



117 Health Conditions Helped by Yoga

(as found in scientific studies as of June 2019)

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 Spectrum Disorder
9. Back Pain, Chronic
10. Balance Problems
11. Breast Cancer
12. Burnout
13. Burns
14. Cancer (General)
15. Carpal Tunnel Syndrome
16. Cerebral Palsy
17. Chronic Fatigue Syndrome
18. Chronic Obstructive Pulmonary Disease (e.g. Emphysema)
19. Cognitive Impairment
20. Computer Vision Syndrome
21. Congestive Heart Failure
22. Cystic Fibrosis
23. Depression
24. Diabetes
25. Diabetic Lung
26. Drug Withdrawal
27. Duchenne Muscular Dystrophy
28. Dysfunctional Uterine Bleeding
29. Eating Disorders
30. Endometriosis
31. Epilepsy
32. Fatigue
33. Fibromyalgia
34. Fractures
35. Frozen Shoulder (Periarthritis)
36. Gait (Walking) Problems
37. Gestational Diabetes
38. Guillain-Barré Syndrome
39. Heart Disease
40. Hemophilia
41. Hemorrhoids
42. High Blood Pressure
43. HIV/AIDS
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
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

