

Why are we ticklish? 人怕挠痒痒的原因

本集内容

Why are we ticklish? 人怕挠痒痒的原因

学习要点

有关 “the body's reactions 身体反应” 的词汇

边看边答

Why isn't being tickled always enjoyable?

文字稿

Professor Sukhi Shergill, Psychiatry and Systems Neuroscience, King's College London
Tickling: love it, or hate it? Or even a bit of both... It's a strange phenomenon.

苏基·谢吉尔 伦敦大学国王学院精神病学与系统神经科学教授

“被人挠痒痒这种感觉：你是喜欢还是讨厌？或者都有一点… 这是个奇怪的现象。”

There are two types of **tickling sensation**. Knismesis - a mildly annoying feeling caused by light movement like this. And there's gargalesis - which is caused by a deeper pressure on your skin.

痒的感觉分为两种：“触觉痒”指由这种轻抚的动作引起的轻微不适感；“逗笑痒”是通过给皮肤施加更强的力道而引发的。

When your skin is touched, the **nerve endings** underneath send **electrical signals** to the brain. We laugh when we're tickled because the sensation is picked up in two areas of the brain at once - the part which analyses touch, but also the part that creates pleasure. But of course, being tickled isn't always enjoyable.

当你的皮肤被触碰时，皮下的**神经末梢**会向大脑传送**电子信号**。我们被人挠痒痒之后会发笑，因为这种感觉会同时出现在大脑的两个区域中：分析触觉的区域，以及产生愉悦感的区域。当然，被挠痒痒并不总是件令人感到愉快的事情。

In fact, it also affects the part of the brain that makes you feel panic in the face of danger. So, strange as it may seem, laughing when you're tickled could be a sort of primitive **defence mechanism** - giving a signal to show our submission to a predator.

事实上，它还会影响大脑中使你临危恐慌的部分。所以，虽然看起来很奇怪，但被胳肢后大笑可能是一种原始的**防御机制**，就好比是身体通过发送信号来展现对捕食者的顺从。

So, why can't we tickle ourselves? We think it's to do with the brain's cerebellum that monitors our movement. It can tell the difference between expected and unexpected sensations. In other words, it already knows what you're doing and is too clever to react.

那么，为什么不能胳肢自己呢？我们认为这和小脑有关，小脑负责监控身体的运动。它能区分预期和意外的感觉之间有何不同。换言之，它已经知道你在做什么，只是因为太聪明而不作出反应。

词汇

tickling sensation 痒的感觉，发痒

nerve endings 神经末梢

electrical signals 电子信号

defence mechanism 防御机制、防卫表现

视频链接

<https://bbc.in/2NKZqol>

问题答案

Because it affects two parts of the brain, including one that makes us feel panic.