

Introduction

In recent years, there has been growing interest in alternative and complementary therapies for managing psychiatric conditions. Traditional psychiatric treatments, including medication and simulated laughter. According to Kataria, prolonged simulated laughter can induce the same positive physiological effects as genuine laughter, including the release of endorphins, the reduction of stress hormones, and enhanced emotional well-being [1]. Given the widespread use of laughter yoga in wellness and therapeutic settings, its application for psychiatric conditions has drawn increasing attention. This article explores the potential psychological benefits of laughter yoga, focusing on its impact on common psychiatric conditions such as depression, anxiety, and PTSD, while considering its accessibility, mechanisms of action, and role in mental health care.

The Psychological Mechanisms behind Laughter Yoga

Laughter yoga's effects on mental health are believed to arise from

India demonstrated that laughter yoga significantly reduced depressive symptoms in participants with moderate to severe depression. The study participants who practiced laughter yoga for 30 minutes daily for six weeks reported improvements in mood, a decrease in anxiety, and an overall increase in quality of life. This evidence suggests that laughter yoga could be an effective complementary treatment for individuals with depression, particularly for those seeking alternative therapies or struggling with traditional treatment methods [4].

Laughter Yoga and Anxiety Disorders

Anxiety disorders, including generalized anxiety disorder (GAD), social anxiety disorder, and panic disorder, are another area where laughter yoga has shown therapeutic potential. Anxiety is characterized by excessive worry, fear, and physical symptoms such as a racing heart, dizziness, and shortness of breath. Similar to depression, anxiety disorders are commonly treated with medications (e.g., anxiolytics) and psychotherapy. However, many individuals seek complementary therapies to reduce reliance on medication and manage their symptoms more holistically [5]. Research has demonstrated that laughter yoga can help reduce anxiety by promoting relaxation and enhancing emotional

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