



## LAUGHTER YOGA

## Yoga

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## KEYWORDS

*No man's life is free from struggles and problems, not even of the most powerful and wealthy, but everyone may build up his own happiness by making himself independent of outward conditions".*

- Humboldt



We are always surrounded by so many problems which stands as a stumbling block to our happiness. This can be easily avoided at least for a few seconds or minutes by doing laughter yoga.

It is a practice involving prolonged voluntary laughter. Laughter Yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter Yoga is done in groups, with eye contact and playfulness between participants.

Laughing is an exciting agent which keeps our every organ vibrating, jerking. Especially it helps movement of muscles of the face, particularly of the lips, with a peculiar expression of the eyes, indicating happiness, satisfaction.



Stress and anxiety are the main reasons for an alarming growth in diseases. Laughter acts as a therapeutic remedy in the treatment. Some benefits of laughter yoga are:

- It helps control blood pressure by reducing the release of stress related hormones-endorphins and cortisol and there by bringing about relaxation.
- It improves lungs capacity and oxygen levels in the blood, remove,

bring out mucous from respiratory passages. It increases the levels of antibodies in the respiratory passages. It reduces the frequency of chest infections.

- Laughter allows us to forget muscle aches, arthritis, spondylitis or any other pain of the body.
- It reduces the frequency of migraines & tension headaches.
- It increase the blood flow. It reduces the risk of cardiovascular diseases.
- It improve our immune system, hence people are less susceptible to virus or bacteria.
- It provides positive energy to fight diseases. \
- It builds good relationships & self-confidence.
- It massage all the internal organs.

Laughter is the secret Mantra to look young. It is the excellent exercise for facial muscles. When you laugh, your face turns red due to an increase in blood supply. This nourishes the facial skin & makes it glow. Constant laughter makes face cheerful, attractive, wrinkles and bulge free. It is a good exercise to burn calories & stimulate metabolism.

Don't hesitate to laugh loudly. Laugh, laugh and laugh loudly till entire body is filled with positive energy. Life is nothing but celebration. Enjoy every moment of it.