

Clapping hands: Boon for your health

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Abstract

Generally, we clap when we want to praise someone or something. It is a part of appreciation practice but there is a lot more to it than we think! Clapping has been proven to provide a lot of health benefits that most of us aren't aware of! Just like laughing therapy, clapping therapy is also becoming popular as an easy and effective healing practice. Our human body is very complex. Every organ is linked to each other. The palms have blood vessels and nerve endings. If you stimulate them, a lot of your health problems would be healed! This is surprisingly true. The benefit of clapping: it has been scientifically proven that clapping is the best exercise for various disorders. Clapping therapy is a simple exercise which can be done by anyone irrespective of their age. Daily 10 minutes of clapping helps to stay active the whole day. Our body has 340 known pressure points, 28 of which are in our hand. Stimulation of these points benefits in a great way. It is the best cure for digestive disorders, back pain, neck pain, joint pain and also improves immune system. Clapping is associated with all good things in life – promotions, good grades, celebrations, and more. It's associated with happiness in our life. There are as many as 30+ acupressure points in both palms. If we can activate pressure points by clapping them together with regular practice, we can yield stunning benefits.

Keywords: clapping therapy, pressure points, types of clapping, good health

Introduction

We often give a big round of applause to the people we want to appreciate and encourage. Clapping is thus, one of the highly practised ways of appreciating someone. But you all will be surprised to know that clapping is actually beneficial for your body. You can live a healthy and a cheerful life by practising the art of clapping. There are a lot of pressure points in our body and thus it leads to various health benefits. When we clap our hands these pressure points get a pressure and it affects our body in a good way. Let's discuss the benefits of clapping in detail.

“Clapping” a simple striking of hands but it's much more than we think. Normally people clap to appreciate others for their good works and achievements or when they are in mood of joy. People also clap while singing songs, bhajans, and prayers at holy places. It is scientifically proved that clapping is very effective exercise to cure many human diseases. We all think of clapping as a way to applaud somebody for a job well done in sports, award shows, theater or movies. However, there are a number of hidden benefits that clapping has been proven to have. In the recent years, there are different types of groups in parks who get together in the morning and/or evening. Some of these groups indulge in laughing, there is also another group who gather around to clap. Our body is a bundle of nerves and blood vessels spread all through the body and is one of the most complex networks we will ever know. Each organ is linked to the other and a bad effect on one organ can put the other in danger. The palms, basically, contain nerve and blood vessel endings and stimulating them through clapping helps improve the health of organs like kidney, digestive tract, and lower back. Clapping activates the receptors in the palms and cause activation of the large area of the brain which leads the improvement in health. There are 28 different acupressure points for

almost all organs on our palm which are activated by clapping and this action improves our health slowly but effectively. Daily 10-20 minutes of clapping in morning keeps us fit and active. According to several well established healing modalities the hands and palms have numerous reflex points that, when stimulated, engage the body's healing response and prompt a gradual improvement in any type of ailment. We have receptors in the hands that are connected to sensory fields in the brain, Clapping activates these hands receptors, which in turn activate a fair portion of the brain, which itself leads to the activation of various body systems and their associated healing response in ways that are experientially evident but that we still need to better understand. Clapping stimulates blood circulation, the lifeline of the human body, and this helps with literally everything.

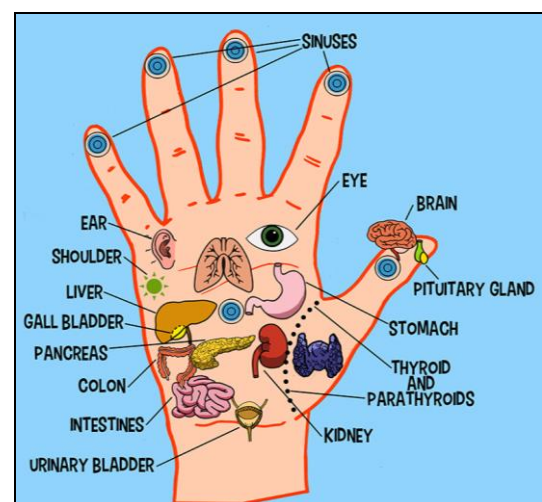


Fig 1

According to to Acupressure, “Acupressure is an ancient healing art using the fingers to gradually press key healing points, which stimulate the body’s natural self-curative abilities”. Acupressure is used to relieve a variety of stress induced symptoms that have been relieved through effectively applying pressure.

