

“KEEP LAUGHING KEEP GLOWING & GROWING”



¹Kushal Nandi, ¹Saroni Saha, *¹Dr. Dhrubo Jyoti Sen and ²Dr. Dhananjay Saha

¹Department of Pharmaceutical Chemistry, School of Pharmacy, Techno India University, Salt Lake City, Sector-V, EM-4, Kolkata-700091, West Bengal, India.

²Deputy Director, Directorate of Technical Education, Bikash Bhavan, Salt Lake City, Kolkata-700091, West Bengal, India.

Corresponding Author: Dr. Dhrubo Jyoti Sen

Department of Pharmaceutical Chemistry, School of Pharmacy, Techno India University, Salt Lake City, Sector-V, EM-4, Kolkata-700091, West Bengal, India.

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ABSTRACT

It's fun to share a good laugh, but did we know it can actually improve our health? Let's us learn how to harness the powerful benefits of laughter and humor. Laughter is said to reduce the levels of stress hormone known as cortisol that lowers the metabolism rate and stores fat in the mid-section. Laughter tends to improve our metabolism naturally, which influences our body to burn more calories and lose weight. According to the study published in the journal Obesity, a big belly laugh uses about the same energy as walking more than half a mile. Laughing makes the heart beat faster and works many different muscles. Laughing is known as the best medicine; it sure isn't called one for no reason. Laughter is known to strengthen immunity system, boost mood, diminish pain and also help us lose weight. And no wonder it also helps form stronger bonds. World Laughter Day is also celebrated worldwide on the first Sunday of May every year. Laughter sure has the power to heal and repair and enhance over health-both physically and mentally. Here are some more benefits that laughter has to offer other than just losing weight.

KEYWORDS: Sense of humor, Laughter Yoga.

The Benefits of Laughter

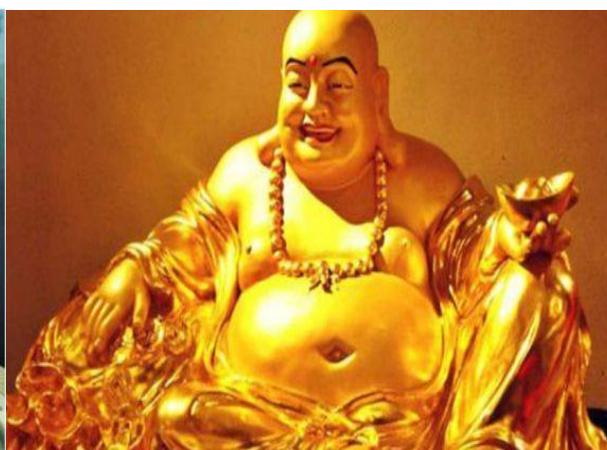


Figure-1: Laugh Like Laughing Buddha.

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens our immune system, boosts mood, diminishes pain, and protects us from the damaging effects of stress. Nothing

works faster or more dependably to bring our mind and body back into balance than a good laugh. Humor lightens our burdens, inspires hope, connects us to others, and keeps us grounded, focused, and alert. It also helps us release anger and forgive sooner.^[1]

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing our relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, we can improve our emotional health, strengthen our relationships, find greater happiness—and even add years to our life.^[2]

Laughter Is Good For Our Health



Figure-2: Always Smile and Be Happy.

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving our muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving our resistance to disease.
- **Laughter triggers the release of endorphins,** the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- **Laughter burns calories.** Okay, so it’s no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be

- enough to lose three or four pounds over the course of a year.
- **Laughter lightens anger’s heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.
- **Laughter may even help us to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don’t laugh as much. The difference was particularly notable for those battling cancer.^[3]

The benefits of laughter & humour

The Benefits of Laughter and Humor	
Physical health benefits	
•	Boosts immunity
•	Lowers stress hormones
•	Decreases pain
•	Relaxes your muscles
•	Prevents heart disease
Mental health benefits	
•	Adds joy and zest to life
•	Eases anxiety and tension
•	Relieves stress
•	Improves mood
•	Strengthens resilience
Social benefits	

The Benefits of Laughter and Humor

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Laughter Helps Us Stay Mentally Healthy**Figure-3: Continue Laughing stay happy.**

Laughter makes you feel good. And this positive feeling remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss. More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources

of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.^[4]

The Link Between Laughter and Mental Health**Figure-4: Say Good Bye To worries With Smile.**

- **Laughter stops distressing emotions.** We can't feel anxious, angry, or sad when we're laughing.
- **Laughter helps us relax and recharge.** It reduces stress and increases energy, enabling us to stay focused and accomplish more.
- **Laughter shifts perspective,** allowing us to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help us avoid feeling overwhelmed and diffuse conflict.
- **Laughter draws us closer to others,** which can have a profound effect on all aspects of our mental and emotional health.

