



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)

- **Alcoholism and Other Drug Abuse**

- Shaffer HJ, LaSalvia TA, Stein JP. [Comparing Hatha yoga with dynamic group psychotherapy for enhancing methadone maintenance treatment: a randomized clinical trial.](#) Altern Ther Health Med. 1997 Jul;3(4):57-66.
- Gelderloos P, Walton KG, Orme-Johnson DW, Alexander CN. [Effectiveness of the Transcendental Meditation program in preventing and treating substance misuse: a review.](#) Int J Addict. 1991 Mar;26(3):293-325.
- Raina, N., Chakraborty, PK, Basit, MA et al (2001)- Evaluation of yoga therapy in alcohol dependence. Indian Journal of Psychiatry, 43, 171-174.
- Marefat M, Peymanzad H, Alikhajeh Y. **The Study of the Effects of Yoga Exercises on Addicts' Depression and Anxiety in Rehabilitation Period.** Procedia - Social and Behavioral Sciences 30 (2011) 1494 – 1498.

- **Anxiety**

- Bernhard, J., Kristeller, J. and Kabat-Zinn, J. **Effectiveness of relaxation and visualization techniques as a adjunct to phototherapy and photochemotherapy of psoriasis.** J. Am. Acad. Dermatol. (1988) 19:572-73.
- McCaul, K.D., Solomon, S. and Holmes, D.S. (1979) [Effects of paced respiration and expectation on the physiological and psychological responses to threat.](#) J. Pers. Soc. Psychol., 37:564-571.
- Cappo, B.M. And Holmes, D.S. (1984) [The utility of prolonged respiratory exhalation for reducing physiological and psychological arousal in non-threatening and threatening situations.](#) J. Psychosomat. Res., 28:265-273.
- Clark, D.M., Salkovskis, P.M. And Chalkley, A.J. (1985) [Respiratory control as a treatment for panic attacks.](#) J. Behavo. Ther. Exper. Psychiat., 16:22-30.
- Javnbakht M, Hejazi Kenari R, Ghasemi M. [Effects of yoga on depression and anxiety of women.](#) Complement Ther Clin Pract. 2009 May;15(2):102-4.
- Vahia NS, Doongaji DR, Jeste DV, et al. [Further experience with the therapy based upon concepts of Patanjali in the treatment of psychiatric disorders.](#) Indian J Psychiatry 1973;15:32-7.
- Vahia NS, Doongaji DR, Jeste DV, Ravindranath S, Kapoor SN, Ardhapurkar I. [Psychophysiologic therapy based on the concepts of Patanjali. A new approach to the treatment of neurotic and psychosomatic disorders.](#) Am J Psychother. 1973 Oct;27(4):557-65.
- Harrigan, J. M. **A component analysis of yoga: The effects of diaphragmatic breathing and stretching postures on anxiety, personality and somatic/behavioral complaints.** Dissertation Abstracts International, 1981, 42(4-A):1489.
- Platania-Solazzo A, Field TM, Blank J, Seligman F, Kuhn C, Schanberg S, Saab P. [Relaxation therapy reduces anxiety in child and adolescent psychiatric patients.](#) Acta Paedopsychiatr 1992;55(2):115-20.
- Michalsen A, Grossman P, Acil A, Langhorst J, Ludtke R, Esch T, Stefano GB, Dobos GJ. [Rapid stress reduction and anxiolysis among distressed women as a consequence of a three-month intensive yoga program.](#) Med Sci Monit. 2005 Dec;11(12):CR555-561.
- Kabat-Zinn, J., Massion, A. O., Kristeller, J., Peterson, L.G., Fletcher, K., Pbert, L., Linderking, W., Santorelli, S. F., [Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders.](#) Am. J. Psychiatry (1992) 149:936-943.
- J., Fletcher, K. and Kabat-Zinn, J., [Three-year follow-up and clinical implications of a mindfulness-based stress reduction intervention in the treatment of anxiety disorders.](#) Gen. Hosp. Psychiatry (1995) 17:192-200.
- Kabat-Zinn, J., Chapman, A. and Salmon, P., [The relationship of cognitive and somatic components of anxiety to patient preference for alternative relaxation techniques.](#) Mind/Body Medicine (1997) 2:101-109.
- Streeter CC, Whitfield TH, Owen L, Rein T, Karri SK, Yakhkind A, Perlmutter R, Prescott A, Renshaw PF, Ciraulo DA, Jensen JE. [Effects of yoga versus walking on mood, anxiety, and brain GABA levels: a randomized controlled MRS study.](#) J Altern Complement Med. 2010 Nov;16(11):1145-52. Epub 2010 Aug 19.
- Nidhi R, Padmalatha V, Nagarathna R, Amritanshu R. [Effect of holistic yoga program on anxiety symptoms in adolescent girls with polycystic ovarian syndrome: A randomized control trial.](#) Int J Yoga. 2012 Jul;5(2):112-7.
- Rani K, Tiwari S, Singh U, Singh I, Srivastava N. [Yoga Nidra as a complementary treatment of anxiety and depressive symptoms in patients with menstrual disorder.](#) Int J Yoga. 2012 Jan;5(1):52-6.
- Goldin P, Ziv M, Jazaieri H, Hahn K, Gross JJ. [MBSR vs aerobic exercise in social anxiety: fMRI of emotion regulation of negative self-beliefs.](#) Soc Cogn Affect Neurosci. 2012 Aug 27.

Vøllestad J, Sivertsen B, Nielsen GH. [Mindfulness-based stress reduction for patients with anxiety disorders: evaluation in a randomized controlled trial.](#) Behav Res Ther. 2011 Apr;49(4):281-8.

Ebenezer J, Nagarathna R, et al. [Effects of integrated yoga therapy on pain, morning stiffness and anxiety in osteoarthritis of the knee joint: A randomized control study.](#) International Journal of Yoga, 2012, 5(1): 28-36.

Javnbakht M, Hejazi Kenari R, Ghasemi M. [Effects of yoga on depression and anxiety of women.](#) Complement Ther Clin Pract. 2009 May;15(2):102-4.

- **Asthma**

Bhole MV. [Treatment of bronchial asthma by yogic methods: A report.](#) Yoga-Mimamsa, Jan 1967, 9 (3):33-41.

Bhagwat JM, Soman AM, Bhole MV. [Yogic treatment of bronchial asthma: A medical report.](#) Yoga-Mimamsa, Oct 1981, 20(3):1-12.

Singh V, Wisniewski A, Britton J, Tattersfield A. [Effect of yoga breathing exercises \(pranayama\) on airway reactivity in subjects with asthma.](#) Lancet. 1990 Jun 9;335(8702):1381-3.

Jain SC, Talukdar B. [Evaluation of yoga therapy programme for patients of bronchial asthma.](#) Singapore Med J. 1993 Aug;34(4):306-8.

Nagarathna R, Nagendra HR. [Yoga for bronchial asthma: a controlled study.](#) Br Med J. 1985 Oct 19;291(6502):1077-9.

Nagendra HR, Nagarathna R. [An integrated approach of yoga therapy for bronchial asthma: a 3-54-month prospective study.](#) J Asthma. 1986;23(3):123-37.

Sabina AB, Williams AL, Wall HK, Bansal S, Chupp G, Katz DL. [Yoga intervention for adults with mild-to-moderate asthma: a pilot study.](#) Ann Allergy Asthma Immunol. 2005 May;94(5):543-8.

