# Split ends of hair shaft 头发末梢有分叉

Why do we have split ends?

为什么我们头发会有分叉?

Because the world is coming to an end.

因为世界末日要来了。

No.

不。

Split ends or trichoptilosis is a type of hair damage in which our hair strand or hair shaft splits into two or more branches.

分叉是一种头发损伤，我们的发丝或毛干分裂成两个或更多的分支。

It mostly occurs at the end of the shaft.

它通常发生在毛干的末端。

However, you can have split ends anywhere along the entire shaft.

然而，在整个毛干的任何地方都可以有分叉。

Now, our hair consists of 3 concentric layers.

现在，我们的头发由3个同心层组成。

The outermost tough layer is called cuticle.

最外层的坚韧层称为角质层。

The middle layer is called cortex and the innermost layer is called medulla.

中间层叫做皮层，最内层叫做髓质。

Split ends occur when the cuticle gets ripped off or damaged.

当角质层被撕裂或损坏时，就会出现分叉。

Now, as there is no longer any tough structure to hold the hair together, cracks begin to develop in the inner layers, thus giving rise to split ends.

由于不再有任何坚硬的结构来固定头发，头发内部开始出现裂缝，从而导致发梢分叉。

Now, there are many factors that can cause split ends.

现在，有很多因素可以导致分叉。

For example, excessive sun exposure, improper brushing or detangling, excessive blow drying, coloring, etc.

例如，过度暴露在阳光下，梳理不当或打结，过度吹干、着色等。

Topic: Nerves.

主题:神经。

Why don’t we feel pain when we cut our hair?

为什么我们剪头发的时候感觉不到疼痛?

Well duh.

额。

Because if it would, then we would have got angry on our hair dressers.

因为如果疼的话，我们会对我们的发型师很生气。

Oh, You are just impossible.

你真是不可理喻。

Wait, I will explain it to you.

等等，我给你解释一下。

Inside our body, there is a network of nerves.

在我们的体内，有一个神经网络。

These nerves help us to sense our surroundings and feel pain, touch, etc.by sending messages to the brain.

这些神经帮助我们感知周围环境，并通过向大脑发送信息来感受疼痛、触摸等。

So, do the nerves of my hair not know how to send a message?

那么，我头发上的神经不知道怎么发送信息吗?

No.

不是。

Generally, the part of our hair above the skin is made up of dead cells.

一般来说，我们皮肤上的毛发是由死细胞组成的。

It does not have any nerves.

它没有任何神经。

Hence, when we cut our hair, due to the absence of nerves, our brain does not receive any messages of pain.

因此，当我们剪头发的时候，由于没有神经，我们的大脑不会接收到任何关于疼痛的信息。

As a result, we don’t feel any pain.

所以，我们感觉不到任何疼痛。

Topic: Dandruff.

主题:头皮屑。

Why do we get dandruff?

为什么我们会有头皮屑?

Tearing of pages.

撕纸。

No.

不对。

Dandruff is a condition in which our scalp sheds skin cells in the form of white flakes.

头皮屑是指我们的头皮以白屑的形式脱落皮肤细胞。

A yeast called Malassezia globosa.

一种叫做马拉色菌的酵母菌。

It’s one of the mostly accepted reasons for causing dandruff?

头皮屑是最常见的原因之一。

What a classy name it has.

它的名字真漂亮。

Indeed.

的确是。

Malassezia globosa is naturally present on our scalp.

马拉色菌自然存在于我们的头皮上。

It feeds on sebum and releases oleic acid.

它以皮脂为食，并释放油酸。

Now, some people are sensitive to this oleic acid.

有些人对这种油酸很敏感。

When it penetrates into the upper layers of their skin, it causes inflammation.

当它渗透到皮肤的上层时，它会导致炎症。

Hence, in response to this inflammation, their skin sheds a large number of skin cells at a higher rate.

因此，为了应对这种炎症，它们的皮肤以较快的速度脱落大量的皮肤细胞。

These cells then join together forming white flakes, thus causing dandruff.

这些细胞结合在一起形成白色的薄片，从而产生头皮屑。

Topic: Human hair.

主题:人类的头发。

Why do we get white hair?

为什么我们会有白头发?

Because we cannot get blue hair.

因为我们没有蓝色的头发。

No.

不对。

Our hair is basically made up of keratin, a colorless protein.

我们的头发基本上是由角蛋白组成的，这是一种无色的蛋白质。

Hence, before our hair comes out of the skin, it is almost white.

因此，在我们的头发脱离皮肤之前，它几乎是白色的。

How’s that possible?

那怎么可能?

I had black hair during childhood.

我小时候头发是黑色的。

Don’t worry.

别担心。

I will explain!!

我来解释！

Our hair grows from hair follicles.

我们的头发是从毛囊长出来的。

A hair follicle contains melanocytes which produce melanin.

毛囊含有产生黑色素的黑色素细胞。

Melanin is injected in the keratin cells during the growth of our hair.

在头发生长过程中，黑色素被注射到角蛋白细胞中。

This melanin gives color to our hair.

这种黑色素使我们的头发有颜色。

Now, the color of our hair is dependent on the type of melanin injected.

现在，我们头发的颜色取决于注射的黑色素的类型。

Eumelanin makes our hair black or brown while pheomelanin makes our hair red or blond.

真黑素使我们的头发变成黑色或棕色，而褐色素使我们的头发变成红色或金色。

However, as we grow old, the melanocytes decrease the production of melanin.

然而，随着年龄的增长，黑色素细胞会减少黑色素的产生。

Thus, less melanin is injected in hair, causing them to eventually turn white.

因此，头发中注入的黑色素较少，最终导致头发变白。