75 Health Conditions Benefited by Yoga, as Demonstrated in Scientific Studies
From *Yoga as Medicine* by Timothy McCall, MD (updated February 2013)

Alcoholism and Other Drug Abuse
Anxiety
Asthma
Atrial Fibrillation
Attention Deficit/Hyperactivity Disorder (ADD/ADHD)
Autism
Back Pain
Balance Problems
Breast Cancer
Cancer (General)
Carpal Tunnel Syndrome
Chronic Fatigue Syndrome
Chronic Obstructive Pulmonary Disease (COPD) e.g. Emphysema
Congestive Heart Failure
Depression
Diabetes
Drug Withdrawal
Eating Disorders
Epilepsy
Fatigue
Fibromyalgia
Gait (Walking) Problems
Guillain-Barré Syndrome
Heart Disease
Hemorrhoids
High Blood Pressure
HIV/AIDS
Hypothyroidism
Infertility
Inguinal Hernia
Insomnia
Irritable Bowel Syndrome
Kidney Failure
Lymphoma
Mental Developmental Impairment
Menopausal (and Perimenopausal) Symptoms
Menstrual Disorders
Metabolic Syndrome
Migraine and Tension Headaches
Multiple Sclerosis
Muscular Dystrophy
Neck Pain
Neuroses (e.g. Phobias)
Obesity/Overweight
Obsessive Compulsive Disorder (OCD)
Organ Transplant
Osteoporosis
Osteoarthritis (Degenerative Arthritis)
Ovarian Cancer
Pain (Chronic)
Performance Anxiety
Pleural Effusion (Fluid in Lung Lining)
Polycystic Ovarian Syndrome
Post-Heart Attack Rehabilitation
Post-Joint Replacement
Post-Polio Syndrome
Post-Operative Recovery
Post-Stroke Rehabilitation
Post-Traumatic Stress Disorder (PTSD)
Pregnancy (both normal and complicated)
Psoriasis
Restless Leg Syndrome
Rheumatoid Arthritis
Rhinitis (Inflammation of the Nose)
Schizophrenia
Scoliosis (Lateral Curvature of the Spine)
Sexual Function
Sinusitis
Smoking Cessation
Stroke
Total Knee Arthroplasty
Traumatic Brain Injury
Tuberculosis
Urinary Bladder Dysfunction
Urinary Stress Incontinence
References for 75 Health Conditions Benefited by Yoga

Compiled by Timothy McCall, MD (Updated January 2013)

* Alcoholism and Other Drug Abuse

* Anxiety


**Asthma**


Singh S, Soni R, Singh KP, Tandon OP. **Effect of yoga practices on pulmonary function tests including transfer factor of lung for carbon monoxide (TLCO) in asthma patients.**

**Atrial Fibrillation**


**Attention Deficit Hyperactivity Disorder (ADHD)**

Jensen PS, Kenny DT. **The effects of yoga on the attention and behavior of boys with Attention-Deficit/ hyperactivity Disorder (ADHD),** J Atten Disord. 2004 May;7(4):205-16.

**Autism**


**Back Pain**


P. Tekura,∗, R. Nagarathnaa, S. Chametchaa, Alex Hankeya, H.R. Nagendrab. **A comprehensive yoga program improves pain, anxiety and depression in chronic low back pain patients more than exercise: An RCT.** Complementary Therapies in Medicine (2012) 20, 107–118.


**Balance Problems**

Hart CE, Tracy BL. **Yoga as steadiness training: effects on motor variability in young adults.** J Strength Cond Res. 2008 Sep;22(5):1659-69.


**Breast Cancer**


Vishweshwara MS, Madhavi YS, Ajakumar BS, Ramesh BS, Nalini R, Kumar V. **Effects of a yoga program on cortisol rhythm and mood states in early breast cancer patients undergoing adjuvant radiotherapy: a randomized controlled trial.** Integr Cancer Ther. 2009 Mar;8(1):37-46.


**Chronic Obstructive Pulmonary Disease (e.g. Emphysema)**


**Congestive Heart Failure**


**Depression**


• **Diabetes**
Singh S; Malhotra V; Singh KP; Sharma SB; Madhu SV; Tandon OP. *A preliminary report on the role of Yoga Asanas on oxidative stress in non-insulin dependent diabetes mellitus*. Indian Journal of Clinical Biochemistry. 2001 Jul; 16(2): 216-20.

• **Drug Withdrawal**

• **Eating Disorders**

• **Epilepsy**

• **Fatigue**

• **Fibromyalgia**

©Timothy McCall, MD
(permission granted to copy and distribute)


Gait (Walking) Problems

Guillain-Barré Syndrome

Heart Disease


©Timothy McCall, MD
DrMcCall.com
(permission granted to copy and distribute)
Khare KC; Rai S. **Study of lipid profile in post myocardial infarction subjects following yogic life style intervention.** Indian Practitioner. 2002 Jun; 55(6): 369-73.


- **Hemorrhoids**

- **High Blood Pressure**

- **HIV/AIDS**
  Creswell JD, Myers HF, Cole SW, Irwin MR. **Mindfulness meditation training effects on CD4+ T lymphocytes in HIV-1 infected adults: a small randomized controlled trial.** Brain Behav Immun. 2009 Feb;23(2):184-8.

- **Hypothyroidism**

- **Infertility**

- **Inguinal Hernia**

- **Insomnia**

- **Irritable Bowel Syndrome**

- **Kidney Failure**

- **Lymphoma**

- **Mental Developmental Impairment**

- **Menopausal (and Perimenopausal) Symptoms**

• Menstrual Disorders

• Metabolic Syndrome

• Migraine and Tension Headaches

• Multiple Sclerosis

• Muscular Dystrophy
**Neck Pain**


**Neuroses (e.g. Phobias)**

**Obesity**


**Obsessive Compulsive Disorder (OCD)**


**Organ Transplant**


**Osteoporosis**


**Osteoarthritis (Degenerative Arthritis)**


Taibi, D, Vitiello, MV. **A pilot study of gentle yoga for sleep disturbance in women with osteoarthritis.** Sleep Medicine 12 (2011) 512–517.


**Ovarian Cancer**


**Pain (Chronic)**


**Performance Anxiety**


**Pleural Effusion (Fluid Collection in the Lining of the Lung)**


**Polycystic Ovarian Syndrome**


**Post-Heart Attack Rehabilitation**


**Post-Joint Replacement**

• **Post-Polio Syndrome**

• **Post-Operative Recovery**

• **Post-Stroke Rehabilitation**

• **Post-Traumatic Stress Disorder (PTSD)**

• **Pregnancy (Both Normal and Complicated)**
• **Psoriasis**  

• **Restless Leg Syndrome**  

• **Rheumatoid Arthritis**  

• **Rhinitis (Inflammation of the Nose)**  

• **Schizophrenia**  

• **Scoliosis (Curvature of the Spine)**  

• **Sexual Function**  

©Timothy McCall, MD  
(Permission granted to copy and distribute)

• Sinusitis

• Smoking Cessation

• Stroke

• Total Knee Arthroplasty

• Traumatic Brain Injury

• Tuberculosis

• Urinary Bladder Dysfunction

• Urinary Stress Incontinence