

## **Abstract**

**Title:** Using of alternative therapeutic techniques to vertebrovisceral links of liver and gallbladder diseases

**Objectives:** The aim of this thesis is to find out a sufficient amount of information on the subject of functional liver and gallbladder diseases, possibilities of conventional treatment and alternative treatment options. Another goal of this thesis is to compile an assessment protocol, based on the theoretical background, according to which it is possible to diagnose patients with functional liver and gallbladder diseases. An additional goal of this thesis is to create a treatment concept for patients with functional liver and gallbladder diseases. This treatment concept will be based on the knowledge of yoga and traditional Chinese medicine. Last goal is to compare conventional physiotherapy with the concept created.

**Methods:** The theoretical part of this thesis focuses on the issue of functional disease of liver and gallbladder. It takes into account the current research and data found in Czech and foreign literature. The practical part looks into the effects of complex therapy methods using experiments. The therapy itself includes changes of the patients' lifestyles, which are based on traditional Chinese medicine and yoga asanas, which were compiled for the purposes of this thesis for patients with functional gallbladder and liver diseases. To evaluate the effect of this therapy the criteria of the assessment protocol were used, which were compiled for the purposes of the thesis, and the quality of life test – Short-form-36. For acquired data analysis from the given t-test.

**Results:** The concept of therapy, based on traditional Chinese medicine and yoga, designed for patients with functional liver and gallbladder diseases, has statistically significant results.

**Keywords:** physiotherapy, functional liver disease, functional gallbladder disease, vertebrovisceral relationships, yoga, traditional Chinese medicine