Vedanthan PK, Kesavalu LN, Murthy KC, Duvall K, Hall MJ, Baker S, Nagarathna S. [Clinical study of yoga techniques in university students with asthma: a controlled study.](#) Allergy Asthma Proc. 1998 Jan-Feb;19(1):3-9.

Sodhi C, Singh S, Dandona PK. [A study of the effect of yoga training on pulmonary functions in patients with bronchial asthma.](#) Indian J Physiol Pharmacol. 2009 Apr-Jun;53(2):169-74.

Singh S, Soni R, Singh KP, Tandon OP. [Effect of yoga practices on pulmonary function tests including transfer factor of lung for carbon monoxide \(TLCO\) in asthma patients.](#)

- **Atrial Fibrillation**

Lakkireddy D, Pillarisetti J et al [Impact of Yoga On Arrhythmia Burden and Quality of Life \(OOL\) in Patients with Symptomatic Paroxysmal Atrial Fibrillation: The Yoga My Heart Study Free.](#) J Am Coll Cardiol. 2011;57(14s1):E129-E129.

- **Attention Deficit Hyperactivity Disorder (ADHD)**

Jensen PS, Kenny DT. [The effects of yoga on the attention and behavior of boys with Attention-Deficit/ hyperactivity Disorder \(ADHD\).](#) J Atten Disord. 2004 May;7(4):205-16.

- **Autism**

Radhakrishna S. [Application of integrated yoga therapy to increase imitation skills in children with autism spectrum disorder.](#) Int J Yoga. 2010 Jan;3(1):26-30.

Koenig KP, Buckley-Reen A, Garg S. [Efficacy of the Get Ready to Learn yoga program among children with autism spectrum disorders: a pretest-posttest control group design.](#) Am J Occup Ther. 2012 Sep;66(5):538-46.

Rosenblatt LE, Gorantla S, Torres JA, Et al [Relaxation response-based yoga improves functioning in young children with autism: a pilot study.](#) J Altern Complement Med. 2011 Nov;17(11):1029-35.

- **Back Pain**

Kabat-Zinn J, Lipworth L, Burney R. [The clinical use of mindfulness meditation for the self-regulation of chronic pain.](#) J Behav Med. 1985 Jun;8(2):163-90.

Tekur P, Singphow C, Nagendra HR, Raghuram N. [Effect of short-term intensive yoga program on pain, functional disability and spinal flexibility in chronic low back pain: a randomized control study.](#) J Altern Complement Med. 2008 Jul;14(6):637-44.

Galantino ML, Bzdewka TM, Eissler-Russo J, et al. [The impact of modified Hatha yoga on chronic low back pain: a pilot study.](#) Altern Ther Health Med 2004; 10:56-58.

- Williams K, Steinberg L, Petronis J. [Therapeutic application of Iyengar yoga for healing chronic low back pain](#). International Journal of Yoga Therapy. 2003;13:55-67.
- Williams KA, Petronis J, Smith D, Goodrich D, Wu J, Ravi N, Doyle EJ Jr, Gregory Juckett R, Munoz Kolar M, Gross R, Steinberg L. [Effect of Iyengar yoga therapy for chronic low back pain](#). Pain. 2005 May;115(1-2):107-17.
- Sherman KJ, Cherkin DC, Erro J, Miglioretti DL, Deyo RA. [Comparing yoga, exercise, and a self-care book for chronic low back pain: a randomized, controlled trial](#). Ann Intern Med. 2005 Dec 20;143(12):849-56.
- Groessler EJ, Weingart KR, Aschbacher K, Pada L, Baxi S. [Yoga for veterans with chronic low-back pain](#). J Altern Complement Med. 2008 Nov;14(9):1123-9.
- Saper RB, Sherman KJ, Cullum-Dugan D, Davis RB, Phillips RS, Culpepper L. [Yoga for chronic low back pain in a predominantly minority population: a pilot randomized controlled trial](#). Altern Ther Health Med. 2009 Nov-Dec;15(6):18-27.
- Cox H, Tilbrook H, Aplin J, Semlyen A, Torgerson D, Trehwela A, Watt I. [A randomised controlled trial of yoga for the treatment of chronic low back pain: results of a pilot study](#). Complement Ther Clin Pract. 2010 Nov;16(4):187-93. Epub 2010 Jun 12.
- Hartfiel N, Burton C, Rycroft-Malone J, Clarke G, Havenhand J, Khalsa SB, Edwards RT. [Yoga for reducing perceived stress and back pain at work](#). Occup Med (Lond). 2012 Sep 25.
- Sherman KJ, Cherkin DC, Wellman RD, Cook AJ, Hawkes RJ, Delaney K, Deyo RA. [A randomized trial comparing yoga, stretching, and a self-care book for chronic low back pain](#). Arch Intern Med. 2011 Dec 12;171(22):2019-26. Epub 2011 Oct 24.
- Tekur P, Nagarathna R, Chametcha S, Hankey A, Nagendra HR. [A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: an RCT](#). Complement Ther Med. 2012 Jun;20(3):107-18.
- Esmer G, Blum J, Rulf J, Pier J. [Mindfulness-based stress reduction for failed back surgery syndrome: a randomized controlled trial](#). J Am Osteopath Assoc. 2010 Nov;110(11):646-52.
- P. Tekura,*, R. Nagarathnaa, S. Chametchaa, Alex Hankeya, H.R. Nagendrab. [A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: An RCT](#). Complementary Therapies in Medicine (2012) 20, 107—118.
- Jeng CM, Cheng TC, Kung CH, Hsu HC. [Yoga and disc degenerative disease in cervical and lumbar spine: an MR imaging-based case control study](#). Eur Spine J. 2011 Mar;20(3):408-13.
- **Balance Problems**

Hart CE, Tracy BL. [Yoga as steadiness training: effects on motor variability in young adults](#). J Strength Cond Res. 2008 Sep;22(5):1659-69.

Brown KD, Koziol JA, Lotz M. [A yoga-based exercise program to reduce the risk of falls in seniors: a pilot and feasibility study](#). J Altern Complement Med. 2008 Jun;14(5):454-7.

Tüzün S, Aktas I, Akarimyak U, Sipahi S, Tüzün F. [Yoga might be an alternative training for the quality of life and balance in postmenopausal osteoporosis](#). Eur J Phys Rehabil Med. 2010 Mar;46(1):69-72.

Schmid AA, Van Puymbroeck M, Kocejka DM. [Effect of a 12-week yoga intervention on fear of falling and balance in older adults: a pilot study](#). Arch Phys Med Rehabil. 2010 Apr;91(4):576-83.

Ulger O, Yağlı NV. [Effects of yoga on balance and gait properties in women with musculoskeletal problems: A pilot study](#). Complement Ther Clin Pract. 2011 Feb;17(1):13-5. Epub 2010 Jul 15.
 - **Breast Cancer**

Moadel AB, Shah C, Wylie-Rosett J, Harris MS, Patel SR, Hall CB, Sparano JA. [Randomized controlled trial of yoga among a multiethnic sample of breast cancer patients: effects on quality of life](#). J Clin Oncol. 2007 Oct 1;25(28):4387-95.

Rao MR, Raghuram N, Nagendra HR, Gopinath KS, Srinath BS, Diwakar RB, Patil S, Bilimagga SR, Rao N, Varambally S. [Anxiolytic effects of a yoga program in early breast cancer patients undergoing conventional treatment: a randomized controlled trial](#). Complement Ther Med. 2009 Jan;17(1):1-8. Epub 2008 Oct 14.

