the cerebral hemispheres and their various components, during the teacher's explanation one of classmates, a totally auditory talented¹ young woman near the end of the class asks the professor:

-Is there a difference between the brains of men and women in their smaller structures?

The teacher's response was:

-All the brains are equal maybe the woman's is made to give more complications-

The girl with a nobility typical of the heroes of other times withstand laughter, keep taking notes and withdraw from the class with a decisive attitude to get an answer to hers question in the library, we did not have smartphones at that time, that was of this girl after graduating do not know, almost sure it was dedicated to a clinical area, but it was not the last example saw similar to that.

The brain is a universal structure you may have been born in Kerala, Okinawa or Berlin, you will have an organ made up of neurons and these in turn by chemical mediators called neuro transmitters; these are present in all living beings, based on these premise see individuals as entities with great similarities is almost indisputable. This attribute was one of the ones that attracted me to the neurosciences, to see patterns, to look for similarities, not to look for differences; this motive and the temperance of that companion are the ones that lead me to write this article.

Goleman² one of the authors who has contributed most to the knowledge of emotional intelligence in his books: Emotional Intelligence applied to business and Focus; he mentions the attributes of emotional intelligence along with their corresponding neurophysiological mechanisms in the brain [1]. The capacity to be compressive, empathic, to feel the emotions of others is a universal capacity that in the past was only attributable to the female population but that today it is certain that all individuals possess them in one way or another.

Ruth Malloy³ professor and speaker of the United States in her seminars and publication work has explained how the male or female components or attributes are necessary for the best leadership, the vision of authoritarian leader, selfish has repeatedly demonstrated to

lead to failure various initiatives.

It is important to emphasize that we are an integrated system that is not separate. From the first years of any career in the health sector we must know that, hormones such as: oxytocin, testosterone and estrogen⁴ are going to have an obvious impact on our body also in our brain, the presentation of myocardial infarction can vary in men and women⁵ and it would be another medical example. These conditions help us to understand the individualities of the genres we can also learn how they affect the brain, mind and behavior topics of neuroscience studies.

In Europe some years ago an institution with the help of professionals of different nationalities developed an initiative called Women's Brain Project⁶, see its website and conferences, encouraging an integrated search of the understanding of individualities of the brain is really satisfactory, especially in areas as Alzheimer's disease one of the neurosciences chimeras.

Seeing initiatives such as those promoted by Singer et al. [2] in Germany at the Max Planck Institute or in the United States by Riess et al. [3], about the compassion and empathy that can be developed by both genders is important for all those who want to understand the neurosciences more and help humanity through the sciences.

Europe and North America are those that lead the spearhead in the debate of gender differences in search of equity from the scientific point of view, neurosciences as its different branches: psychological, medical, biological and sociological seeks to give its contribution; aware that in Asia as India there is a frank desire to join the investigation, convinced that bonds can be established to be like that. Latin America has the potential to do so but there must be greater communication among scientists and support for these valuable initiatives.

¹In relation to neuro linguistic programming (NLP) skills: auditory, kinesthetic and visual

²His first book Emotional Intelligence in 1992 was the beginning of a series of publications which allowed us to understand these concepts

³Ruth Malloy, Ph.D, is a consultant in Spencer Stuart's Boston office

⁴It is suggested to see the endocrinology chapter of Guyton and Hall

⁵http://www.scielo.br/pdf/rlae/v19n6/es_25.pdf

⁶ <http://womensbrainproject.com/>

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Conclusion

Dear reader, thank you for reading these lines. The limitations are always the tests that must be borne by all those who search the sciences for answers not only for themselves but for other people aware of the limitations of this article, but appeal to your desire to search, not to limit yourself, to seek and continue to expand existing theories.

Trying to remove the feminine and masculine attributes of our brain is like wanting to practice a lobotomy, leaving us incomplete. Neurosciences in their multiple studies can attest to that.

We need all attributes, we need to understand behaviors and enhance discipline, logic, creativity, empathy not matter the gender if not emphasizing that we are human beings, the past is riddled with errors, pain and much suffering. Let's see the attributes of the genres

and so we come to address this grail called the human brain [4,5].

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