

Abstract

Title: Comparison of the health effects of shirshasana in popular science literature and in scientific studies

Objectives: The aim of this bachelor's thesis is to conduct a detailed analysis and compare the cited contraindications and effects of shirshasana in popular science literature and scientific studies.

Methods: The bachelor's thesis utilizes the method of review and comparative analysis in available scientific studies and popular science literature. The selection of scientific articles was carried out from the PubMed database and the web search engine Google Scholar.

Results: Popular science literature often presents numerous positive effects of shirshasana on the human body as a whole and on specific organ systems. However, most of these effects lack explanations or scientific evidence. Headstand contraindications are addressed in most popular science books, primarily through simple listing. The number of contraindications, like the effects of shirshasana, significantly varies among different authors. Scientific studies predominantly focus on the general effects of yoga, leaving the effects of shirshasana largely unexplained. The thesis refuted some commonly cited effects, such as increased blood flow to the brain, and highlighted the potential negative impact on the cervical spine, while the influence on the development of eye diseases remains unclear.

Keywords: yoga; asana; headstand; contraindication