

Natural Bliss of our Body



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Every March, the world happiness report is released. In the 2024 World Happiness Report, India ranked 126th out of 143 countries on happiness index. Happiness Index is calculated on various parameters like level of life satisfaction, level of health satisfaction, level of self-esteem etc.

So, what is that which makes others happier and how we can apply these lessons in our own life?

In this era of surging technological advancement, changing lifestyles, and changing values the human biology is lagging. We are advancing no doubt, but at the cost of our mental health. We are forgetting all our natural bliss present in our body. Our core motivation is still rooted in the physiology guided by the hormones in our body.

Hormones, the body's chemical messengers, orchestrate every action we take. They influence our emotions behaviours and perceptions. Our body has a natural system which reacts based on anticipation, expectation of favourable outcomes and rewards.



How is Happiness Measured?

Measuring happiness is not as simple as conducting a survey asking people around the world how happy they are? Any

individual answers or responses may vary depending upon their mind set or their mental well-being. The World Poll measures happiness by asking about both emotional well-being as well as life satisfaction. Emotional well-being is a positive experience.

This positive experience is guided by our physiological activities mostly guided by hormones or neurotransmitters. No one can take this from anyone. We as an individual are responsible for our positive experience. Our body has a natural control system known as natural bliss of our body. These happy hormones are the natural bliss they work together to regulate our overall well-being.

Happy Hormones!!

These are a group of neurotransmitters and hormones in our body. Their role is very crucial in regulating mood, emotions and overall well-being.

Serotonin (5- Hydroxy tryptamine, 5 HT):

This neurotransmitter helps in regulating mood, appetite and sleep. It is produced by the brain and intestine. It can be harnessed by being kind to others and yourself, exercising, spending time outdoors and taking a balanced diet.

Dopamine (3,4- dihydroxyphenethylamine):

This hormone plays a key role in motivation and reward processing. It is also produced by brain and known as 'feel good' hormone. This can be harnessed by listening to music, getting plenty of sleep and being kind to others.

Endorphin (Endogenous Morphine):

These are natural pain killers produced by the body. They are released in response to stress pain or pleasure. They produce feelings of euphoria. It can be harnessed by laughing, meditating, exercising, and spending time outdoors.

Oxytocin:

It is commonly called ‘cuddle hormone’ because it is released during social bonding activities. Not technically ‘happy hormone’ but may help us feel positive emotions. It is produced in our body by showing love and affection.

So, a good daily DOSE (Dopamine, Oxytocin, Serotonin, and Endorphin) of chemicals makes us feel good. Dysfunction of DOSE system causes various diseases. Now it depends upon us how to increase DOSE and keep a good rank on the happiness index.

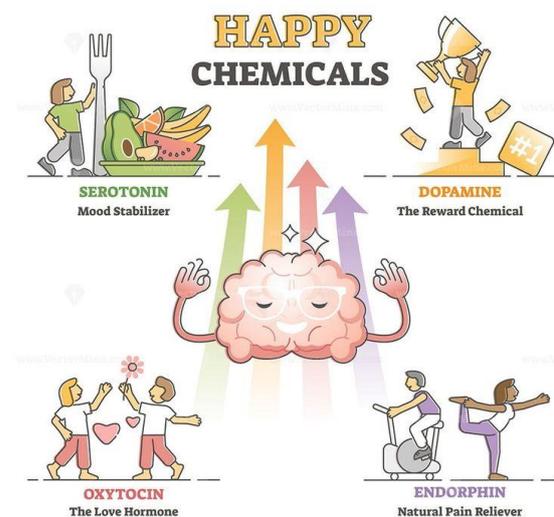
There are many factors which can help in improving the production of happy hormones. Some of them are as follows:

- 1. Exercise** – A regular routine exercise not only keeps us fit but also makes us healthy and disease free. It also stimulates the production of various hormones like growth hormone (important for repair and growth), Testosterone, Insulin and Thyroid hormone to regulate blood glucose level and metabolism.
- 2. Involving self in fulfilling activities** – These activities bring a smile on our face and keeping a smile on our face, when we encounter different circumstances, can aid the body in the production of serotonin and endorphins, directly associated with happiness.
- 3. Light exposure to sunlight** – Vitamin D is an essential for our body. We get it from

milk and milk products, fishes etc. But exposure to sunlight during early morning hours is also very essential. This helps our skin in production of vitamin D and keeps our immune system well.

4. Focus on eating healthy food – Tryptophan is an essential amino acid which our body is unable to produce. It can be sourced from milk, butter, egg yolk, peanuts, almonds, bananas, and other protein food. The body uses this substance to aid in the production of serotonin, the happiness hormone.

5. Meditating – Meditation balances our body. It slows down the production of cortisol, a hormone produced during stress time and replace it with endorphins.



Although the meaning of happiness is different for different people depending upon social status, education, career, health, economic wealth etc. but the chemicals present in our body is same and it should be honoured. If we take care of natural bliss present in our body, we can also be happy and stress free.

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