

Laughter therapy – an effective treatment essay sample

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Today when nothing is free, laughter is perhaps the only medicine that comes for free but does miracles for us. Laughter is the best medicine! About 20-25 minutes of laughter every day can make you feel fresh, energetic and young for the whole day... Do you always feel stressed? Are you a heart patient? Is your blood pressure high? Do you want to improve your immune system? Do you feel depressed and are undergoing psychosomatic disorder? Do you want to feel younger?

If your answer to any of above question is “ YES”, then you must read on this article. Almost all of us have heard that “ Laughter is best Medicine!” and it’s a fact that there is no other thing that can help you in better ways than the way laughter helps you. It is scientifically proved that it helps us to be healthy in many ways. It helps us strengthen our immune system, relieve stress, improves our stamina etc. and look younger. There are many other benefits of laughter therapy other than the ones stated above.

The base of laughter therapy is related to the idea of positive thinking, and an age-old philosophy according to which if you want to be free from any mental problem and keep yourself healthy, all you have to start is the above therapy; make yourself feel free and happy, keep smiling always. It is one way to feel free and happy.

Let us see how laughter can help us in leaving a healthy life:

Most of the diseases are related to stress, tension depression etc. When we are in tension we attract various problems/diseases such as: mental imbalance, high blood pressure, heart trouble etc. Laughter relaxes our

muscles and helps in relieving stress. When we laugh, our mind does not distract and the thought process stops i. e. no other thought comes in our mind, keeping our stress at lowest possible level. When we laugh, the blood vessels carrying blood in our body expands which results in increased blood supply to various body parts. Laughter also helps in keeping the level of stress hormones low.

Laughter helps in improving our immune system. As I stated above, the base of laughter therapy relates to positive thinking. It is proved scientifically that if a person entertains negative thoughts while he/she is ill i. e. if he/she falls prey to depression, anger etc. about his/her illness, then it results in weakening of his/her immune system and then it takes more time, high doses of medications etc. to cure that person. At the other end positive thinking helps a person improve his/her immune system and become healthy again as soon as possible.

It helps in removing negative thoughts from our mind and not letting our immune system deteriorate further. According to one research, laughter helps in increasing the number of Natural Killer cells, antibodies level etc. in our body which fight against diseases that attack us, improving our immune system many folds. This has proved very helpful in fighting against some deadly diseases such as cancers, AIDS, some mental disorders etc., the treatment of which requires a patient to have a strong immune system. It also helps you feel and look younger by helping exercise your facial muscles.

Laughter also helps in fighting against mental stress, anxiety, depression, insomnia and various other mental disorders etc. This reduces our dependencies up on various medications required to stay away from mental stress, anxiety etc. People who try this therapy feel much better, tension-free, mentally balanced and they sleep properly than they used before trying it.

Laughter provides support in curing some chronicle and hereditary diseases, asthma, obesity problems, addictions of various types etc. by improving conditions of the patient, such as strengthening immune system, blocking negative thoughts, arresting anger and similar mental conditions etc. People, who can not exercise because of their physical condition, have found laughter to be very beneficial.

The effects of laughter are such that, laughter of only few minutes can make you feel fresh for next some hours. 20-25 minutes of laughter helps you keep fresh almost for a whole day. Read more at Buzzle: [http://www. buzzle. com/editorials/10-11-2004-60364. asp](http://www.buzzle.com/editorials/10-11-2004-60364.asp)