

Opponent's review of diploma thesis

Author **Homa Abass**

Title: **Effectiveness of Breathing Retraining in Asthmatics**

Extension: 56 text pages, 60 pictures, 133 literature resources, Internet source.

Type: research work

The author she self is an asthmatic person having her own experience with this disease and she is personally interested in this topic. She realized a vast literature retrieval dealing with this topic gathering information also in the Internet. Some authors supports the breathing exercises as effective treatment method while others report on worsening of asthma after exercises or provoking even asthma fits. She describes more closely the four techniques applied as subsidiary breathing and psychosomatic techniques in order to reduce the pharmacologic treatment: Buteyco breathing technique, Papworth method using sequences of relaxation and breathing, Yoga technique and the Alexander technique using changing of postural habits to breathing improvement. At the end of her thesis she puts in her own experience with spinal and breathing exercises practiced at the school she is visiting.

A critical discussion chapter shows the different even controversial meanings in the question whether the Breathing retraining is of some value in the treatment of asthma. Every author defends his technique as the best one. But the same authors respect rarely if at all the individuality of the patient with different sensibility against different allergens.

My question is: is the asthma one disease or is it rather a group of different individual pathologic states with similar symptoms and can asthma be treated with one special technique or it is more effective to adapt individually the treatment to the special personality of the patient?

The presented thesis fulfills the requests demanded for the thesis and I recommend it to be defended in the scientific dispute. I appreciate the thesis between excellent and very good depending on the result of the defending.

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