Who discovered neuroplasticity?

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Neuroplasticity was not discovered by a single person, but developed over time through the work of many scientists.

Early research in the late 19th and early 20th centuries particularly by William James and Santiago Ramón y Cajal suggested that the brain could change and adapt. However, this idea was largely dismissed for decades.

In the late 20th century, neuroscientists like Michael Merzenich helped provide strong scientific evidence that the adult brain can reorganise itself, bringing the concept of neuroplasticity into mainstream science.

Who is known as the father of neuroplasticity?

There isn’t one single “founder,” but Santiago Ramón y Cajal is often considered a key pioneer for proposing that neurons can change and adapt.

When was neuroplasticity proven?

While early ideas existed in the 1800s, strong experimental evidence emerged in the 1960s–1990s, when scientists demonstrated that the adult brain can reorganise itself through experience.