

Abstract

Title: Determination of the effect of selected yoga postures and therapy according to Ludmila Mojžíšová on primary dysmenorrhea and pelvic floor

Objectives: The aim of the thesis is to find out and compare through an experimental intervention study the effect of two therapeutic approaches, exercise of selected yoga postures and therapy according to Ludmila Mojžíšová's method, in university students on primary dysmenorrhea and pelvic floor.

Methods: 39 university students with primary dysmenorrhea participated in the experimental part of the thesis. The participants were randomly divided into three groups. The experiment lasted a total of 12 weeks. The first group completed six therapies according to Ludmila Mojžíšová. The second group practiced selected yoga postures twice a week. The third group was a control group without intervention. The Menstrual Distress Questionnaire (MDQ) and transperineal ultrasound at the beginning and at the end of the experiment were used to evaluate the effect of the interventions. Furthermore, a visual analog scale (VAS) was used to evaluate the effect of the interventions, which the participants filled in at the beginning, at the end, and during the experiment.

Results: The results show, that the symptoms of primary dysmenorrhoea were alleviated in both intervention groups, which was manifested by a significant reduction in the scores of the MDQ questionnaire. According to the VAS, there was a significant reduction in pain accompanying primary dysmenorrhea in both intervention groups. The therapy according to Ludmila Mojžíšová was statistically significantly more effective in reducing the VAS score compared to practicing selected yoga positions. There were no statistically significant changes in the control group. The parameters monitored by diagnostic ultrasound (rest, contraction, Valsalva, abdominal curl) did not show significant changes in any group. In the intervention groups, a positive correlation was found between the monitored parameters by diagnostic ultrasound, rest and Valsalva, and the MDQ and VAS scales. In conclusion, we can state the positive effect of therapy according to Ludmila Mojžíšová and the practice of selected yoga positions on the manifestations of primary dysmenorrhoea. The objectification of the effect using transperineal sonography remains unclear.

Keywords: yoga, Mojžíšová, dysmenorrhea, pelvic floor