54 Health Conditions Benefited by Yoga (With References)

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
References for 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**

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• **Cancer**

• **Carpal Tunnel Syndrome**

• **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

• Fibromyalgia

• Heart Disease
• **Hemorrhoids**

• **High Blood Pressure**

• **HIV/AIDS**

• **Infertility**

• **Insomnia**

• **Irritable Bowel Syndrome**

• **Kidney Failure**

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- **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**
  Fishman, LM. Yoga for osteoporosis: a pilot study. Topics in Geriatric Rehabilitation. 25 (3), 244–250.

- **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**
  Tyagi I; Sharma UD; Bajaj P; Husain T; Gupta S; Lamba PS; Khan A. Evaluation of pink city lung exerciser for prevention of pulmonary complications following upper abdominal surgery. Indian Journal of Anaesthesia. 1991 Dec; 39(6): 198-203

- **Post-Stroke Rehabilitation**

- **Post-Traumatic Stress Disorder (PTSD)**
  PMID: 19545815

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

• **Psoriasis**

• **Rheumatoid Arthritis**

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

• **Schizophrenia**

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

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• **Sexual Function**

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