

Summary

Theme: Relationship of respiratory mechanics to discomfort by longer lasting drain in sitting position.

Goal: To describe relationship between respiratory mechanics and discomfort – its influence on starting and evolution of discomfort; describe possible ways how to handle discomfort by breathing.

Methods: An analysis of available literature by means of 'critical review', comparing each author and sequential valuation and searching of similar signs. The whole work is a theoretical base for next studies.

Results: The work brought up useful information to the case of relations between respiratory mechanics, spine position and the change of hydrodynamics of cerebrospinal fluid by working in a monotone position, which after individual long time force a man to take another position.

The study brought up useful point of view on mutually chains of events and shows next possible ways to solve problems of discomfort by monotone drain, when it gets to motory deprivation.

We suggest accomplishing of text which should be a base for next studies and for segmentation into final grant report (MEYS 701 The creation of neuro-informatic databases and data-mining").

Key words: discomfort, sitting position, cerebrospinal fluid, breathing, respiratory mechanics, yoga.