



117 Health Conditions Helped by Yoga

(as found in scientific studies as of June 2019)

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| 1. Alcoholism and Other Drug Abuse | 30. Endometriosis | 60. Muscular Dystrophy | (Normal and Complicated) |
| 2. Alzheimer's Disease | 31. Epilepsy | 61. Myofascial Pain Dysfunction Syndrome | 89. Premenstrual Syndrome (PMS) |
| 3. Amyotrophic Lateral Sclerosis | 32. Fatigue | 62. Neck Pain, Chronic | 90. Prenatal/Postpartum Depression |
| 4. Anxiety | 33. Fibromyalgia | 63. Neurocardiogenic Syncope (Fainting) | 91. Pre-Operative Rehabilitation |
| 5. Asthma | 34. Fractures | 64. Neuroses (e.g. Phobias) | 92. Pressure Ulcers |
| 6. Atrial Fibrillation | 35. Frozen Shoulder (Periarthritis) | 65. Obesity/Overweight | 93. Prostate Cancer |
| 7. Attention Deficit Hyperactivity Disorder (ADHD) | 36. Gait (Walking) Problems | 66. Obsessive Compulsive Disorder (OCD) | 94. Psoriasis |
| 8. Autism Spectrum Disorder | 37. Gestational Diabetes | 67. Organ Transplant | 95. Pulmonary Hypertension |
| 9. Back Pain, Chronic | 38. Guillain-Barré Syndrome | 68. Osteoarthritis (Degenerative Arthritis) | 96. Restless Leg Syndrome |
| 10. Balance Problems | 39. Heart Disease | 69. Osteoporosis | 97. Rheumatoid Arthritis (RA) |
| 11. Breast Cancer | 40. Hemophilia | 70. Ovarian Cancer | 98. Rhinitis (Inflammation of the Nose) |
| 12. Burnout | 41. Hemorrhoids | 71. Pain, Chronic | 99. Schizophrenia |
| 13. Burns | 42. High Blood Pressure | 72. Panic Disorder | 100. Scoliosis (Curvature of the Spine) |
| 14. Cancer (General) | 43. HIV/AIDS | 73. Parkinson's Disease | 101. Sexual Dysfunction |
| 15. Carpal Tunnel Syndrome | 44. Hypothyroidism | 74. Pelvic Organ Prolapse | 102. Sexual Trauma |
| 16. Cerebral Palsy | 45. Infertility | 75. Pelvic Pain | 103. Sinusitis |
| 17. Chronic Fatigue Syndrome | 46. Inflammatory Bowel Disease (IBD) | 76. Performance Anxiety | 104. Skeletal Muscle Pain Syndrome |
| 18. Chronic Obstructive Pulmonary Disease (e.g. Emphysema) | 47. Inguinal Hernia | 77. Peripheral Neuropathy | 105. Smoking Cessation |
| 19. Cognitive Impairment | 48. Insomnia | 78. Periodontitis | 106. Somatoform Disorders |
| 20. Computer Vision Syndrome | 49. Irritable Bowel Syndrome | 79. Pleural Effusion (Fluid in the Lining of the Lung) | 107. Spinal Cord Injury |
| 21. Congestive Heart Failure | 50. Kidney Disease, Chronic | 80. Polycystic Ovarian Syndrome | 108. Stress |
| 22. Cystic Fibrosis | 51. Lung Cancer | 81. Post Coronary Artery Bypass Surgery | 109. Stroke |
| 23. Depression | 52. Lymphedema | 82. Post-Heart Attack | 110. Stuttering |
| 24. Diabetes | 53. Lymphoma | 83. Post Implantable Cardioverter Defibrillator | 111. Thoracic Hyperkyphosis |
| 25. Diabetic Lung | 54. Menopausal (and Perimenopausal) Symptoms | 84. Post-Joint Replacement | 112. Tinnitus |
| 26. Drug Withdrawal | 55. Menstrual Disorders (Dysmenorrhea) | 85. Post-Operative Recovery | 113. Total Knee Arthroplasty (Replacement) |
| 27. Duchenne Muscular Dystrophy | 56. Mental Developmental Impairment | 86. Post-Polio Syndrome | 114. Traumatic Brain Injury |
| 28. Dysfunctional Uterine Bleeding | 57. Metabolic Syndrome | 87. Post Traumatic Stress Disorder (PTSD) | 115. Tremor, Essential |
| 29. Eating Disorders | 58. Migraine and Tension Headaches | 88. Pregnancy | 116. Tuberculosis |
| | 59. Multiple Sclerosis (MS) | | 117. Urinary Incontinence |

