We’ve all experienced them at one time or another, often right after a big meal. A normal bout of hiccups usually lasts only a few minutes and may contain up to seventy individual “hics.”

Unlike coughing or sneezing which can help clear your airways, hiccups seem to serve no beneficial function in the human body.

**What’s the story behind these strange convulsions?**

Two separate things happen to your body when you hiccup.

The [muscles in your diaphragm](http://indianapublicmedia.org/amomentofscience/butterflies_in_your_stomach/), which normally control your breathing, contract with a sudden jerk. This causes a sharp intake of breath.

At the same time, your vocal cords contract to stop this breath, resulting in a loud “hic.”

This is all caused by a misfire in the nerves that control your diaphragm. These nerves run from your neck to your chest, and any unusual pressure or irritation along this length can cause a misfire.

**What triggers hiccups?**

Hiccups are often triggered by overeating, gulping your food too quickly, or eating something too hot or too cold. [Stress](http://indianapublicmedia.org/amomentofscience/newly-single-healthy/)can also cause hiccups.

**So… What are the solutions?**

There are many folk remedies for hiccups, but none seems to work for everyone. Such remedies include holding your breath, breathing into a paper bag, or drinking a glass of water without breathing.

It’s possible that by depriving the diaphragm [muscles of oxygen](http://indianapublicmedia.org/amomentofscience/gotta-heart/), these remedies force them to resume a more normal breathing pattern.

Other remedies include pulling your tongue, sucking a lemon, or having a friend startle you.

**A common connection**

What these remedies have in common is that they [trick](http://indianapublicmedia.org/amomentofscience/trick-trick-candle/)your nervous system with a diversion, perhaps shocking the nerves that control the diaphragm into normal behavior. No one knows exactly why these remedies sometimes work.

It’s extremely rare, but severe cases of hiccups do occur. If you have persistent hiccups that simply refuse to go away, you should probably consult a physician.

我们都经历过这样或那样的经历，通常是在大餐后。正常的打嗝通常只持续几分钟，可能包含多达70个个体的“hics”。

与咳嗽或打喷嚏有助于清除呼吸道不同，打嗝似乎对人体无益。

### 这些奇怪的抽搐背后的故事是什么？

当你打嗝时，你的身体会发生两件不同的事情。

[膈肌](http://indianapublicmedia.org/amomentofscience/butterflies_in_your_stomach/)的[肌肉](http://indianapublicmedia.org/amomentofscience/butterflies_in_your_stomach/)，通常控制你的呼吸，突然收缩。这导致大量呼吸。

与此同时，你的声带收缩，以阻止这种呼吸，导致一个响亮的“hic”。

这都是由控制隔膜的神经失火引起的。这些神经从你的颈部跑到你的胸部，沿着这个长度的任何异常压力或刺激都会导致失火。

### 什么触发打嗝？

打嗝往往是由暴饮暴食，过快吞食食物，或吃太热或太冷的东西引发的。 [压力](http://indianapublicmedia.org/amomentofscience/newly-single-healthy/)也会导致打嗝。

### 那么......有什么解决方案？

打嗝有许多民间疗法，但似乎没有一个适合每个人。这些补救措施包括屏住呼吸，吸入纸袋或在没有呼吸的情况下喝一杯水。

有可能通过剥夺膈肌[的氧气](http://indianapublicmedia.org/amomentofscience/gotta-heart/)，这些补救措施迫使他们恢复更正常的呼吸模式。

其他补救措施包括拉舌，吸柠檬或让朋友惊吓你。

### 一个共同的联系

什么这些补救措施的共同点是，他们[欺骗](http://indianapublicmedia.org/amomentofscience/trick-trick-candle/)你的神经系统有分流，或许令人震惊的是控制光圈为正常行为的神经。没有人确切知道为什么这些补救措施有时会奏效。

这种情况极为罕见，但确实会出现严重的呃逆情况。如果你有持续的打嗝，只是拒绝消失，你应该咨询医生。