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LAUGHTER

...a tonic for life

It was in 1995... We lost our eldest brother in law. Our “Peddakka” (eldest sister) was so sad and got ready to go to burial ground along with her sons to perform the last rites to the body, saying, “He escorted me wherever I went, let me escort him in his last journey”. To give her company, I too escorted her.

The body was kept on a dais. Fire was about to be set by her eldest son. I was cautiously observing our Peddakka. She was about to burst out with sorrow. With a view to avoid that emotional out burst, “What is the name of that ‘Purohit’ (priest)?”, I asked. No body answered. “May be if I ask the priest himself, he might say that it has been ten years since he passed away”, I said, implying that he might be a spirit. He was very lean and weird-looking. She gave a jerk of laughter. “Lo! I am successful”, I patted myself and tried to continue the trend which was bringing small veils of laughters on my



sister’s lips amidst the flow of tears.

Going very deep into sorrow creates depression, the recovery from which is very hard sometimes.

The body is temporary and the soul is eternal. The bonds evaporate as we realize that everything and everyone are but one consciousness, seemingly divided by delusion. When this Truth is realized, the loss of a dear one or birth of a dear one will not impact much

psychologically.

The realization of this truth is a life long “Sadhana” (pursuance) which mostly extends to birth after birth. Then how do we deal with the sorrow? As a patient is given a pain killer till the main surgery is done, till the ultimate realization dawns upon on an individual, one of the best antidotes is LAUGHTER, a pain killer without any side effects.

Blessed are those who can laugh and doubly blessed are those



who can make others laugh.

In this pandemic, immunity is much talked about. How do we strengthen it? Diet, exercise, “Pranayama” (Breathing exercises) definitely help. But to resort to them, a positive approach is necessary. Here comes the role of the LAUGHTER. It not only helps the mind to take a positive course of life, but laughter by itself serves as a major tool to boost immunity. It creates endorphins in the body, which help body and mind relax and strengthen the both. People who laugh heartily are less prone to disease and recover fast from it even if attacks the body. What I am speaking is a proven fact and not a doubtful theory.

I see Navjyoth Siddhu, the famous cricketer heartily and uninhibitedly laughing in his TV shows. Observe him! He is very healthy and strong.

However much I am conscious of the positive effects of laughter on the body and mind, however much positive person I am, the loss of so many people in these Corona days, particularly daily news of known people, friends and relatives passing away, created an unhappy situation. I felt..even to pray, i need

a mind that is devoid of depressive tendency. I felt the need to feed my mind with such a stuff that makes me laugh heartily for a while.

Just then my nephew sent a link to watch “CinemaBandi”, a movie he produced recently with a set of technical crew, whom he groomed along with his friend, DK. Believe me friends, I saw it twice at a stretch. A few scenes, I rewinded and saw them again and again. Every time I watched, I burst out with laughter.

Even when I sit alone or lie down to rest, the scenes would play on my mental screen and I just keep on laughing. The seeming layer of depression vanished. It set my moods. Instead of working like bonded laborer, I once again started enjoying my work.

We think many times that our school days and college days were golden days, which we wish to return but they won't. Those days were full of laughter and fun. That's the reason we liked them. Later the pressures of life control our laughing instinct very much. We forget to be sensitive to humor and laugh.

They say, “Balanam rodanam balam” (Crying is the strength to

kids)... may be it is true during infancy, as the infants cannot laugh. But from the moment the infant starts laughing, I would say, “Balanam hasanam balam” (laughing is the strength to kids).

I heard that in the southern most parts of our country, when death occurs, professional teams are hired to cry at the loss. My honest suggestion is..after the “Vaikunta Samaradhana” (a traditional ceremony conducted to a departed soul), a program of humor should be organized so that a positivity is created.

As The good God has given the humans the discriminative faculty, so also He blessed them with the unique faculty of laughing, which no other species possesses. Laugh friends! Laugh out all your worries..pressures...Collect lot of jokes and share with friends and laugh. Let's learn to laugh at life. This short stay on the planet isn't worth spending in sorrow. Let the sky fall on us...let's be laughing. Laughter keeps us sturdy and steady!

(Author is a well-known musician, Devotional singer, writer and composer.) 