

Magic Power of Laughter Therapy

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Abstract

Our five senses are don't seem to be sufficient for ideal living. We want to use our sixth sense: our sense of humor. Humor isn't concerning just telling jokes; it's the means we tend to read the planet. the world. Laughter Therapy (Hasya yoga) is a combination of unconditioned laughter and breathing. It is known as long standing complimentary and alternative therapy since 1970. It is an excellent way to reduce stress in our lives and which help us to cope with stressful life events and enhances our body to release stress busting endorphin and promote wellbeing.

Keywords: Laughter therapy; Stress.

Introduction

Dr. Madan Kataria, father of Laughter Clubs in India, has started new world of joy and laughter which is spreading nuke and corner of the world since 1995. Many laughter therapy clubs are developed around the world to apply laughter in day to day life which can be effective in producing anti stress and joyful hormones [1]. Various analysis from everywhere the globe showed that laughter has the healing power to get rid of the negative impact of stress. Laughter therapy helps to improve the immune system, that is the crucial element for maintaining better health and smart welfare [2].

Laughter therapy is an excellent way to reduce stress in our lives and which help us to cope with stressful life events and enhances our body to release stress busting endorphin and promote wellbeing. When we laugh in a stressful situation, our mind releases endorphin and reduces stress. Since our body cannot distinguish between real and fake laughter, anything that make us to giggle will have a positive impact [3].

Laughter could be a powerful medicine to stress, pain, anxiety, depression, high blood pressure, cardiovascular disease, obesity, tension headache and conflict. Nothing works quicker than to bring your mind and body into equilibrium. Humor helps to lighten our burdens, improve pain tolerance, enhance shallowness, conjures up hopes, increase communication ability and keeps you targeted and alert. There are number of therapeutic coping strategies which include cognitive behavioral therapy, relaxation training like progressive muscle relaxation, deep breathing, meditation and supportive therapy. Among that, Laughter therapy is the most powerful, cost effective, non invasive priceless coping strategies applicable for all age group [4].

Benefits of Laughter therapy

Physical benefits of laughter

- Improve immunity

- Reduces stress hormones
- alleviates pain
- Strengthen your muscles
- Control cardio vascular disease

Psychological benefits of laughter

- Improve self esteem
- Reduces anxiety and tension
- Recovery from stress
- Stabilize mood and affect

Social benefits of laughter

- Strengthens relationships
- Improve communication skill
- Improve team spirit
- Manage conflict

Method

Laughter yoga sessions could begin with light preparation techniques. Hand clapping in a very rhythm 1-2, 1-2-3 together with vocalizing of "Ho-Ho-Ha-Ha-Ha" Which has stretching, chanting, clapping, eye contact and body movement to encourage a way of playfulness. Breathing exercises are used to prepare the lungs for laughter, followed by a series of 'laughter exercises. Twenty minutes of laughter is enough to induce physiological benefits.

Types of Laughter Therapy

- *Hearty Laughter:* Laughter by raising both hands with the head tilted to back.
- *Greeting Laughter:* Laughter by giving shake hands
- *Appreciation Laughter:* finger with the thumb to create a little circle (like appreciating your group members) and laughing simultaneously.
- *Milk Shake Laughter:* Hold and blend two notional glasses of milk or coffee and at the instruction of the leader pour the milk from one glass into the opposite by vocalizing "Aeee....," subsequently everybody laughs creating a gestures as if they're drinking milk.
- *Silent Laughter:* Laugh without making any sound.
- *Humming Laughter:* Laughter with closed mouth and a buzzing sound.
- *Swinging Laughter:* Stand like a circle and move towards the middle by vocalizing "Aee... Ooo...Eee...Uuu".
- *Lion Laughter:* Extend the tongue totally with eyes wide open and hands extended just like the claws of a lion and laugh from the stomach.
- *Cell Phone Laughter:* Hold notional portable mobile phone and take a look at to laugh, creating completely different gestures and moving around the group.
- *Argument Laughter:* Laugh by raise your fingers all members of the group.
- *Forgiveness / Apology Laughter:* Catch both your ear lobes and laugh.
- *Gradient Laughter:* Gradient laughter begins with bringing a smile on the face; gradually gentle giggles are increased further. Then the members bit by bit burst into hearty laughter and slowly and bit by bit bring the laughter down and stop.
- *Intimacy Laughter:* Come back nearer and hold every other's hands or hug one another and laugh.

Creating Opportunities to Laugh

- Watch comedy films, TV show, or YouTube video
- Invite friends or co-workers to form a comedy club
- Read the funny pages
- Seek out funny friends
- Share a decent joke or a funny story
- Play game with friends
- Play with a pet
- Attend "laughter yoga" class
- Play with children
- Engage in leisure activities

Conclusion

Laughter therapy has been used as a therapeutic tool for several years because it is a natural form of medicine. Laughter is on the market to everybody and it provides edges to physical, emotional, and social well being. It can even boost the immune system and produce endorphins to alleviate pain.

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