

Eructation

WHAT IS ERUCTATION?

Eructation is more commonly known as **burping** or **belching**. It corresponds to gas being discharged from the mouth, generally accompanied by a sound and maybe even an odour.

WHAT ARE THE CAUSES?

We may burp for several reasons. You are probably well aware of one of them: drinking **fizzy drinks**. Generally, burping also occurs when you **eat or drink too quickly**. It can also be the result of **gastroesophageal reflux** and a phenomenon called **aerophagia**. Aerophagia literally means ‘eating air’ and corresponds to the absorption of air during swallowing.

You might be wondering how is it possible to swallow air? This can happen when you take **small sips of hot beverages**, **drink with a straw** or while you **chew gum**.

When babies eat, a lot of air accumulates in their stomachs. We help them burp this air out by winding them, that is gently tapping them on the back, but not too hard so as not to trigger vomiting.

Did you know that humans are not the only ones to burp? Some animals also burp – cows and sheep for example. The Englishman Paul Hunn holds the world record for the loudest burp, which was measured at 109.9 decibels, nearly as loud as a chainsaw!