

## **50 Health Conditions Benefited by Yoga (as shown in scientific studies)**

<b>1. Alcoholism and Other Drug Abuse</b>	<b>2. Anxiety</b>
<b>3. Asthma</b>	<b>4. Attention Deficit Hyperactivity Disorder (ADHD)</b>
<b>5. Back Pain</b>	<b>6. Balance Problems</b>
<b>7. Cancer</b>	<b>8. Carpal Tunnel Syndrome</b>
<b>9. Chronic Obstructive Pulmonary Disease (COPD), e.g. Emphysema</b>	<b>10. Congestive Heart Failure</b>
<b>11. Depression</b>	<b>12. Diabetes</b>
<b>13. Drug Withdrawal</b>	<b>14. Eating Disorders</b>
<b>15. Epilepsy</b>	<b>16. Fibromyalgia</b>
<b>17. Heart Disease</b>	<b>18. HIV/AIDS</b>
<b>19. Infertility</b>	<b>20. Insomnia</b>
<b>21. Hemorrhoids</b>	<b>22. High Blood Pressure</b>
<b>23. Hyperkyphosis (Excessive Curvature) of Thoracic Spine</b>	<b>24. Irritable Bowel Syndrome</b>
<b>25. Kidney Failure</b>	<b>26. Mental Retardation</b>
<b>27. Menopausal (and Perimenopausal) Symptoms</b>	<b>28. Migraine and Tension Headaches</b>
<b>29. Multiple Sclerosis</b>	<b>30. Neuroses (e.g. Phobias)</b>
<b>31. Obsessive Compulsive Disorder (OCD)</b>	<b>32. Osteoporosis</b>
<b>33. Osteoarthritis (Degenerative Arthritis)</b>	<b>34. Pancreatitis (Chronic)</b>
<b>35. Pain (Chronic)</b>	<b>36. Pleural Effusion (Fluid Collection in the Lining of the Lung)</b>
<b>37. Post Heart Attack Rehabilitation</b>	<b>38. Post-Polio Syndrome</b>
<b>39. Post-Operative Recovery</b>	<b>40. Post-Stroke Rehabilitation</b>
<b>41. Pregnancy (Both Normal and Complicated)</b>	<b>42. Premature Ejaculation</b>
<b>43. Psoriasis</b>	<b>44. Rheumatoid Arthritis</b>
<b>45. Rhinitis (Inflammation of the Nose)</b>	<b>46. Schizophrenia</b>
<b>47. Scoliosis (Curvature of the Spine)</b>	<b>48. Sinusitis</b>
<b>49. Tuberculosis</b>	<b>50. Urinary Stress Incontinence</b>

from *Yoga as Medicine: The Yogic Prescription for Health and Healing* (Bantam)

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