Danhauer SC, Mihalko SL, Russell GB, Campbell CR, Felder L, Daley K, Levine EA. [Restorative yoga for women with breast cancer: findings from a randomized pilot study](#). Psychooncology. 2009 Apr;18(4):360-8.

Vishweshwara MS, Madhavi YS, Ajaikumar BS, Ramesh BS, Nalini R, Kumar V. [Effects of a yoga program on cortisol rhythm and mood states in early breast cancer patients undergoing adjuvant radiotherapy: a randomized controlled trial](#). Integr Cancer Ther. 2009 Mar;8(1):37-46.

Walker LG, Walker MB, et al. **Guided imagery and relaxation therapy can modify host defences in women receiving treatment for locally advanced breast cancer.** Br J Surg 1997 ;84(1S):31.

Vadiraja HS, Rao MR, Nagarathna R, Nagendra HR, Rekha M, Vanitha N, Gopinath KS, Srinath BS, Vishweshwara MS, Madhavi YS, Ajaikumar BS, Bilimappa SR, Rao N. **Effects of yoga program on quality of life and affect in early breast cancer patients undergoing adjuvant radiotherapy: a randomized controlled trial.** Complement Ther Med. 2009 Oct-Dec;17(5-6):274-80.

Chandwani KD, Thornton B, Perkins GH, Arun B, Raghuram NV, Nagendra HR, Wei Q, Cohen L. **Yoga improves quality of life and benefit finding in women undergoing radiotherapy for breast cancer.** J Soc Integr Oncol. 2010 Spring;8(2):43-55.

Speed-Andrews AE, Stevinson C, Belanger LJ, Mirus JJ, Courneya KS. **Pilot evaluation of an Iyengar yoga program for breast cancer survivors.** Cancer Nurs. 2010 Sep-Oct;33(5):369-81.

Levine AS, Balk JL. **Pilot study of yoga for breast cancer survivors with poor quality of life.** Complement Ther Clin Pract. 2012 Nov;18(4):241-5.

Bower JE, Garet D, Sternlieb B, Ganz PA, Irwin MR, Olmstead R, Greendale G. **Yoga for persistent fatigue in breast cancer survivors: a randomized controlled trial.** Cancer. 2012 Aug 1;118(15):3766-75.

MM, Barta M, Goodman M, Cox CE, Kip KE. **Randomized controlled trial of mindfulness-based stress reduction (MBSR) for survivors of breast cancer.** Psychooncology. 2009 Dec;18(12):1261-72.

Galantino ML, Greene L, Archetto B, Baumgartner M, Hassall P, Murphy JK, Umstetter J, Desai K. **A qualitative exploration of the impact of yoga on breast cancer survivors with aromatase inhibitor-associated arthralgias.** Explore (NY). 2012 Jan-Feb;8(1):40-7.

Levine AS, Balk JL. **Pilot study of yoga for breast cancer survivors with poor quality of life.** Complement Ther Clin Pract. 2012 Nov;18(4):241-5.

- **Cancer (Please also see under specific conditions, e.g. Breast, Ovarian)**

Culos-Reed, S, Carlson, LE, et al, **Discovering the physical and psychological benefits of yoga for cancer survivors.** International Journal of Yoga Therapy, 2004 (14), 45-52.

Cohen L, Warneke C, et al. **Psychological adjustment and sleep quality in a randomized trial of the effects of a Tibetan yoga intervention in patients with lymphoma.** Cancer. 2004 May 15;100(10):2253-60.

Raghavendra RM, Vadiraja HS, Nagarathna R, Nagendra HR, Rekha M, Vanitha N, Gopinath KS, Srinath BS, Duncan MD, Leis A, Taylor-Brown JW. **Impact and outcomes of an Iyengar yoga program in a cancer centre.** Curr Oncol. 2008 Aug;15 Suppl 2:s109.es72-8.

Specia M, Carlson LE, Goodey E, Angen M, **A randomized, wait-list controlled clinical trial: the effect of a mindfulness meditation-based stress reduction program on mood and symptoms of stress in cancer outpatients.** Psychosom Med 2000 Sep-Oct;62(5):613-22.

Ulger O, Yağlı NV. **Effects of yoga on the quality of life in cancer patients.** Complement Ther Clin Pract. 2010 May; 16(2):60-3.

Dhruva A, Miaskowski C, Abrams D, Acree M, Cooper B, Goodman S, Hecht FM. **Yoga breathing for cancer chemotherapy-associated symptoms and quality of life: results of a pilot randomized controlled trial.** J Altern Complement Med. 2012 May;18(5):473-9.

Lengacher CA, Johnson-Mallard V, Post-White J, Moscoso MS, Jacobsen PB, Klein TW, Widen RH, Fitzgerald SG, Shelton Hayama Y, Inoue T. **The effects of deep breathing on 'tension-anxiety' and fatigue in cancer patients undergoing adjuvant chemotherapy.** Complement Ther Clin Pract. 2012 May;18(2):94-8.

- **Carpal Tunnel Syndrome**

Garfinkel MS, Singhal A, Katz WA, Allan DA, Reshetar R, Schumacher HR Jr. **Yoga-based intervention for carpal tunnel syndrome: a randomized trial.** JAMA. 1998 Nov 11;280(18):1601-3.

- **Chronic Fatigue Syndrome**

Sampalli T, Berlasso E, Fox R, Petter M. **A controlled study of the effect of a mindfulness-based stress reduction technique in women with multiple chemical sensitivity, chronic fatigue syndrome, and fibromyalgia.** J Multidiscip Healthc. 2009 Apr 7;2:53-9.

- **Chronic Obstructive Pulmonary Disease (e.g. Emphysema)**

Tandon MK. [Adjunct treatment with yoga in chronic severe airways obstruction](#). Thorax. 1978 Aug;33(4):514-7.

Kulpati DD, Kamath RK, Chauhan MR. [The influence of physical conditioning by yogasanas and breathing exercises in patients of chronic obstructive lung disease](#). J Assoc Physicians India. 1982 Dec;30(12):865-8.

Pomidori L, Campigotto F, Amatya TM, Bernardi L, Cogo A. [Efficacy and tolerability of yoga breathing in patients with chronic obstructive pulmonary disease: a pilot study](#). J Cardiopulm Rehabil Prev. 2009 Mar-Apr;29(2):133-7.

Donesky-Cuenco D, Nguyen HQ, Paul S, Carrieri-Kohlman V. [Yoga therapy decreases dyspnea-related distress and improves functional performance in people with chronic obstructive pulmonary disease: a pilot study](#). J Altern Complement Med. 2009 Mar;15(3):225-34.

Behera D. [Yoga therapy in chronic bronchitis](#). J Assoc Physicians India. 1998 Feb;46(2):207-8.

Fulambarker A, Farooki B, Kheir F, Copur AS, Srinivasan L, Schultz S. [Effect of Yoga in Chronic Obstructive Pulmonary Disease](#). Am J Ther. 2010 Oct 22. [Epub ahead of print]

- **Congestive Heart Failure**

Bernardi L, Spadacini G, Bellwon J, Hajric R, Roskamm H, Frey AW. [Effect of breathing rate on oxygen saturation and exercise performance in chronic heart failure](#). Lancet. 1998 May 2;351(9112):1308-11.

Pullen PR, Nagamia SH, Mehta PK, Thompson WR, Benardot D, Hammoud R, Parrott JM, Sola S, Khan BV. [Effects of yoga on inflammation and exercise capacity in patients with chronic heart failure](#). J Card Fail. 2008 Jun;14(5):407-13.