Acupressure has been known to relieve

Tension, Reduce stress, Improve blood circulation, Decrease pain, Enhance spirituality

How Does it Work?

Acupressure points are regions on the body that are exceptionally responsive to our bioelectrical impulses. At the point when these points are impacted with pressure, endorphins are discharged. Endorphins are natural opiates released under stress. Research indicates that endorphin release increases during exercise (ex: clapping) which has been shown to produce a sense of greater well-being, relieve pain, and promote blood flow.

The following health benefits are associated with clapping

- Clapping plays an important role in curing heart and lungs related problems like asthma. Provides relief from back, neck, and joint pain.
- You can also get relief from gout
- Helpful for patients of low blood pressure
- Clapping is an effective therapy for digestive disorders.
- Clapping benefits adults. When adults engage in clapping they feel less tense and their mood improves. They also become more focused and alert.
- Clapping sharpens the brain.
- Clapping increases immunity and thus keeps diseases at bay.

Half an hour of daily clapping helps those suffering from the following

Diabetes, Arthritis, Hypertension, Chronic Depression, Headaches, Common Cold, Insomnia, Eye problems and hair loss People living in air-conditioned houses and working in offices who do not sweat at all should practice clapping therapy as it would help blood circulation in the body and cleanse it fully.

Clapping therapy

One should apply coconut, mustard oil or a mix of both oils on the palms so that it will be absorbed by the body. Wear socks and leather shoes to prevent any leaking of the energy waves generated in the body. Strike both hands against each other, right to left, keeping them straight facing each other and the arms a little loose. Fingertips, back of the wrist, wrist, and the palm of each hand should strike each other. This therapy is advisable in morning hours to get maximum results. Clapping for 20 to 30 minutes in the morning keeps you fit and active. As mentioned clapping stimulates blood circulation, this blood circulation removes all obstructions in the veins and arteries, including bad cholesterol.

Typs of claping

Claping can bring about miraculous results to the body. Each part of the hand represents a certain body parts.

1. Palm

Give a punch on your left palm with the right hand fist. Do it for ten counts. Then punch the right palm with the left fist. Do it for ten counts. It relieves stress and anxiety, improves clarity and consciousness.

2. Back of the hand

Tap the back of the left fist with the right palm for ten counts. Then tap the back of the right fist with the left palm for ten counts. It helps with osteoarthritis and relieves pains from the back region.

3. Outer wrist

Tap your left arm outer wrist with right arm outer wrist for ten counts. This movement helps fending off, nape and shoulder pain.

4. Inner Wrist

Tap the inner side of the both the wrist together for ten counts. It helps with treating diseases in the chest area such as cardiovascular or pulmonary diseases.

5. Side of the hands

Tap the sides of the both palm together for ten counts. It helps to reduce symptoms of headaches and vertigo.

6. Finger Web

Spread the fingers for both hands and make an interlock position and release. Do it fast for ten counts. Relieves pain and numbness from our limbs.

7. Thumb web

Spread the left and right arm thumb away from the other fingers and tap the both web together. It assists in the treatment of digestive diseases such as stomach ache, digestive disorders, diarrhea, nausea, etc.

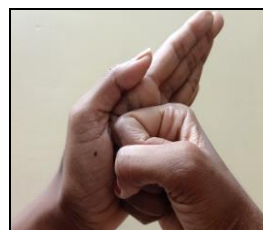


Fig 2: Palm



Fig 3: Back of the Hand



Fig 4: Outer Wrist



Fig 5: Inner Wrist



Fig 6: Side of the Hands



Fig 7: Finger Web

Do you remember our parents and teachers use to teach us to clap? There was a rhythm of clapping which we in our schools were following. One-two-three-one-two-three-one-two-three clap. So, I think that there is a specific reason why they taught us to do this. It is scientifically proved that clapping is very effective to cure many human diseases. Don't forget. For better results, clapping is to be done after applying an oil like mustard oil or coconut oil. So next time, your clapping shouldn't be a part of just applauding. In case you have a concern or query you can always consult an expert & get answers to your questions.

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