



THE ART AND SCIENCE OF HOLISTIC HEALTH

117 Health Conditions Helped by Yoga

(as found in scientific studies as of June 2019)

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2. [Alzheimer's Disease](#)
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37. [Gestational Diabetes](#)
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39. [Heart Disease](#)
40. [Hemophilia](#)
41. [Hemorrhoids](#)
42. [High Blood Pressure](#)
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44. [Hypothyroidism](#)
45. [Infertility](#)
46. [Inflammatory Bowel Disease \(IBD\)](#)
47. [Inguinal Hernia](#)
48. [Insomnia](#)
49. [Irritable Bowel Syndrome](#)
50. [Kidney Disease, Chronic](#)
51. [Lung Cancer](#)
52. [Lymphedema](#)
53. [Lymphoma](#)
54. [Menopausal \(and Perimenopausal\) Symptoms](#)
55. [Menstrual Disorders \(Dysmenorrhea\)](#)
56. [Mental Developmental Impairment](#)
57. [Metabolic Syndrome](#)
58. [Migraine and Tension Headaches](#)
59. [Multiple Sclerosis \(MS\)](#)
60. [Muscular Dystrophy](#)
61. [Myofascial Pain Dysfunction Syndrome](#)
62. [Neck Pain, Chronic](#)
63. [Neurocardiogenic Syncope \(Fainting\)](#)
64. [Neuroses \(e.g. Phobias\)](#)
65. [Obesity/Overweight](#)
66. [Obsessive Compulsive Disorder \(OCD\)](#)
67. [Organ Transplant](#)
68. [Osteoarthritis \(Degenerative Arthritis\)](#)
69. [Osteoporosis](#)
70. [Ovarian Cancer](#)
71. [Pain, Chronic](#)
72. [Panic Disorder](#)
73. [Parkinson's Disease](#)
74. [Pelvic Organ Prolapse](#)
75. [Pelvic Pain](#)
76. [Performance Anxiety](#)
77. [Peripheral Neuropathy](#)
78. [Periodontitis](#)
79. [Pleural Effusion \(Fluid in the Lining of the Lung\)](#)
80. [Polycystic Ovarian Syndrome](#)
81. [Post Coronary Artery Bypass Surgery](#)
82. [Post-Heart Attack](#)
83. [Post Implantable Cardioverter Defibrillator](#)
84. [Post-Joint Replacement](#)
85. [Post-Operative Recovery](#)
86. [Post-Polio Syndrome](#)
87. [Post Traumatic Stress Disorder \(PTSD\)](#)
88. [Pregnancy \(Normal and Complicated\)](#)
89. [Premenstrual Syndrome \(PMS\)](#)
90. [Prenatal/Postpartum Depression](#)
91. [Pre-Operative Rehabilitation](#)
92. [Pressure Ulcers](#)

93. [Prostate Cancer](#)
94. [Psoriasis](#)
95. [Pulmonary Hypertension](#)
96. [Restless Leg Syndrome](#)
97. [Rheumatoid Arthritis \(RA\)](#)
98. [Rhinitis \(Inflammation of the Nose\)](#)
99. [Schizophrenia](#)
100. [Scoliosis \(Curvature of the Spine\)](#)
101. [Sexual Dysfunction](#)
102. [Sexual Trauma](#)
103. [Sinusitis](#)
104. [Skeletal Muscle Pain Syndrome](#)
105. [Smoking Cessation](#)
106. [Somatoform Disorders](#)
107. [Spinal Cord Injury](#)
108. [Stress](#)
109. [Stroke](#)
110. [Stuttering](#)
111. [Thoracic Hyperkyphosis](#)
112. [Tinnitus](#)
113. [Total Knee Arthroplasty \(Replacement\)](#)
114. [Traumatic Brain Injury](#)
115. [Tremor, Essential](#)
116. [Tuberculosis](#)
117. [Urinary Incontinence](#)

References for 117 Health Conditions Helped by Yoga

Compiled by Timothy McCall, MD (Updated June 2019)

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