Bronchial asthma incidence constitutes a compelling health and socioeconomical problem. Patients of all ages suffer from asthma, and no methods of effective prevention or healing are currently available. Poorly controlled asthma causes increase of financial expenditure as well as remarkable restriction of activities of daily living; it might even lead to death. In Czech republic, the number of patients with asthma is estimated at 500 000.

The aim of this study is to evaluate effects of yoga exercise as a potential effective adjunct treatment on bronchial asthma state in adults.

Theoretic part of the thesis describes pathological changes present in respiratory system, breathing pattern disorders and postural functions characteristic for patients suffering asthma disease.

It also represents a brief summary of up to date findings of possible mechanisms on which are Spiral yoga and pranayama based, especially on these which can have an influence on obstructive lung disorders.

Experimental part deals with the methodology and it reveals the process of making randomized clinical pilot study.

Between 11 adult participants were investigated at the start and at the end of a three-month-long therapy. Investigation included pulmonary function tests, thoracic perimeter measurement, spine mobility measurement, the Sniff test and the Asthma Control Test. Approximately 5 patients were attending Spiral yoga course, they attended 18 lessons and the whole course lasted 14 weeks. A control group continued with the prevalent treatment regime.