HKOTA Sharing Seminar on Laugter Yoga

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Research & Literature Review (1)

Laughter Yoga = Laughter + Yoga (Pranayama) (by Dr Kataria, 1995)

Laughter = Spontaneous sounds and movements of the face and body that are instinctive expressions of lively amusement and sometimes also of derision (嘲笑)

= Weak voluntary diaphragmatic breathing and control by high-level linguistic process that reveal true feeling

Yoga (Pranayama) = Prana (energy) + Ayama (Spread)

= Flow of energy into the body

Research & Literature Review (2)

Mechanism = Reduce stress & improve nature killer cell activity (Bennet, 2003)

Hypothesis = Flexibility (Hinton & Kirmayer, 2017)

Decrease erythrocyte sedimentation rate,

Increase blastogene lymphocyte,

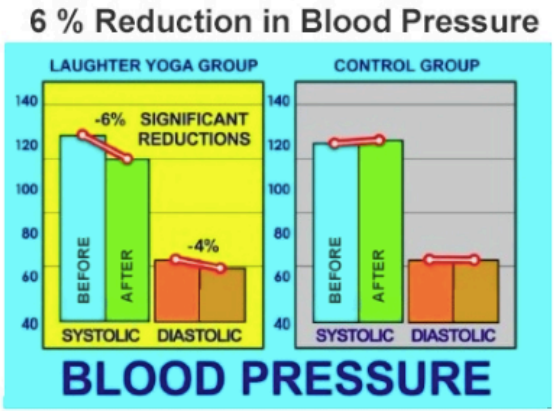
Boosts myoglobin,

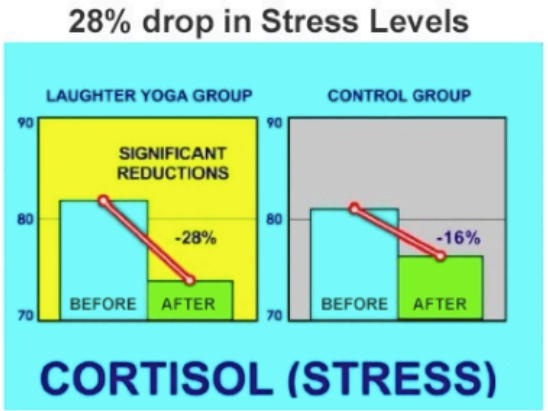
Facilitate phagocytosis process

Research & Literature Review (3)

Laughter Yoga

Clinical research conducted at Bangalore, India and in the United States has proved that Laughter lowers the level of stress hormones (epinephrine, cortisol, etc) in the blood.





Form https://laughteryoga.org/laughter-yoga/

Research & Literature Review (4)

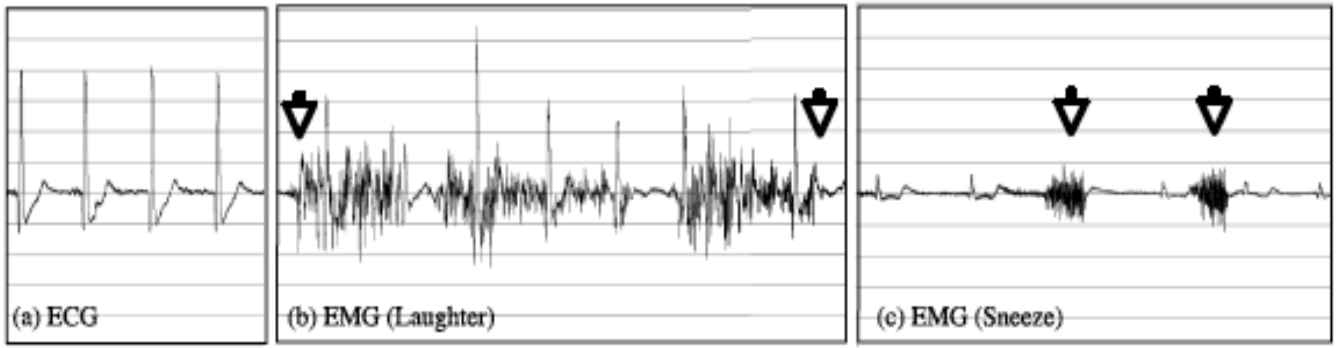


Figure 1 Electrocardiogram (ECG) and electromyogram (EMG) in subjects during laughter and coughing. ECG in normal circumstances (a), a pattern of EMG elicited by laughter (b), and a pattern of EMG elicited by sneezing (c). In Fig. 1 (b), first arrow indicates the starting point of laughter and second arrow indicates the end of laughter. In Fig. 1 (c), both arrows indicate the point of sneezing.

Research & Literature Review (5)

Benefits from official website https://laughteryoga.org/laughter-yoga/

1. **Good Mood and More Laughter:** Laughter Yoga helps to change your mood within minutes by releasing certain chemicals from your brain cells called endorphins.

2. **Healthy Aerobic Exercise to Beat Stress:** brings more oxygen to the body and brain thereby making one feel more energetic and relaxed.

3. **Health Benefits:** Laughter Yoga reduces the stress and strengthens the immune system.

4. **Quality of Life:** Laughter is a positive energy which helps people to connect with other quickly

5. **Positive Attitude in Challenging Times**

Research & Literature Review (6)

Systematic Reviews - Laughter Yoga

- (Cramer, Lauche, Langhorst, & Dobos, 2013)
- (Zhang, Yang, Tian, & Wang, 2012)
- (Balasubramaniam, Telles, & Doraiswamy, 2013)

All includes the study of Laughter Yoga of Shahidi (2011)

Research & Literature Review (7)

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Laughter Yoga – “One click search” 468 articles (3 Oct 2017)

full text = 144; peer review = 59

Terms include “Laughter”, “Laughter Therapy”, “Humor Therapy”

Direct related to Laughter Yoga = 14 articles

Client Type:

Parkinson’s Disease, stroke survivors, awaiting hemodialysis, organ transplant, depressed women, oncology, depressed children, elderly, nursing students

Research & Literature Review (8)

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Decaro et al.	2016	Caregivers and patient with **Parkinson's Disease**	Wellness scale
Sura-Narayan et al.	2011	**Stroke** Survivors	PANSS, BP and Blood sugar level
Bennett at al.	2015	**Hemodialysis patients**	Mood, lung function and blood pressure (NS)
Dolgoff-Kaspar et al.	2012	Awaiting **Organ transplant** (6)	Mood level
Shahidi et al.	2011	Elderly **depressed women**	GDS
Proyer et al.	2012	Commentary Shahidi paper	Scientific Basis before RCT
Modabbernia et al.	2012	Reply Commentary Shahidi paper	Defense "benefit" doesn't mean promising results
Herzog at al.	2015	**Oncologic** patients	QOL & Immune Cells markers
Farifteh et al.	2014	Cancer patient before chemotherapy	Stress level
Kim et al.	2015	Oncology out-patient	Decrease mood disturbance and improve self-esteem
Telles et al.	2013	**Children** with **depressive** features	Total, General, personal Self-esteem improve
Ryu et al.	2015	**Postpartum women**	Sign. Lower drop of secretary immune response (sIGA) in milk
Ghodsbin et al.	2014	**Elderly**	General Health using GHQ-28
Yazdani et al.	2014	**Nursing students**	General Health