Pullen PR, Thompson WR, Benardot D, Brandon LJ, Mehta PK, Rifai L, Vadnais DS, Parrott JM, Khan BV. [The Benefits of Yoga for African American Heart Failure Patients](#). Med Sci Sports Exerc. 2009 Nov 27. [Epub ahead of print]

Howie-Esquivel J, Lee J, Collier G, Mehling W, Fleischmann K. [Yoga in heart failure patients: a pilot study](#). J Card Fail. 2010 Sep;16(9):742-9. doi: 10.1016/j.cardfail.2010.04.011. Epub 2010 Jun 8.

- **Depression**

Khumar SS, Kaur P, Kaur S. [Effectiveness of shavasana on depression among university students](#). Indian J Clin Psychol 1993; 20: 82-87.

Woolery A, Myers H, Sternlieb B, Zeltzer L. [A yoga intervention for young adults with elevated symptoms of depression](#). Altern Ther Health Med. 2004 Mar Apr;10(2):60-3.

Shapiro D, Cook IA, Davydov DM, Ottaviani C, Leuchter AF, Abrams M. [Yoga as a Complementary Treatment of Depression: Effects of Traits and Moods on Treatment Outcome](#). Evid Based Complement Alternat Med. 2007 Dec;4(4): 493-502.

Miller JJ, Fletcher K, Kabat-Zinn J. [Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders](#). Gen Hosp Psychiatry. 1995 May;17(3):192-200.

Butler LD, Waelde LC, Hastings TA, Chen XH, Symons B, Marshall J, Kaufman A, Nagy TF, Blasey CM, Seibert EO, Spiegel D. [Meditation with yoga, group therapy with hypnosis, and psychoeducation for long-term depressed mood: a randomized pilot trial](#). J Clin Psychol. 2008 Jul;64(7):806-20.

Davidson RJ, Kabat-Zinn J, Schumacher J, Rosenkranz M, Muller D, Santorelli SF, Urbanowski F, Harrington A, Bonus K, Sheridan JF. [Alterations in brain and immune function produced by mindfulness meditation](#). Psychosom Med. 2003 Jul-Aug;65(4):564-70.

Uebelacker LA, Tremont G, Epstein-Lubow G, Gaudio BA, Gillette T, Kalibatseva Z, Miller IW. [Open trial of Vinyasa yoga for persistently depressed individuals: evidence of feasibility and acceptability](#). Behav Modif. 2010 May;34(3): 247-64.

Chen KM, Chen MH, Lin MH, Fan JT, Lin HS, Li CH. [Effects of yoga on sleep quality and depression in elders in assisted living facilities](#). J Nurs Res. 2010 Mar;18(1):53-61.

Streeter CC, Whitfield TH, Owen L, Rein T, Karri SK, Yakhkind A, Perlmutter R, Prescott A, Renshaw PF, Ciraulo DA, Jensen JE. [Effects of yoga versus walking on mood, anxiety, and brain GABA levels: a randomized controlled MRS study](#). J Altern Complement Med. 2010 Nov;16(11):1145-52. Epub 2010 Aug 19.

Javnbakht M, Hejazi Kenari R, Ghasemi M. [Effects of yoga on depression and anxiety of women](#). Complement Ther Clin Pract. 2009 May;15(2):102-4.

- **Diabetes**

- Shembekar, AG and Kate, SK. **Yoga exercises in the management of diabetes mellitus**. Journal of the Diabetes Association of India, 1980 (20) 167-171.
- Jain SC, Uppal A, Bhatnagar SO, Talukdar B. [A study of response pattern of non insulin dependent diabetics to yoga therapy](#). Diabetes Res Clin Pract. 1993 Jan;19(1):69-74.
- Monro R E, Power J, Coumar A, Nagarathna R, Dandona P 1992 [Yoga Therapy for NIDDM](#). Complementary Medical Research 6: 66–88.
- Singh S, Malhotra V, Singh KP, Madhu SV, Tandon OP. [Role of yoga in modifying certain cardiovascular functions in type 2 diabetic patients](#). Assoc Physicians India. 2004 Mar;52:203-6.
- Malhotra V, Singh S, Singh KP, Gupta P, Sharma SB, Madhu SV, Tandon OP. [Study of yoga asanas in assessment of pulmonary function in NIDDM patients](#). Indian J Physiol Pharmacol. 2002 Jul;46(3):313-20.
- 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.
- Malhotra V, Singh S, Tandon OP, Sharma SB. [The beneficial effect of yoga in diabetes](#). Nepal Med Coll J. 2005 Dec;7(2): 145-7.
- Malhotra V, Singh S, Tandon OP, Madhu SV, Prasad A, Sharma SB. [Effect of Yoga asanas on nerve conduction in type 2 diabetes](#). Indian J Physiol Pharmacol. 2002 Jul;46(3):298- 306.

- **Drug Withdrawal**

- Chauhan, SKS. **Role of yogic exercises in the Withdrawl [sic] Symptoms of Drug Addicts**, Yoga Mimamsa. 1992 Jan; 30 (4): 21-23.

- **Eating Disorders**

- Daubenmier, JJ. [The relationship of yoga, body awareness, and body responsiveness to self-objectification and disordered eating](#). Psychol of Women Q, Vol 29 (2), June 2005, pp. 207-219.
- Carei TR, Fyfe-Johnson AL, Breuner CC, Brown MA. [Randomized controlled clinical trial of yoga in the treatment of eating disorders](#). J Adolesc Health. 2010 Apr;46(4):346-51.

- **Epilepsy**

- Panjwani U, Selvamurthy W, Singh SH, Gupta HL, Thakur L, Rai UC. [Effect of Sahaja yoga practice on seizure control & EEG changes in patients of epilepsy](#). Indian J Med Res. 1996 Mar;103:165-72.
- Rajesh B, Jayachandran D, Mohandas G, Radhakrishnan K. [A pilot study of a yoga meditation protocol for patients with medically refractory epilepsy](#). J Altern Complement Med. 2006 May;12(4):367-71.
- Sathyaprabha TN, Satishchandra P, Pradhan C, Sinha S, Kaveri B, Thennarasu K, Murthy BT, Raju TR. [Modulation of cardiac autonomic balance with adjuvant yoga therapy in patients with refractory epilepsy](#). Epilepsy Behav. 2008 Feb; 12(2):245-52.
- Lundgren T, Dahl J, Yardi N, Melin L. [Acceptance and Commitment Therapy and yoga for drug-refractory epilepsy: a randomized controlled trial](#). Epilepsy Behav. 2008 Jul;13(1):102-8.

- **Fatigue**

- Boehm K, Ostermann T, Milazzo S, Büssing A. [Effects of yoga interventions on fatigue: a meta-analysis](#). Evid Based Complement Alternat Med. 2012;2012:124703.
- Bower JE, Garet D, Sternlieb B, Ganz PA, Irwin MR, Olmstead R, Greendale G. [Yoga for persistent fatigue in breast cancer survivors: a randomized controlled trial](#). Cancer. 2012 Aug 1;118(15):3766-75. doi: 10.1002/cncr.26702.
- Hayama Y, Inoue T. [The effects of deep breathing on 'tension-anxiety' and fatigue in cancer patients undergoing adjuvant chemotherapy](#). Complement Ther Clin Pract. 2012 May;18(2):94-8. doi: 10.1016/j.ctcp.2011.10.001. Epub 2011 Nov 9.

