

# Respiration and its disorders

## Types of breathing

Among men – **abdominal type**, movements of diaphragm with rhythmic arching and declining of the abdominal wall.

Among women – **costal type**, raising and lowering of the ribs.

- **Eupnoea** – normal, resting breathing, 15-20 breaths / min.
- **Tachypnoea** – fast breathing.
- **Bradypnoea** – slow breathing.
- **Hyperpnoea** – deep breathing.
- **Apnea** – temporary respiratory cessation.
- **Dyspnoea** – difficult breathing using the auxillary respiratory muscles.
- **Cheyne-Stokes breathing** – individual breaths gradually deepen and at the same time their frequency increases. After reaching the maximum, the depth of the breath and its frequency gradually decrease until it reaches apneic pause. Then the whole cycle is repeated. It is the most noticeable in unconsciousness or in sleep. It occurs, for example, in heart failure, uremia, severe pneumonia.
- **Biot's breathing** – breathing waves of different depths alternate irregularly with apneic pauses - meningitis, encephalitis.
- **Kussmaul's breathing** – deep and fast breathing - diabetic coma.
- **other respiratory disorders** – wheezing, prolonged expiratory breathing.