

It turns out that this is the reason why we shed tears

According to the researchers, the cause of lacrimation is the propanthial s-oxide irritant.

When operating, we often experience uncomfortable, itchy, spicy and watery feelings.

1. It turned out that this was the reason that only one side of the nose was suffocated with the flu
2. The reason why the eyes wake up every morning and full of rust will surely surprise you
3. The culprit causes hair loss when we get older

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The administrative propanthial s-oxide volatile compound is the cause of tearing.(Photo: Vix.)

Propanthial s-oxide is a volatile chemical. When we cut, propanthial s-oxide will quickly evaporate and find its way to the eye. This substance quickly combines with water covering the surface of the eye to form sulphenic acid - a substance that stimulates the lacrimal glands. The brain quickly receives a warning that there is a stimulant and it signals down the tear glands that make you blink and tear. The amount of acidic acid produced is so small that it does not harm but only irritates the eyes.

In order to produce a compound that causes watery eyes to propanthial s-oxide, onion plants require two enzymes.

First, the onion plants absorb sulfur in the soil and store it in the compound PRENCSO 1 (1-propenyl-L-cysteine ??sulphoxide). When cut, the onions release alliinase, which reacts with PRENCSO 1 to produce ammonia and 1-propenyl sulfenic acid. The second enzyme converts 1-propenyl sulfenic acid to propanthial s-oxide.



The ability to make onion's tears depends on the sulfur that plants absorb in the soil. High or low sulfur levels depend on the type of soil and the condition of the growing tree.

Garlic and onions have close relatives, but the garlic does not cause tearing because it contains another compound called alliin or PRENCSO 2. This compound produces alliin, a substance that is beneficial to human health, not broken structure into propanthial s-oxide.



Simple tips to help cut onions without tears

1. Cut onions quickly with sharp knives. The faster the act, the less enzymes that cause eye irritation.
2. Leave onion in the freezer for 10-15 minutes before cutting.
3. Cutting the onions next to a pot of boiling water, the hot steam will blow away the 'crying' enzyme.
4. Soak in water before cutting.

5. Breathing by mouth when the onions will help the olfactory nerves located near the tear ducts will not feel the spicy taste of onions.
6. Chewing bread or chewing gum will help 'suck' this eye-stinging gas into your tongue, thereby reducing the risk of stinging.
7. Cutting onions under a hood or putting a fan in the right direction will cause the tear gas to dispel in the air.

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