- **Fibromyalgia**

- da Silva GD, Lorenzi-Filho G, Lage LV. [Effects of yoga and the addition of Tui Na in patients with fibromyalgia](#). J Altern Complement Med. 2007 Dec;13(10):1107-13.

- Randolph, PD, Caldera YM, Tacone AM et al. **The long-term combined effects of medical treatment and a mindfulness-based behavioral program for the multidisciplinary management of chronic pain in West Texas.** Pain Digest (1999) 9:103-112.
- Kenneth H. Kaplan, M.D, Don L. Goldenberg, M.D., and Maureen Galvin Nadeau, M.S., C.S., **The Impact of a Meditation-Based Stress Reduction Program on Fibromyalgia.** General Hospital Psychiatry 15, 284-289, 1993.
- Kabat-Zinn J. **An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: theoretical considerations and preliminary results.** Gen Hosp Psychiatry. 1982 Apr;4(1):33-47.
- Schmidt S, Grossman P, Schwarzer B, Jena S, Naumann J, Walach H. **Treating fibromyalgia with mindfulness-based stress reduction: Results from a 3-armed randomized controlled trial.** Pain. 2010 Dec 10. [Epub ahead of print]
- Carson JW, Carson KM, Jones KD, Bennett RM, Wright CL, Mist SD. **A pilot randomized controlled trial of the Yoga of Awareness program in the management of fibromyalgia.** Pain. 2010 Nov;151(2):530-9.
- Schmidt S, Grossman P, Schwarzer B, Jena S, Naumann J, Walach H. **Treating fibromyalgia with mindfulness-based stress reduction: results from a 3-armed randomized controlled trial.** Pain. 2011 Feb;152(2):361-9.
- Sampalli T, Berlasso E, Fox R, Petter M. **A controlled study of the effect of a mindfulness-based stress reduction technique in women with multiple chemical sensitivity, chronic fatigue syndrome, and fibromyalgia.** J Multidiscip Healthc. 2009 Apr 7;2:53-9.
- Grossman P, Tiefenthaler-Gilmer U, Raysz A, Kesper U. **Mindfulness training as an intervention for fibromyalgia: evidence of postintervention and 3-year follow-up benefits in well-being.** Psychother Psychosom. 2007;76(4):226-33.
- Sephton SE, Salmon P, Weissbecker I, Ulmer C, Floyd A, Hoover K, Studts JL. **Mindfulness meditation alleviates depressive symptoms in women with fibromyalgia: results of a randomized clinical trial.** Arthritis Rheum. 2007 Feb 15;57(1):77-85.
- **Gait (Walking) Problems**
Ulger O, Yağlı NV. **Effects of yoga on balance and gait properties in women with musculoskeletal problems: A pilot study.** Complement Ther Clin Pract. 2011 Feb;17(1):13-5. doi: 10.1016/j.ctcp.2010.06.006. Epub 2010 Jul 15.
 - **Guillain-Barré Syndrome**
Sendhilkumar R, Gupta A, Nagarathna R, Taly AB. **Effect of pranayama and meditation as an add-on therapy in rehabilitation of patients with Guillain-Barré syndrome-a randomized control pilot study.** Disabil Rehabil. 2012 May 24.
 - **Heart Disease**
Friedell, A. (1948). **Automatic attentive breathing in angina pectoris.** Minnesota Medicine, 31, 875-881.
Bernardi L, Spadacini G, et al. **Effect of breathing rate on oxygen saturation and exercise performance in chronic heart failure.** Lancet. 1998 May 2;351(9112):1308-11.
Ornish DM, Scherwitz LW, Doody RS, Kesten D, McLanahan SM, Brown SE, DePuey G, Sonnemaker R, Haynes C, Lester J, McAllister GK, Hall RJ, Burdine JA, Gotto AM. **Effects of stress management training and dietary changes in treating ischemic heart disease.** JAMA. 1983;249:54-59.
Ornish DM, Brown SE, Scherwitz LW, et al. **Can lifestyle changes reverse coronary atherosclerosis? The Lifestyle Heart Trial.** The Lancet. 1990; 336:129 133.
Gould KL, Ornish D, Scherwitz L, et al. **Changes in myocardial perfusion abnormalities by positron emission tomography after long-term, intense risk factor modification.** JAMA. 1995;274:894-901.
Koertge J, Weidner G, Elliott-Eller M, Scherwitz L, Merritt-Worden TA, Marlin R, Lipsenthal L, Guarneri M, Finkel R, Saunders Jr DE, McCormac P, Scheer JM, Collins RE, Ornish D. **Improvement in medical risk factors and quality of life in women and men with coronary artery disease in the Multicenter Lifestyle Demonstration Project.** Am J Cardiol. 2003 Jun 1;91(11):1316-22.
Ornish D. **Avoiding revascularization with lifestyle changes: The Multicenter Lifestyle Demonstration Project.** Am J Cardiol. 1998 Nov 26;82(10B):72T-76T.
Yogendra J, Yogendra HJ, Ambardekar S, Lele RD, Shetty S, Dave M, Husein N. **Beneficial effects of yoga lifestyle on reversibility of ischaemic heart disease: caring heart project of International Board of Yoga.** J Assoc Physicians India. 2004 Apr; 52:283-9.
Mahajan AS, Reddy KS, Sachdeva U. **Lipid profile of coronary risk subjects following yogic lifestyle intervention.** Indian Heart J. 1999 Jan-Feb;51(1):37-40.

Khare KC; Rai S. [Study of lipid profile in post myocardial infarction subjects following yogic life style intervention.](#) Indian Practitioner. 2002 Jun; 55(6): 369-73.

Singh RB, Singh NK, Rastogi SS, Mani UV, Niaz MA. [Effects of diet and lifestyle changes on atherosclerotic risk factors after 24 weeks on the Indian Diet Heart Study.](#) Am J Cardiol. 1993 Jun 1;71(15):1283-8.

Alexander GK, Innes KE, Selfe TK, Brown CJ. ["More than I expected": Perceived benefits of yoga practice among older adults at risk for cardiovascular disease.](#) Complementary Therapies in Medicine [Volume 21, Issue 1](#) , Pages 14-28, February 2013.

- **Hemorrhoids**

Agarwal, B and Mahajan, K, **Presentation at Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) 2008 Annual Scientific Session and Postgraduate Course, Philadelphia.**

- **High Blood Pressure**

C. H. Patel, ["Yoga and bio-feedback in the management of hypertension."](#) Lancet, vol. 2, no. 837, pp. 1053-5, 1973.

Patel C, ["12-month follow-up of yoga and bio-feedback in the management of hypertension."](#), Lancet, v1, n7898, Jan 11 1975, pp. 62-4.

Sundar S, Agrawal S, Singh V, Bhattacharya S, Udupa K, Vaish S. [Role of yoga in management of essential hypertension.](#) Acta Cardiol 1984; 39: 203-8.

Datey KK, Deshmukh SN, Dalvi CP, Vinekar SL. ["Shavasana": A yogic exercise in the management of hypertension.](#) Angiology. 1969 Jun;20(6):325-33.

Murugesan R., Govindarajulu, N., Bera, TK. [Effect of selected yogic practices on the management of hypertension.](#) Indian Journal of Physiology & Pharmacology. (2000). 44, 207-10.

Alexander CN, Schneider RH, et al. [Trial of stress reduction for hypertension in older African Americans. II. Sex and risk subgroup analysis.](#) Hypertension. 1996 Aug;28(2):228- 37.

