

# 117 Health Conditions Helped by Yoga

(as found in scientific studies as of June 2019)



ALCOHOLISM AND OTHER DRUG ABUSE • ALZHEIMER'S DISEASE • AMYOTROPHIC LATERAL SCLEROSIS • ANXIETY • ASTHMA • ATRIAL FIBRILLATION • ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) • AUTISM SPECTRUM DISORDER • BACK PAIN, CHRONIC • BALANCE PROBLEMS • BREAST CANCER • BURNOUT • BURNS • CANCER (GENERAL) • CARPAL TUNNEL SYNDROME • CEREBRAL PALSY • CHRONIC FATIGUE SYNDROME • CHRONIC OBSTRUCTIVE PULMONARY DISEASE (E.G. EMPHYSEMA) • COGNITIVE IMPAIRMENT • COMPUTER VISION SYNDROME • CONGESTIVE HEART FAILURE • CYSTIC FIBROSIS • DEPRESSION • DIABETES • DIABETIC LUNG • DRUG WITHDRAWAL • DUCHENNE MUSCULAR DYSTROPHY • DYSFUNCTIONAL UTERINE BLEEDING • EATING DISORDERS • ENDOMETRIOSIS • EPILEPSY • FATIGUE • FIBROMYALGIA • FRACTURES • FROZEN SHOULDER (PERIARTHRITIS) • GAIT (WALKING) PROBLEMS • GESTATIONAL DIABETES • GUILAIN-BARRÉ SYNDROME • HEART DISEASE • HEMOPHILIA • HEMORRHOIDS • HIGH BLOOD PRESSURE • HIV/AIDS • HYPOTHYROIDISM • INFERTILITY • INFLAMMATORY BOWEL DISEASE (IBD) • INGUINAL HERNIA • INSOMNIA • IRRITABLE BOWEL SYNDROME • KIDNEY DISEASE, CHRONIC • LUNG CANCER • LYMPHEDEMA • LYMPHOMA • MENOPAUSAL (AND PERIMENOPAUSAL) SYMPTOMS • MENSTRUAL DISORDERS (DYSMENORRHEA) • MENTAL DEVELOPMENTAL IMPAIRMENT • METABOLIC SYNDROME • MIGRAINE AND TENSION HEADACHES • MULTIPLE SCLEROSIS (MS) • MUSCULAR DYSTROPHY • MYOFASCIAL PAIN DYSFUNCTION SYNDROME • NECK PAIN, CHRONIC • NEUROCARDIOGENIC SYNCOPE (FAINTING) • NEUROSES (E.G. PHOBIAS) • OBESITY/OVERWEIGHT • OBSESSIVE COMPULSIVE DISORDER (OCD) • ORGAN TRANSPLANT • OSTEOARTHRITIS (DEGENERATIVE ARTHRITIS) • OSTEOPOROSIS • OVARIAN CANCER • PAIN, CHRONIC • PANIC DISORDER • PARKINSON'S DISEASE • PELVIC ORGAN PROLAPSE • PELVIC PAIN • PERFORMANCE ANXIETY • PERIPHERAL NEUROPATHY • PERIODONTITIS • PLEURAL EFFUSION (FLUID IN THE LINING OF THE LUNG) • POLYCYSTIC OVARIAN SYNDROME • POST CORONARY ARTERY BYPASS SURGERY • POST-HEART ATTACK • POST IMPLANTABLE CARDIOVERTER DEFIBRILLATOR • POST-JOINT REPLACEMENT • POST-OPERATIVE RECOVERY • POST-POLIO SYNDROME • POST TRAUMATIC STRESS DISORDER (PTSD) • PREGNANCY (NORMAL AND COMPLICATED) • PREMENSTRUAL SYNDROME (PMS) • PRENATAL/POST-PARTUM DEPRESSION • PRE-OPERATIVE REHABILITATION • PRESSURE ULCERS • PROSTATE CANCER • PSORIASIS • PULMONARY HYPERTENSION • RESTLESS LEG SYNDROME • RHEUMATOID ARTHRITIS (RA) • RHINITIS (INFLAMMATION OF THE NOSE) • SCHIZOPHRENIA • SCOLIOSIS (CURVATURE OF THE SPINE) • SEXUAL DYSFUNCTION • SEXUAL TRAUMA • SINUSITIS • SKELETAL MUSCLE PAIN SYNDROME • SMOKING CESSATION • SOMATOFORM DISORDERS • SPINAL CORD INJURY • STRESS • STROKE • STUTTERING • THORACIC HYPERKYPHOSIS • TINNITIS • TOTAL KNEE ARTHROPLASTY (REPLACEMENT) • TRAUMATIC BRAIN INJURY • TREMOR, ESSENTIAL • TUBERCULOSIS • URINARY INCONTINENCE