

## **54 Health Conditions Benefited by Yoga**

Compiled by Timothy McCall, MD (Updated January 2011)

- **Alcoholism and Other Drug Abuse**
- **Anxiety**
- **Asthma**
- **Attention Deficit Hyperactivity Disorder (ADHD)**
- **Autism**
- **Back Pain**
- **Balance Problems**
- **Cancer**
- **Carpal Tunnel Syndrome**
- **Chronic Obstructive Pulmonary Disease (e.g. Emphysema)**
- **Congestive Heart Failure**
- **Depression**
- **Diabetes**
- **Drug Withdrawal**
- **Eating Disorders**
- **Epilepsy**
- **Fibromyalgia**
- **Heart Disease**
- **Hemorrhoids**
- **High Blood Pressure**
- **HIV/AIDS**
- **Infertility**
- **Insomnia**
- **Irritable Bowel Syndrome**
- **Kidney Failure**
- **Mental Developmental Impairment**
- **Menopausal (and Perimenopausal) Symptoms**
- **Migraine and Tension Headaches**
- **Multiple Sclerosis**
- **Neck Pain**
- **Neuroses (e.g. Phobias)**
- **Obesity**
- **Obsessive Compulsive Disorder (OCD)**
- **Osteoporosis**
- **Osteoarthritis (Degenerative Arthritis)**
- **Pain (Chronic)**
- **Pleural Effusion (Fluid Collection in the Lining of the Lung)**
- **Post Heart Attack Rehabilitation**
- **Post-Polio Syndrome**
- **Post-Operative Recovery**
- **Post-Stroke Rehabilitation**
- **Post-Traumatic Stress Disorder (PTSD)**
- **Pregnancy (both normal and complicated)**
- **Psoriasis**
- **Rheumatoid Arthritis**
- **Rhinitis (Inflammation of the Nose)**
- **Schizophrenia**
- **Scoliosis (Curvature of the Spine)**
- **Sexual Function**
- **Sinusitis**
- **Tuberculosis**
- **Urinary Stress Incontinence**