Barnes VA, Treiber FA, Johnson MH. [Impact of transcendental meditation on ambulatory blood pressure in African-American adolescents.](#) Am J Hypertens. 2004 Apr;17(4):366-9.

Viskoper R, Shapira I, et al. [Nonpharmacologic treatment of resistant hypertensives by Device-Guided slow breathing exercises.](#) Am J Hypertens. 2003 Jun;16(6):484-7.

Mizuno J, Monteiro, HL. [An assessment of a sequence of yoga exercises to patients with arterial hypertension.](#) J Bodyw Mov Ther. 2013 Jan;17(1):35-41.

- **HIV/AIDS**

Robinson FP, Mathews HL, Witek-Janusek L. [Psycho-endocrine-immune response to mindfulness-based stress reduction in individuals infected with the human immunodeficiency virus: a quasiexperimental study.](#) J Altern Complement Med. 2003 Oct;9(5):683-94.

SeyedAlinaghi S, Jam S, Foroughi M, Imani A, Mohraz M, Djavid GE, Black DS. [Randomized controlled trial of mindfulness-based stress reduction delivered to human immunodeficiency virus-positive patients in Iran: effects on CD4⁺ T lymphocyte count and medical and psychological symptoms.](#) Psychosom Med. 2012 Jul-Aug;74(6):620-7.

Duncan LG, Moskowitz JT, Neilands TB, Dilworth SE, Hecht FM, Johnson MO. [Mindfulness-based stress reduction for HIV treatment side effects: a randomized, wait-list controlled trial.](#) J Pain Symptom Manage. 2012 Feb;43(2):161-71. doi: 10.1016/j.jpainsymman.2011.04.007.

Jam S, Imani AH, Foroughi M, SeyedAlinaghi S, Koochak HE, Mohraz M. [The effects of mindfulness-based stress reduction \(MBSR\) program in Iranian HIV/AIDS patients: a pilot study.](#) Acta Med Iran. 2010 Mar-Apr;48(2):101-6.

Creswell JD, Myers HF, Cole SW, Irwin MR. [Mindfulness meditation training effects on CD4⁺ T lymphocytes in HIV-1 infected adults: a small randomized controlled trial.](#) Brain Behav Immun. 2009 Feb;23(2):184-8.

- **Hypothyroidism**

Swami P, Singh S, Singh B, Dave R, Udainiya R. [The impact of yoga upon female patients suffering from hypothyroidism.](#) Complement Ther Clin Pract. 2011 Aug;17(3):132-4

- **Infertility**

Domar AD, Clapp D, Slawsby EA, Dusek J, Kessel B, Freizinger M. [Impact of group psychological interventions on pregnancy rates in infertile women.](#) by in Fertil Steril. 2000 Apr; 73(4): 805-11.

Domar AD, Friedman R, Zuttermeister PC, [Distress and conception in infertile women: a complementary approach.](#) J Am Med Womens Assoc. 1999 Fall; 54(4): 196-8.

- **Inguinal Hernia**

Alagesan J, Venkatachalam S, Ramadass A, Mani SB. [Effect of yoga therapy in reversible inguinal hernia: A quasi experimental study.](#) Int J Yoga. 2012 Jan;5(1):16-20.

- **Insomnia**

[Perceived benefits in a behavioral-medicine insomnia program: a clinical report,](#) by Jacobs GD, Benson H and Friedman R in the American Journal of Medicine, 1996 Feb;100(2):212-6.

Khalsa SB. [Treatment of chronic insomnia with yoga: a preliminary study with sleep-wake diaries.](#) Appl Psychophysiol Biofeedback. 2004 Dec;29(4):269-78.

Cohen L, Warneke C, et al. [Psychological adjustment and sleep quality in a randomized trial of the effects of a Tibetan yoga intervention in patients with lymphoma.](#) Cancer. 2004 May 15;100(10):2253-60.

Chen KM, Chen MH, Lin MH, Fan JT, Lin HS, Li CH. [Effects of yoga on sleep quality and depression in elders in assisted living facilities.](#) J Nurs Res. 2010 Mar;18(1):53-61.

Afonso RF, Hachul H, Kozasa EH, Oliveira Dde S, Goto V, Rodrigues D, Tufik S, Leite JR. [Yoga decreases insomnia in postmenopausal women: a randomized clinical trial.](#) Menopause. 2012 Feb;19(2):186-93.

Gross CR, Kreitzer MJ, Reilly-Spong M, Wall M, Winbush NY, Patterson R, Mahowald M, Cramer-Bornemann M. [Mindfulness-based stress reduction versus pharmacotherapy for chronic primary insomnia: a randomized controlled clinical trial.](#) Explore (NY). 2011 Mar-Apr;7(2):76-87.

- **Irritable Bowel Syndrome**

Taneja I, Deepak KK, et al. [Yogic versus conventional treatment in diarrhea predominant irritable bowel syndrome: a randomized control study.](#) Appl Psychophysiol Biofeedback. 2004 Mar;29(1):19-33.

Keefer L, Blanchard EB. [The effects of relaxation response meditation on the symptoms of irritable bowel syndrome: results of a controlled treatment study.](#) Behav Res Ther. 2001 Jul;39(7):801-11.

Keefer L, Blanchard EB. [A one year follow-up of relaxation response meditation as a treatment for irritable bowel syndrome.](#) Behav Res Ther. 2002 May;40(5):541-6.

Kumar, Virendra. [A study on the therapeutic potential of some hathayogic methods in the management of irritable bowel syndrome.](#) The Journal of The International Association of Yoga Therapists, 1992, no. 3, pp. 25-38.

Zernicke KA, Campbell TS, Blustein PK, Fung TS, Johnson JA, Bacon SL, Carlson LE. [Mindfulness-Based Stress Reduction for the Treatment of Irritable Bowel Syndrome Symptoms: A Randomized Wait-list Controlled Trial.](#) Int J Behav Med. 2012 May 23.

- **Kidney Failure**

Yurtkuran M, Alp A, Yurtkuran M, Dilek K.. [A modified yoga-based exercise program in hemodialysis patients: a randomized controlled study.](#) Complement Ther Med. 2007 Sep;15(3):164-71.

Telles S, Balkrishna A. [Yoga and diet change influence renal functions in the obese.](#) Med Sci Monit. 2010 Oct 1;16(10):LE15.

- **Lymphoma**

Cohen L, Warneke C, Fouladi RT, Rodriguez MA, Chaoul-Reich A. [Psychological adjustment and sleep quality in a randomized trial of the effects of a Tibetan yoga intervention in patients with lymphoma.](#) Cancer. 2004 May 15;100(10):2253-60.

- **Mental Developmental Impairment**

Uma K, Nagendra HR, Nagarathna R, Vaidehi S, Seethalakshmi R. [The integrated approach of yoga: a therapeutic tool for mentally retarded children: a one-year controlled study.](#) J Ment Defic Res. 1989 Oct;33 (Pt 5):415-21.

- **Menopausal (and Perimenopausal) Symptoms**

Irvin JH, Domar AD, Clark C, Zuttermeister PC, Friedman R. [The effects of relaxation response training on menopausal symptoms.](#) J Psychosom Obstet Gynaecol. 1996;17:202- 7.