Laughter Brings People Together and Strengthens Relationships

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. **Laughter unites**

people during difficult times. Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment. Laughter is an especially powerful tool for managing conflict and

reducing tension when emotions are running high. Whether with romantic partners, friends and family, or co-workers, you can learn to use humor to smooth over disagreements, lower everyone's stress level, and communicate in a way that builds up your relationships rather than breaking them down. Humor and laughter in relationships allows us to:^[5]

“LIFE
IS BETTER
WHEN
YOU'RE
LAUGHING”



Figure-5: Slay Your Haters With Your Smile.

Be more spontaneous. Humor gets us out of our head and away from our troubles.

Let go of defensiveness. Laughter helps us forget resentments, judgments, criticisms, and doubts.

Release inhibitions. Our fear of holding back is pushed aside.

Express our true feelings. Deeply felt emotions are allowed to rise to the surface.

How To Bring More Laughter Into The Life: Laughter is our birthright, a natural part of life that

is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if we do not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Begin by setting aside special times to seek out humor and laughter, as you might with exercising, and build from there. Eventually, we'll want to incorporate humor and laughter into the fabric of our lives, finding it naturally in everything. Here are some ways to start:^[6]

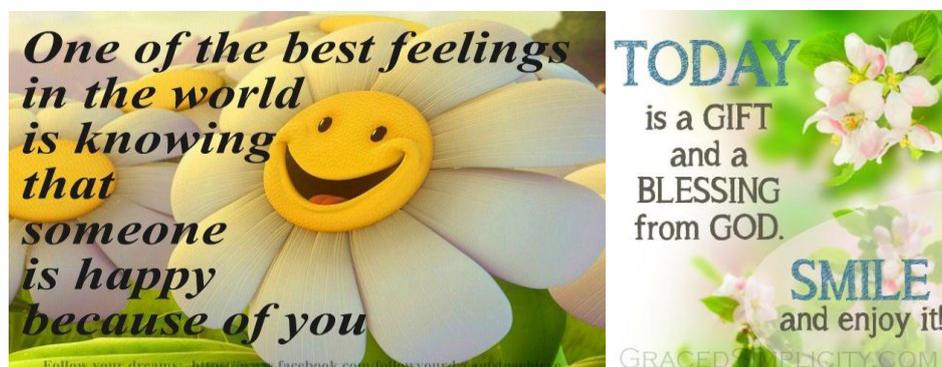


Figure-6: Smile And Happiness Is A Gift Of God.

- **Smile.** Smiling is the beginning of laughter, and like laughter, it's contagious. When we look at someone or see something even mildly pleasing, practice smiling. Instead of looking down at phone, look up and smile at people we pass in the street, the person serving us a morning coffee, or the co-workers we share an elevator with. Notice the effect on others.
- **Counting blessings.** Literally make a list. The simple act of considering the positive aspects of life will distance us from negative thoughts that block

humor and laughter. When we're in a state of sadness, we have further to travel to reach humor and laughter.

- **When hear laughter, move toward it.** Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor we find in it. When hear laughter, seek it out and ask, "What's funny?"

- **Spend time with fun, playful people.** These are people who laugh easily—both at themselves and at life’s absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious. Even if we don’t consider ourselves a lighthearted, humorous person, we can still seek out people who like to laugh and make others laugh. **Every comedian appreciates an audience.**
- **Bring humor into conversations.** Ask people, “What’s the funniest thing that happened to them today? This week? In their lives?”

Stimulated Laughter

So, what if we really can’t “find the funny?” Believe it or not, it’s possible to laugh without experiencing a funny event—and simulated laughter can be just as beneficial as the real thing. It can even make exercise more fun and productive. A Georgia State University study found that incorporating bouts of simulated laughter into an exercise program helped improve older adults’ mental health as well as their aerobic endurance. Plus, hearing others laugh, even for no apparent reason, can often trigger genuine laughter. To add simulated

Tips For Developing Sense Of Humor



Figure-7: Kill The All Problems With Smile Like The Co-Author (Ms.Saha).

