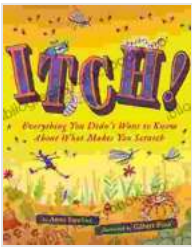


# Everything You Didn't Want to Know About What Makes You Scratch

Scratching is a common human behavior that can be both pleasurable and annoying. But what exactly makes us scratch? And why do some people scratch more than others?



## Itch!: Everything You Didn't Want to Know About What Makes You Scratch by Anita Sanchez

★★★★☆ 4.9 out of 5

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In this article, we'll explore the science behind scratching, from the role of our skin to the psychological factors that can trigger it. We'll also discuss some of the common causes of scratching, such as allergies, dry skin, and stress. And we'll offer some tips on how to reduce scratching and keep your skin healthy.

## The Science of Scratching

Scratching is a complex behavior that involves both physical and psychological factors. When we scratch, we are essentially stimulating our skin. This stimulation can activate nerve endings in the skin, which send signals to the brain. The brain then interprets these signals and produces a sensation of pleasure or relief.

The sensation of pleasure or relief that we get from scratching is thought to be due to the release of endorphins, which are natural painkillers. Endorphins can also help to reduce stress and anxiety.

In addition to the physical and psychological benefits of scratching, there are also some potential drawbacks. Scratching can damage the skin, which can lead to infection. It can also be a sign of an underlying health condition, such as allergies or dry skin.

## **Common Causes of Scratching**

There are many different factors that can trigger scratching. Some of the most common causes include:

- **Allergies:** Allergies can cause the skin to become itchy and irritated. This is because allergens, such as pollen, dust, and pet dander, can trigger the release of histamine, which is a chemical that causes inflammation and itching.
- **Dry skin:** Dry skin is another common cause of scratching. When the skin is dry, it can become itchy and flaky. This is because the skin's natural oils, which help to keep it moist, are depleted.
- **Stress:** Stress can also trigger scratching. When we are stressed, our bodies release cortisol, which is a hormone that can cause inflammation and itching.
- **Other medical conditions:** Some medical conditions, such as eczema, psoriasis, and scabies, can also cause scratching.

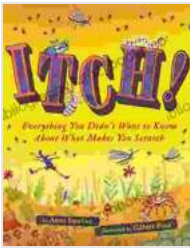
## **How to Reduce Scratching**

If you are struggling with scratching, there are a few things you can do to reduce it.

- **Identify the trigger:** The first step to reducing scratching is to identify the trigger. Once you know what is causing you to scratch, you can take steps to avoid it.
- **Moisturize your skin:** If you have dry skin, moisturizing it regularly can help to reduce itching. Look for a moisturizer that is fragrance-free and non-comedogenic, which means it will not clog your pores.
- **Manage stress:** If stress is a trigger for your scratching, finding ways to manage stress can help to reduce it. There are many different stress-management techniques available, such as yoga, meditation, and deep breathing.
- **See a doctor:** If you are struggling to control your scratching, see a doctor. They can help to determine the cause of your scratching and recommend treatment options.

Scratching is a common human behavior that can be both pleasurable and annoying. But it is important to be aware of the potential risks of scratching, such as skin damage and infection. If you are struggling to control your scratching, talk to your doctor. They can help to determine the cause of your scratching and recommend treatment options.

In the meantime, there are a few things you can do to reduce scratching, such as identifying the trigger, moisturizing your skin, managing stress, and seeing a doctor if necessary.



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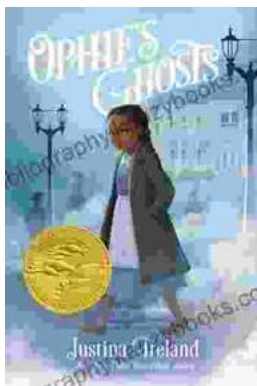
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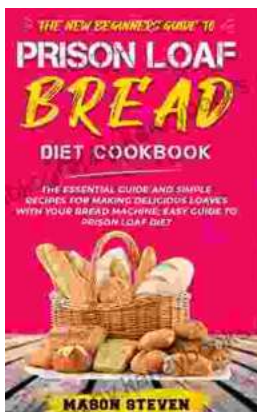
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