

# 101 Health Conditions Benefited by Yoga

(as found in scientific studies as of October 2016)

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