

Použitá literatura

Andézian, S. (2000). *Dire la transe en islam mystique*.

Benias, P. C., R. G. Wells, B. Sackey-Aboagye, H. Klavan, J. Reidy, D. Buonocore, M. Miranda, S. Kornacki, M. Wayne, D. L. Carr-Locke and N. D. Theise (2018). Structure and Distribution of an Unrecognized Interstitium in Human Tissues. *Sci Rep* 8(1): 4947.

Bongers, C. C. W. G., T. M. H. Eijsvogels, D. H. J. Thijssen and M. T. E. Hopman (2019). Thermoregulatory, metabolic, and cardiovascular responses during 88 min of fullbody ice immersion – A case study. *Physiol Rep* 7(24): e14304.

Bordoni, B., S. Purgol, A. Bizzarri, M. Modica and B. Morabito (2018). The Influence of Breathing on the Central Nervous System. *Cureus* 10(6): e2724.

Bordoni, B. and E. Zanier (2013). Anatomic connections of the diaphragm: influence of respiration on the body system. *J Multidiscip Healthc* 6: 281–291.

- Boyer, L., E. Audureau, L. Margarit, E. Marcos, E. Bizard, P. Le Corvoisier, I. Macquin-Mavier, G. Derumeaux, T. Damy, X. Drouot, A. Covali-Noroc, J. Boczkowski, S. Bastuji-Garin and S. Adnot (2016). Telomere Shortening in Middle-Aged Men with Sleep-disordered Breathing. *Ann Am Thorac Soc* 13(7): 1136–1143.
- Bruton, A. and G. T. Lewith (2005). The Buteyko breathing technique for asthma: a review. *Complement Ther Med* 13(1): 41–46.
- Chauhan, A., A. M. Mazlee, N. A. Azhar, S. A. Ng Bansing, C. S. Qing, D. S. Sidhu, T. W. Xiong and L. Y. Yee (2020). Effect of HIIT (high-intensity interval training) on vulnerability to dental caries. *J Oral Biol Craniofac Res* 10(4): 670–673.
- Cowie, R. L., D. P. Conley, M. F. Underwood and P. G. Reader (2008). A randomised controlled trial of the Buteyko technique as an adjunct to conventional management of asthma. *Respir Med* 102(5): 726–732.
- Das, R. R., J. Sankar and S. K. Kabra (2019). Role of Breathing Exercises and Yoga/Pranayama in Childhood Asthma: A Systematic Review. *Curr Pediatr Rev* 15(3): 175–183.
- Fernández-Pérez, A. M., M. I. Peralta-Ramírez, A. Pilat and C. Villaverde (2008). Effects of myofascial induction techniques on physiologic and psychologic parameters: a randomized controlled trial. *J Altern Complement Med* 14(7): 807–811.
- Gerritsen, R. J. S. and G. P. H. Band (2018). Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity. *Front Hum Neurosci* 12: 397.

- Grof, S. (1998). Human nature and the nature of reality: conceptual challenges from consciousness research. *J Psychoactive Drugs* 30(4): 343–357.
- Hachmo, Y., A. Hadanny, R. Abu Hamed, M. Daniel-Kotovsky, M. Catalogna, G. Fishlev, E. Lang, N. Polak, K. Doenyas, M. Friedman, Y. Zemel, Y. Bechor and S. Efrati (2020). Hyperbaric oxygen therapy increases telomere length and decreases immunosenescence in isolated blood cells: a prospective trial. *Aging* (Albany NY) 12(22): 22445–22456.
- He, J., Y. Li, Y. Cao, J. Xue and X. Zhou (2015). The oral microbiome diversity and its relation to human diseases. *Folia Microbiol* (Praha) 60(1): 69–80.
- Hernández-Vicente, A., D. Hernando, A. Santos-Lozano, G. Rodríguez-Romo, G. Vicente-Rodríguez, E. Pueyo, R. Bailón and N. Garatachea (2020). Heart Rate Variability and Exceptional Longevity. *Front Physiol* 11: 566399.
- Kox, M., L. T. van Eijk, J. Zwaag, J. van den Wildenberg, F. C. Sweep, J. G. van der Hoeven and P. Pickkers (2014). Voluntary activation of the sympathetic nervous system and attenuation of the innate immune response in humans. *Proc Natl Acad Sci U S A* 111(20): 7379–7384.
- Kozhevnikov, M., J. Elliott, J. Shephard and K. Gramann (2013). Neurocognitive and somatic components of temperature increases during g-tummo meditation: legend and reality. *PLoS One* 8(3): e58244.
- Kreibig, S. D. (2010). Autonomic nervous system activity in emotion: a review. *Biol Psychol* 84(3): 394–421.

