

Abstract

This thesis deals with the effect of yoga therapy on exercise tolerance, quality of life, dynamic lung parameters, respiratory muscle strength and mental state of patients with chronic obstructive pulmonary disease (COPD). The aim of this thesis is to summarize the existing knowledge about the effect of yoga and yoga therapy on the health status of COPD patients, to develop a proposal for a specific yoga therapy, to elaborate this therapy into a patient information material and to verify its effect practically in a case study of a COPD patient. The theoretical part deals with the basic principles of yoga, description of COPD, development of a summary of current knowledge on the effect of yoga therapy on the health status of patients with this disease and design of a specific yoga therapy. The practical part is presented in the form of a case report of a COPD patient who underwent a 13week yoga intervention. The objective methods of assessing the success of the therapy are a six-minute walk test, anthropometric examination of chest dynamics, selected functional tests according to the Dynamic Neuromuscular Stabilization (DNS) concept, St. George Respiratory Questionnaire, COPD Assessment Test and quantification of breathlessness using a modified breathlessness scale Medical Research Council. The kinesiological examination of standing, breathing, walking and palpation of muscle tone in the neck and chest was performed. There was a clinically significant improvement in the patient's six-minute walk test score, an increase in chest dynamics and improvement in the results of the DNS functional tests, and an improvement in the patient's subjective perception of breathlessness.