- Freedman RR, Woodward S. [Behavioral treatment of menopausal hot flashes: evaluation by ambulatory monitoring.](#) Am J Obstet Gynecol. 1992;167:436-9.
- Carson JW, Carson KM, Porter LS, Keefe FJ, Seewaldt VL. [Yoga of Awareness program for menopausal symptoms in breast cancer survivors: results from a randomized trial.](#) Support Care Cancer. 2009 Feb 12.
- Chattha R, Nagarathna R, Padmalatha V, Nagendra HR. [Effect of yoga on cognitive functions in climacteric syndrome: a randomised control study.](#) BJOG. 2008 Jul;115(8):991-1000.
- Chattha R, Raghuram N, Venkatram P, Hongasandra NR. [Treating the climacteric symptoms in Indian women with an integrated approach to yoga therapy: a randomized control study.](#) Menopause. 2008 Sep-Oct;15(5):862-70.
- Booth-LaForce C, Thurston RC, Taylor MR. [A pilot study of a Hatha yoga treatment for menopausal symptoms.](#) Maturitas. 2007 Jul 20;57(3):286-95.
- Afonso RF, Hachul H, Kozasa EH, Oliveira Dde S, Goto V, Rodrigues D, Tufik S, Leite JR. [Yoga decreases insomnia in postmenopausal women: a randomized clinical trial.](#) Menopause. 2012 Feb;19(2):186-93.
- Carmody JF, Crawford S, Salmoirago-Blotcher E, Leung K, Churchill L, Olenzki N. [Mindfulness training for coping with hot flashes: results of a randomized trial.](#) Menopause. 2011 Jun;18(6):611-20.
- **Menstrual Disorders**

Chien LW, Chang HC, Liu CF. [Effect of Yoga on Serum Homocysteine and Nitric Oxide Levels in Adolescent Women With and Without Dysmenorrhea.](#) J Altern Complement Med. 2012 Sep 10.

Rani K, Tiwari S, Singh U, Singh I, Srivastava N. [Yoga Nidra as a complementary treatment of anxiety and depressive symptoms in patients with menstrual disorder.](#) Int J Yoga. 2012 Jan;5(1):52-6.

Rakhshae Z. [Effect of three yoga poses \(cobra, cat and fish poses\) in women with primary dysmenorrhea: a randomized clinical trial.](#) J Pediatr Adolesc Gynecol. 2011 Aug;24(4):192-6.
 - **Metabolic Syndrome**

Lee JA, Kim JW, Kim DY. [Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women.](#) Menopause. 2012 Mar;19(3):296-301.
 - **Migraine and Tension Headaches**

John PJ, Sharma N, Sharma CM, Kankane A. [Effectiveness of yoga therapy in the treatment of migraine without aura: a randomized controlled trial.](#) Headache. 2007 May;47(5):654-61.

Kabat-Zinn J. [An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: theoretical considerations and preliminary results.](#) Gen Hosp Psychiatry. 1982 Apr;4(1):33-47.

Latha S & KV Kaliappan. [Efficacy of yoga therapy in the management of headaches.](#) Journal of Indian Psychology, 1992, Vol.10, Nos.1& 2 p. 41-47.

Prabhakar, S.; Verma, S.K.; Grover, P.; Chopra, J.S. [Role of Yoga in the treatment of Psychogenic Headache.](#) Neurology India 1991 Jan; 39(1): 11-8

Sharma P, Sharma N. [Effectiveness of integrated yoga therapy in treatment of chronic migraine: randomized controlled trial.](#) BMC Complement Altern Med. 2012; 12(Suppl 1): O40.
 - **Multiple Sclerosis**

Oken BS, Kishiyama S, Zajdel D, Bourdette D, Carlsen J, Haas M, Hugos C, Kraemer DF, Lawrence J, Mass M. [Randomized controlled trial of yoga and exercise in multiple sclerosis.](#) Neurology. 2004 Jun 8;62(11):2058-64.

Velikonja O, Curić K, Ozura A, Jazbec SS. [Influence of sports climbing and yoga on spasticity, cognitive function, mood and fatigue in patients with multiple sclerosis.](#) Clin Neurol Neurosurg. 2010 Sep;112(7):597-601.

Patil NJ, Nagaratna R, Garner C, Raghuram NV, Crisan R. [Effect of integrated Yoga on neurogenic bladder dysfunction in patients with multiple sclerosis-A prospective observational case series.](#) Complement Ther Med. 2012 Dec;20(6): 424-30. doi: 10.1016/j.ctim.2012.08.003. Epub 2012 Oct 9.
 - **Muscular Dystrophy**

Telles S, Balkrishna A, Maharana K. [Effect of yoga and ayurveda on duchenne muscular dystrophy.](#) Indian J Palliat Care. 2011 May;17(2):169-70.

- **Neck Pain**

Yogitha B, Nagarathna R, John E, Nagendra H. [Complimentary effect of yogic sound resonance relaxation technique in patients with common neck pain.](#) Int J Yoga. 2010 Jan–Jun; 3(1): 18–25. doi: 10.4103/0973-6131.66774. PMID: PMC2952120.

Michalsen A, Traiteur H, Lüdtke R, Brunnhuber S, Meier L, Jeitler M, Büssing A, Kessler C. [Yoga for chronic neck pain: a pilot randomized controlled clinical trial.](#) J Pain. 2012 Nov;13(11):1122-30.

- **Neuroses (e.g. Phobias)**

Vahia NS, Doongaji DR, Jeste DV, Kapoor SM, Ardhapurkar I and Ravindranath S: [Further experience with the therapy based upon concepts of Patanjali in the treatment of psychiatric disorders.](#) Indian Journal of Psychiatry 15:32-37, 1973.

- **Obesity**

Telles S, Naveen VK, Balkrishna A, Kumar S. [Short term health impact of a yoga and diet change program on obesity.](#) Med Sci Monit. 2010 Jan;16(1):CR35-40.

Lee JA, Kim JW, Kim DY. [Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women.](#) Menopause. 2012 Mar;19(3):296-301.

Benavides S, Caballero J. [Ashtanga yoga for children and adolescents for weight management and psychological well being: an uncontrolled open pilot study.](#) Complement Ther Clin Pract. 2009 May;15(2):110-4.

- **Obsessive Compulsive Disorder (OCD)**

Shannahoff-Khalsa DS, Beckett LR. [Clinical case report: efficacy of yogic techniques in the treatment of obsessive compulsive disorders.](#) Int J Neurosci. 1996 Mar;85(1-2):1-17.

Shannahoff-Khalsa, DS, Ray LE, Levine, S, Gallen, CC, Schwartz, BJ, Sidorowich, JJ, [Randomized Controlled Trial of Yogic Meditation Techniques for Patients with Obsessive Compulsive Disorders.](#) CNS Spectrums: The International Journal of Neuropsychiatric Medicine, vol 4, no. 12, pp 34-46, 1999.

- **Organ Transplant**

Gross CR, Kreitzer MJ, Thomas W, Reilly-Spong M, Cramer-Bornemann M, Nyman JA, Frazier P, Ibrahim HN. [Mindfulness-based stress reduction for solid organ transplant recipients: a randomized controlled trial.](#) Altern Ther Health Med. 2010 Sep–Oct;16(5):30-8.

Gross CR, Kreitzer MJ, Russas V, Treesak C, Frazier PA, Hertz MI. [Mindfulness meditation to reduce symptoms after organ transplant: a pilot study.](#) Adv Mind Body Med. 2004 Summer;20(2):20-9.

- **Osteoporosis**

Greendale GA, McDivit A, Carpenter A, Seeger L, Huang MH. [Yoga for women with hyperkyphosis: results of a pilot study.](#) Am J Public Health. 2002 Oct;92(10):1611-4.

