



LAUGHTER YOGA-THE BEST MEDICINE

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pz1968@rediffmail.com**Abstract:**

The 21st century is nothing but the era of competition. Everywhere one can find struggle rivalry jealousy emulation etc. The society is observing territorial disputes, violence, growing addiction in youth. The family atmosphere is also polluted. They are facing stress and strain that's why health of human being is in danger, so to avoid all these consequences the most beautiful and free medicine on it is a LAUGHTER YOGA because it exerts various types of chemicals which keeps mankind physically and mentally fit. All the system in our body i.e. Cardiovascular, Digestive, Nervous system as well as Respiratory and Immune system works satisfactory by laughter yoga.

Keywords: Laughter yoga, Health, Stress, strain, Chemicals etc.

Introduction:

In the 21st century is man really happy? All worldly joys are given to him by science & Technology. He can enjoy every sort of comfort but still he is not content, today in this century when he is endowed with all amenities of life but he has many problems to face. He has become more self centered. He wants to live reap every joy and happiness. He is more commercial more egoistic and more utilitarian than he was before. The rat race in every field is making man less ethical that's why day by day his physical as well as mental health is in danger.

With commitment to work and society and to moral values and ethics, man will be certainly happy and he can bring happiness to other and one of the most beautiful remedy on it is a **Laughter Yoga**, the best free medicine, the natural gift which reduces our stress and strain. It gives gaiety to the life. When a person becomes cheerful, smiling then he get inner power to face any problem. The personality of a man will be better when he has a smiling face. It is observed that from our birth to death (childhood -youth-senior citizen). The average % of laugh goes on decreasing. By the scientific research it is proved that in many diseases '**Laughter Yoga**' acts as a powerful medicine. Nervous system, Thyroid, Respiratory system, cardiovascular system, digestive and immune system, on all these systems laughter works as a medicine. Dr. William fry, a great psychiatrist observed that "Without laughter, there is no life."

According to the research of Dr. John Gomez to release stress and strain the most beautiful and powerful medicine is laughter. By considering all these facts a concept of laughter yoga or movements of laughter yoga come into force over all the world. [1]

Material and Method

- 1)The experiment has done on three persons including me by using Immunoturbidimetry by checking Immunoglobulin (IGA) from the blood sample before and after Laughter Yoga.[1]
- 2)An experiment is done by the university of Exeter UK on the volunteers. by using modern respiratory mask. The energy expenditure by ten minute cycling was measured it is observed that 49 calories energy is burned, then by the same volunteers ten minute laughter exercise have taken (100 laughs) and then it is observed that 151 cal. energy were burned it proves that by laughter yoga energy expenditure is more.[2]
- 3)A scientific research by Dr. Madan Kataria was conducted on 50 IT professionals in Bangalore. He showed that there is significant reduction in their stress level by testing Immunoglobulin from their saliva.[1]
- 4)In Berk and Tan's experiment concerning the laughter immune connection, they used a few healthy fasting males who volunteered for the experiment and had them view a funny one hour video film. They took blood samples of their interferon Gamma (IFN) before during and after they had watched the film. They obtained significant results which showed increased activity in IFN. [1]
It activates the CT-Cells, B Cells Immunoglobulin and Natural Killer cells.
- 5)Lloyd showed that laughter is a combination of deep inhalation and full exhalation, inspiring excellent ventilation wonderful rest and profound release. The laughter increases the lungs vital capacity and oxygenation. Lungs vital capacity (peak flow rate) is measured by using a spirometer.[1 & 3]
- 6)A few survey studies have been conducted by Sheetal Agarwal that highlight the perceived therapeutic effect of laughter therapy [1].

Clinical Analysis of laughter yoga members in all over India.

done laughter yoga experiments on senior citizens.[1]

The study was conducted by Dr. Siddharth D. Khadwala M.D. (Bom.) He has

Results and Discussion

1)

Name of the person	Immunoglobulin A (IGA) mg/dl		Increase (IGA) mg/dl
	Before Laughter Yoga	After Laughter Yoga	
Shri. Bhanudas Kolekar	272.6	283.9	11.3 4.14 %
Shri. Suresh Belekar	264.7	265.9	1.2 0.45 %
Shri. Pramod Zavare	228.2	229.2	1.0 0.43 %

Immunoglobulin is antibodies are a large Y shaped protein produced mainly by plasma cells that is used by the immune system to neutralize pathogens such as pathogenic bacteria and viruses. An IGA test measures the blood level of Immunoglobulin A. One of the most common antibodies in the body to fight bacteria, viruses and toxins. From the above results it is observed that % of IGA in the blood is slightly increased after Laughter Yoga.

2)

10 minute cycling

Calories Expenditure

49 calories

100 laugh

151 calories

By laughter yoga exercise the calories expenditure is more.

3) By testing Immunoglobulin in the saliva before and after laughter yoga exercise it is observed that there is significant reduction in the stress level due to increase in Immunoglobulin.

4) There is significant increase in (IFN) interferon Gamma from the blood which activates the CT Cells, B Cells, Immunoglobulin & natural killer cells.

5) By measuring the vital capacity (peak flow rate) of the members using a spirometer. It is observed that 7.8 % of the members gained relief from lung disease.

Peak flow rate - Normal in - 67% (300-500 l/m)

Peak flow rate - High in - 20% (> 500 l/m)

This would benefit patients with pulmonary disease such as bronchitis.

6) Laughter As A Therapeutic Exercise By Sheetal Agrawal.

Physiological parameters of the research survey.

Parameter	% of Survey Population	% who receive improvement
Regular walkers	97.56	86.25
Diabetes	13.4	9
Blood Pressure	31.7	26.9
Respiratory problems	17	14.2
Heart Disease	7.3	33.3
Quality of sleep	57.3	65.8

7) Psychological Measures :

- Coping better with anxiety and feeling of depression 19.5%
- Coping better with stress 69.5 %
- Increased social interaction 74.39%
- Noticeable charge in mood and attitude 79.6 %

Hans Selye described laughter as a form of Eustress. This means that it is a positive life enhancing type of stress. Laughter has built-in balancing mechanism that encourages the two step action of stimulation and relaxation due to the release of chemicals adrenaline and noradrenalin.

Kay Herth has documented reduction of hypertension after laughter yoga, many of the members have reaped the beneficial effect of laughter in reducing hypertension, heart disease, diabetes anxiety and insomnia etc.

The holistic benefit of laughter therapy is well documented and has recorded a positive improvement in member's general health both mental and physical.

The attitude of a majority 82.6% of members towards their family members improved resulting in a more harmonious family life.

71.7% of members reported an improved relationship.

85.7 % of members reported increase in self confidence.

66.7 % of members reported increased concentration.

All these benefits go towards improving the quality of life.

Conclusion:

Laughter Yoga has several medical / social / holistic benefits which can improve the quality of life substantially laughter can help to mitigate several diseases. It is stress Buster and helps to relieve anxiety and tension which are the predisposing factors for several diseases. Laughter every day can keep the doctor away at no cost. It is the best medicine.

References:

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