- **Laughing at ourselves.** Sharing embarrassing moments. The best way to take ourselves less seriously is to talk about times when we took ourselves too seriously.
- **Attempt to laugh at situations rather than bemoan them.** Look for the humor in a bad situation, and uncover the irony and absurdity of life. When something negative happens, try to make it a humorous anecdote that will make others laugh.
- **Surrounding ourselves with reminders to lighten up.** Keep a toy on the desk or in the car. Put up a funny poster in the office. Choose a computer screensaver that makes us laugh. Frame photos of us and our family or friends having fun.
- **Remember funny things that happen.** If something amusing happens or we hear a joke or funny story we really like, write it down or tell it to someone to help us remember it.
- **Don’t dwell on the negative.** Try to avoid negative people and don’t dwell on news stories, entertainment, or conversations that make one sad or unhappy. Many things in life are beyond our control—particularly the behavior of other people.

laughter into our own life, search for laugh yoga or laugh therapy groups. Or we can start simply by laughing at other people’s jokes, even if we don’t find them funny. Both us and the other person will feel good, it will draw us closer together, and who knows, it may even lead to some spontaneous laughter.^[7]

Creating opportunities to laugh

- Watch a funny movie, TV show, or YouTube video.
- Invite friends or co-workers out to a comedy club.
- Read the funny pages.
- Seek out funny people.
- Share a good joke or a funny story.
- Check out bookstore’s humor section.
- Host game night with friends.
- Play with a pet.
- Go to a “laughter yoga” class.
- Goof around with children.
- Do something silly.
- Make time for fun activities (e.g. bowling, miniature golfing, karaoke).

While we might view carrying the weight of the world on our shoulders as admirable, in the long run it’s unrealistic and unhealthy.

- **Finding the inner child.** Pay attention to children and try to emulate them—after all, they are the experts on playing, taking life lightly, and laughing at ordinary things.
- **Deal with stress.** Stress can be a major impediment to humor and laughter, so it’s important to keep our stress levels in check. One great technique to relieve stress in the moment is to draw upon a favorite memory that always makes us smile—something the kids did, for example, or something funny a friend told you.
- **Don’t go a day without laughing.** Think of it like exercise or breakfast and make a conscious effort to find something each day that will make us laugh. Set aside 10 to 15 minutes and do something that amuses us. The more we get used to laughing each day, the less effort we’ll have to make.^[8]

Importance Of Laughter Yoga

Laughter yoga (*Hasyayoga*) is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits

as spontaneous laughter. It is usually done in groups, with eye contact and much playfulness between participants. Intentional laughter often turns into real and contagious laughter.



Figure-8: Hasyayoga.

The yoga is performed without any humorous reason to laugh, with one practitioner observing that "**The mind does not know that we're faking it.**"

Laughter yoga sessions may start with gentle warm-up techniques which include stretching, chanting, clapping, eye contact and body movement, to help break down inhibitions and encourage a sense of playfulness. Breathing exercises are used to prepare the lungs for laughter, followed by a series of 'laughter exercises' that combine the method of acting and visualization techniques with playfulness. Laughter exercises are interspersed with breathing exercises.

A 2019 review and meta-analysis in the field of laughter-inducing therapies suggest that they are more effective than humorous laughter and can improve depression. However, the quality of the evidence was low.

Conclusion: The ability to laugh, play and have fun not only makes life more enjoyable but also helps us solve

our problems, connect with others, and think more creatively. People who incorporate humor and play into their daily lives find that it renews them and all of their relationships. Life brings challenges that can either get the best of us or become playthings for our imagination. When we "become the problem" and take ourselves too seriously, it can be hard to think outside the box and find new solutions. But when we play with the problem, we can often transform it into an opportunity for creative learning. Playing with problems seems to come naturally to children. When they are confused or afraid, they make their problems into a game, giving them a sense of control and an opportunity to experiment with new solutions. Interacting with others in playful ways helps us to retain this creative ability. As laughter, humor, and play become integrated into your life, your creativity will flourish and new opportunities for laughing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Laughter takes you to a higher place where you can view the world from a more relaxed, positive, and joyful perspective.



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