

Laughter Yoga Aids Digestion

from Dr.Madan Kataria's International Website

www.laughteryoga.org

Living constantly in a stress and worry cycle weakens the body resistance and results in many digestive problems, which encompass everything from simple indigestion to hemorrhoids to colon cancer. It results in more time lost—at work, school, and play—than any other health problem. These problems also appear to be occurring with much more frequency and are cropping up more and more at an early age as children and adults likewise succumb to daily stressors of life.

Laughter Yoga is a unique exercise routine that blends yogic breathing with laughter to provide an excellent internal massage, flush the lungs of stale residual air, increase the oxygen levels and boosts the immune system. An instant stress buster, it helps to cope with challenges and negates the ill effects of a worries and tensions.

Laughter releases chemicals like neuropeptides that improve health and have antioxidant properties. Apart from this, laughter is a good exercise. It gives exercise to the diaphragm and various muscles. It is also responsible for the secretion of certain hormones good for health.

Irritable bowel syndrome – due to weak immune system

Irritable bowel syndrome, or IBS, is a common complaint. Also called spastic colon, spastic bowel, mucous colitis, spastic colitis, colitis, intestinal neurosis, and functional bowel disease includes symptoms like bloating, gas, diarrhoea, constipation, abdominal pain and spasms, and nausea. The pain is often triggered by irregular eating due to stressful conditions.

Laughter Yoga provides an internal jogging that balances the irregularities arising due to stress eating. With emphasis on deep diaphragmatic breathing, it fully oxygenates the body and gets rid of waste matter and toxins. It strengthens the immune system, thus reducing the risk of infections and disease and helps boosts anti bodies that combat the symptoms.

Stress ulcers

Although medical science has proved that emotional stress is no longer the causal factor of ulcers, many people who are experiencing emotional stress often report increased pain of existing ulcers. It is important that one takes steps to reduce stress levels and the easiest way is through regular practice of Laughter Yoga. It is an exercise that releases chemicals called endorphins which not only relieve stress but also cause a reduction in cortisol levels. Laughter Yoga not

only relieves stress, it strengthens muscles and helps you concentrate on breathing and relaxation.

Diverticular disease

Diverticula are pea-shaped pouches that form in the colon wall. The underlying cause of diverticula is constipation: the pressure that straining produces causes pouches to form at weak points in the colon. Diverticulosis results in spasms and pain and can result in pain and fever.

The up-and-down movement of the diaphragm in Laughter Yoga affects the internal organs much like wholesome exercise. As a result they function better, circulation improves and wastes are discharged more readily from the body. It also improves digestion as it increases the flow of bile and improves the functioning of the liver.

The physiological effects of Laughter Yoga on the body are amazing. It provides a safety valve that shuts off the flow of stress hormones and basically brings balance to all the components of the immune system. Laughter Yoga can be a total body workout! Studies have revealed that it helps improve digestion and eliminates painful symptoms.