



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

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