BUFFERING

A buffer is a location in RAM (Random Access Memory) where data from disk are dropped off by the DBMS (Database Management System).

When you are reading from disk, you are really reading from the buffer.

The system administrator has the power to control the size and number of buffers. Of course he is limited by the total available hardware for memory.

Different programs have different buffer needs.

Having the “ideal” number and size of buffers will make a database program run faster.

Thus, buffer tuning means choosing the best combination of buffers (like one big one or several smaller ones).

As a rule of thumb, the bigger a buffer is, the less often the DBMS has to go to the disk to bring a piece of the table into RAM. And bringing data from the disk is the SLOWEST operation in the whole DBMS. So it should happen as rarely as possible.
A database expert named Donald Burleson (D.B. ... like in Data Base) has written books on this topic.

https://www.amazon.com/Donald-K.-Burleson/e/B001HCZB4K%3Fref=dbs_a_mng_rwt_scns_share