

## **Bibliographical record**

VODIČKOVÁ, Jitka. The effect of Iyengar yoga practise on patients with multiple sclerosis. Prague: Charles University, 2nd Faculty of Medicine, Department of Rehabilitation and Sports Medicine, 2022. 220 p. Supervisor Mgr. Martina Ježková.

## **Abstract**

This longitudinal clinical study examines the overall impact of Iyengar yoga practice on patients with multiple sclerosis rated 5.5-7.5 on the EDSS scale. The theoretical part outlines the issues of multiple sclerosis. Then the basic principles of yoga are introduced, and the various modifications of the postures used in yoga therapy in our study are described and illustrated. The paper outlines the mechanisms by which yoga can influence individual symptoms of multiple sclerosis.

The practical part consists of case reports of five patients who attended Iyengar yoga sessions for three months and were followed up for a total of seven months. The aim was to clarify how the condition of patients with multiple sclerosis develops with the restriction or complete cessation of physical activity, what effect the practice of Iyengar yoga has on the patients and whether this effect persists for two months after the cessation of the practice. The second part focuses on the comparison of the change in the observed parameters in different patients with different scores on the EDSS scale.

## **Keywords**

multiple sclerosis, Iyengar yoga, pain, spine development, walking, balance, spasticity, flexibility, activities of daily living, quality of life