- Lebigot, L. (2017). *Aux sources du karaté – Fujian et Okinawa*, Atlande.
- Lundberg, J. O. (1996). Airborne nitric oxide: inflammatory marker and aerocrine messenger in man. *Acta Physiol Scand Suppl* 633: 1–27.
- Lundberg, J. O., T. Farkas-Szallasi, E. Weitzberg, J. Rinder, J. Lidholm, A. Anggaard, T. Hökfelt, J. M. Lundberg and K. Alving (1995). High nitric oxide production in human paranasal sinuses. *Nat Med* 1(4): 370–373.
- Malík M., C. A. J., Bigger J. T., Breithardt G., Cerutti S., Cohen R. J. (1996). Heart rate variability: Standards of measurement, physiological interpretation, and clinical use. *European Heart Journal* 17: 354–381.
- Malte, H., G. Lykkeboe and T. Wang (2021). The magnitude of the Bohr effect profoundly influences the shape and position of the blood oxygen equilibrium curve. *Comp Biochem Physiol A Mol Integr Physiol* 254: 110880.
- Nummenmaa, L., E. Glerean, R. Hari and J. K. Hietanen (2014). Bodily maps of emotions. *Proc Natl Acad Sci U S A* 111(2): 646–651.
- Nummenmaa, L., R. Hari, J. K. Hietanen and E. Glerean (2018). Maps of subjective feelings. *Proc Natl Acad Sci U S A* 115(37): 9198–9203.
- Page, A. J., T. A. O'Donnell, N. J. Cooper, R. L. Young and L. A. Blackshaw (2009). Nitric oxide as an endogenous peripheral modulator of visceral sensory neuronal function. *J Neurosci* 29(22): 7246–7255.

- Pluess, M., A. Conrad and F. H. Wilhelm (2009). Muscle tension in generalized anxiety disorder: a critical review of the literature. *J Anxiety Disord* 23(1): 1–11.
- Prem, V., R. C. Sahoo and P. Adhikari (2013). Comparison of the effects of Buteyko and pranayama breathing techniques on quality of life in patients with asthma – a randomized controlled trial. *Clin Rehabil* 27(2): 133–141.
- Rathore, M. and J. Abraham (2018). Implication of Asana, Pranayama and Meditation on Telomere Stability. *Int J Yoga* 11(3): 186–193.
- Riestra, P., S. Y. Gebreab, R. Xu, R. J. Khan, R. Quarels, G. Gibbons and S. K. Davis (2017). Obstructive sleep apnea risk and leukocyte telomere length in African Americans from the MH-GRID study. *Sleep Breath* 21(3): 751–757.
- Sankar, J. and R. R. Das (2018). Asthma – A Disease of How We Breathe: Role of Breathing Exercises and Pranayam. *Indian J Pediatr* 85(10): 905–910.
- Santino, T. A., G. S. Chaves, D. A. Freitas, G. A. Fregonezi and K. M. Mendonça (2020). Breathing exercises for adults with asthma. *Cochrane Database Syst Rev* 3: CD001277.
- Schwerdtfeger, A. R., G. Schwarz, K. Pfurtscheller, J. F. Thayer, M. N. Jarczok and G. Pfurtscheller (2020). Heart rate variability (HRV): From brain death to resonance breathing at 6 breaths per minute. *Clin Neurophysiol* 131(3): 676–693.
- Tavel, M. E. (2021). Hyperventilation Syndrome: Why Is It Regularly Overlooked? *Am J Med* 134(1): 13–15.

- Tyuma, I. (1984). The Bohr effect and the Haldane effect in human hemoglobin. *Jpn J Physiol* 34(2): 205–216.
- Ur, A. and K. Verma (2020). Happy Hypoxemia in Covid-19-A Neural Hypothesis. *ACS Chem Neurosci* 11(13): 1865–1867.
- Wanger, J., J. L. Clausen, A. Coates, O. F. Pedersen, V. Brusasco, F. Burgos, R. Casaburi, R. Crapo, P. Enright, C. P. van der Grinten, P. Gustafsson, J. Hankinson, R. Jensen, D. Johnson, N. Macintyre, R. McKay, M. R. Miller, D. Navajas, R. Pellegrino and G. Viegi (2005). Standardisation of the measurement of lung volumes. *Eur Respir J* 26(3): 511–522.
- Weitzberg, E. and J. O. Lundberg (2002). Humming greatly increases nasal nitric oxide. *Am J Respir Crit Care Med* 166(2): 144–145.
- Wilczyńska, D., A. Łysak-Radomska, M. Podczarska-Głowacka, J. Zajt, M. Dornowski and P. Skonieczny (2019). Evaluation of the effectiveness of relaxation in lowering the level of anxiety in young adults – a pilot study. *Int J Occup Med Environ Health* 32(6): 817–824.
- Zaccaro, A., A. Piarulli, M. Laurino, E. Garbella, D. Menicucci, B. Neri and A. Gemignani (2018). How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing. *Front Hum Neurosci* 12: 353.