**Concept of Recursion:** Recursion is a method of solving a problem where the solution depends on solutions to smaller instances of the same problem. A recursive algorithm calls itself with modified arguments until it reaches a base case. A recursive function must have a base case, which stops the recursion, and a recursive case, which breaks the problem down into smaller instances.

Recursion can simplify code and make it easier to understand, especially problems such as mathematical sequences or tree traversals.

**Time Complexity Recursive Algorithm**: O(n)

**Optimizing Recursive Solutions:** The technique to optimize recursive algorithms is memoization, which involves storing the results of expensive function calls and returning the cached result when the same inputs occur again.