

Laughter Yoga helps in Blood Pressure Diabetes and Emotional Balance

from Dr.Madan Kataria's International Website

www.laughteryoga.org



Laughter has an auto-regulatory effect on almost all body systems; high blood pressure is reduced, low blood pressure will tend to increase, other examples like heart rate, pulse rate, digestive and the lymphatic system and circulation are all balanced to maintain a perfect harmony of good health and wellness. Laughter Yoga has the power to restore all body functionality to a state of normalcy after a heightened condition of stress and anxiety. It regulates the secretion of hormones to balance the levels of good ones like endorphins and decrease the levels of stress hormones like cortisol and epinephrine. This leads to an increase in positive emotions, while the negative emotions gradually diminish, leaving one with a sense of calm and well being.

High blood pressure is a major risk factor for stroke, heart attack, cardiac arrest and kidney failure. The heart and the arteries carrying blood are under pressure and if the situation persists, it can lead to a major health hazard. The causes

though uncertain, are attributed to certain lifestyle problems like increase in the levels of stress, anxiety and worry. All these restrict the blood vessels and the flow of blood and may lead to hypertension.

Laughter is a powerful remedy that mitigates the damaging effects of distressing emotions. It expands the blood vessels thus reducing the pressure and helping the flow of blood. Laughter Yoga is a great exercise that energizes the body system and regulates circulation in the endocrine as well as in the lymphatic system. It relaxes the body and reduces problems associated with high blood pressure.

Scientific research has shown that laughter helps in lowering blood sugar levels in diabetic patients and regulating the production of insulin in the pancreas.

Laughter also has the ability to balance the levels of oxygen and carbon dioxide in the body through the process of deep diaphragmatic breathing which flushes the lungs of stale residual air and replaces it with fresh oxygen. This energizes and recharges the body mechanism for peak performance thereby reinstating good health.