Tüzün S, Aktas I, Akarirmak U, Sipahi S, Tüzün F. [Yoga might be an alternative training for the quality of life and balance in postmenopausal osteoporosis.](#) Eur J Phys Rehabil Med. 2010 Mar;46(1):69-72.

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

Phosuwan M, Kritpet T, Yuktanandana P. [The effects of weight bearing yoga training on the bone resorption markers of the postmenopausal women.](#) J Med Assoc Thai. 2009 Sep;92 Suppl5:S102-8.

- **Osteoarthritis (Degenerative Arthritis)**

Garfinkel MS, Schumacher HR Jr, Husain A, Levy M, Reshetar RA. [Evaluation of a yoga based regimen for treatment of osteoarthritis of the hands.](#) J Rheumatol. 1994 Dec;21(12):2341-3.

Kolasinski SL, Garfinkel M, Tsai AG, Matz W, Dyke AV, Schumacher HR. [Iyengar yoga for treating symptoms of osteoarthritis of the knees: a pilot study.](#) J Altern Complement Med. 2005 Aug;11(4):689-93.

Ebnezar J, Nagarathna R, Yogitha B, Nagendra HR. [Effects of an integrated approach of hatha yoga therapy on functional disability, pain, and flexibility in osteoarthritis of the knee joint: a randomized controlled study.](#) J Altern Complement Med. 2012 May;18(5):463-72.

Ebnezar J, Nagarathna R, Yogitha B, Nagendra HR. [Effect of integrated yoga therapy on pain, morning stiffness and anxiety in osteoarthritis of the knee joint: A randomized control study.](#) Int J Yoga. 2012 Jan;5(1):28-36.

- Ebnezar J, Nagarathna R, Bali Y, Nagendra HR. [Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study.](#) Int J Yoga. 2011 Jul;4(2):55-63.
- Taibi, D, Vitiello, MV. [A pilot study of gentle yoga for sleep disturbance in women with osteoarthritis.](#) Sleep Medicine 12 (2011) 512–517.
- Kabat-Zinn J. [An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: theoretical considerations and preliminary results.](#) Gen Hosp Psychiatry. 1982 Apr;4(1):33-47.
- Kabat-Zinn J, Lipworth L, Burney R. [The clinical use of mindfulness meditation for the self-regulation of chronic pain.](#) J Behav Med. 1985 Jun;8(2):163-90.
- **Ovarian Cancer**
 Danhauer SC, Tooze JA, Farmer DF, Campbell CR, McQuellon RP, Barrett R, Miller BE. [Restorative yoga for women with ovarian or breast cancer: findings from a pilot study.](#) J Soc Integr Oncol. 2008 Spring;6(2):47-58.
 Sohl SJ, Danhauer SC. [Feasibility of a Brief Yoga Intervention during Chemotherapy for Persistent or Recurrent Ovarian Cancer.](#) Explore (NY). 2012 May; 8(3): 197–198.
 Lowe K, Andersen MR, Sweet E, Standish L. [The Effect of Regular Exercise and Yoga on Health-Related Quality of Life Among Ovarian Cancer Survivors.](#) Journal of Evidence-Based Complementary & Alternative Medicine June 17, 2012.
 - **Pain (Chronic)**
 Kabat-Zinn J. [An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: theoretical considerations and preliminary results.](#) Gen Hosp Psychiatry. 1982 Apr;4(1):33-47.
 Kabat-Zinn J, Lipworth L, Burney R. [The clinical use of mindfulness meditation for the self-regulation of chronic pain.](#) J Behav Med. 1985 Jun;8(2):163-90.
 Büssing A, Ostermann T, Lütke R, Michalsen A. [Effects of yoga interventions on pain and pain-associated disability: a meta-analysis.](#) J Pain. 2012 Jan;13(1):1-9. Epub 2011 Dec 16.
 Büssing A, Ostermann T, Lütke R, Michalsen A. [Effects of yoga interventions on pain and pain-associated disability: a meta-analysis.](#) J Pain. 2012 Jan;13(1):1-9.
 Posadzki P, Ernst E, Terry R, Lee MS. [Is yoga effective for pain? A systematic review of randomized clinical trials.](#) Complement Ther Med. 2011 Oct;19(5):281-7.
 Sareen S, Kumari V. [Yoga for rehabilitation in chronic pancreatitis.](#) Gut. 2006 Jul;55(7):1051.
 - **Performance Anxiety**
 Stern JR, Khalsa SB, Hofmann SG. [A yoga intervention for music performance anxiety in conservatory students.](#) Med Probl Perform Art. 2012 Sep;27(3):123-8.
 - **Pleural Effusion (Fluid Collection in the Lining of the Lung)**
 Prakasamma M, Bhaduri A. [A study of yoga as a nursing intervention in the care of patients with pleural effusion.](#) J Adv Nurs. 1984 Mar;9(2):127-33.
 - **Polycystic Ovarian Syndrome**
 Nidhi R, Padmalatha V, Nagarathna R, Amritanshu R. [Effects of a Holistic Yoga Program on Endocrine Parameters in Adolescents with Polycystic Ovarian Syndrome: A Randomized Controlled Trial.](#) J Altern Complement Med. 2012 Jul 18.
 - **Post-Heart Attack Rehabilitation**
 Tulpule TH, Tulpule AT. [Yoga: A method of relaxation for rehabilitation after myocardial infarction.](#) Indian Heart J. 1980 Jan-Feb;32(1):1-7.
 - **Post-Joint Replacement**
 Bedekar N, Prabhu A, Shyam A, Sancheti K, Sancheti P. [Comparative study of conventional therapy and additional yogasanas for knee rehabilitation after total knee arthroplasty.](#) Int J Yoga. 2012 Jul;5(2):118-22.

- **Post-Polio Syndrome**

DeMayo W, Singh B, Duryea B, Riley D. [Hatha yoga and meditation in patients with post-polio syndrome](#). *Altern Ther Health Med*. 2004 Mar-Apr;10(2):24-5.

- **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**

Lynton H, Kligler B, Shiflett S. [Yoga in stroke rehabilitation: a systematic review and results of a pilot study](#). *Top Stroke Rehabil*. 2007 Jul-Aug;14(4):1-8. Review. PubMed PMID: 17698453.

- **Post-Traumatic Stress Disorder (PTSD)**

Telles S, Singh N, Joshi M, Balkrishna A. [Post traumatic stress symptoms and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study](#). *BMC Psychiatry*. 2010 Mar 2;10:18.PMID: 17698453.

Telles S, Singh N, Joshi M. [Risk of posttraumatic stress disorder and depression in survivors of the floods in Bihar, India](#). *Indian J Med Sci*. 2009 Aug;63(8):330-4.

Descilo T, Vedamurtachar A, Gerbarg PL, Nagaraja D, Gangadhar BN, Damodaran B, Adelson B, Braslow LH, Marcus S, Brown RP. [Effects of a yoga breath intervention alone and in combination with an exposure therapy for post-traumatic stress disorder and depression in survivors of the 2004 South-East Asia tsunami](#). *Acta Psychiatr Scand*. 2010 Apr;121(4):289-300. Epub 2009 Aug 19.

Stoller CC, Greuel JH, Cimini LS, Fowler MS, Koomar JA. [Effects of sensory-enhanced yoga on symptoms of combat stress in deployed military personnel](#). *Am J Occup Ther*. 2012 Jan-Feb;66(1):59-68.

Kearney DJ, McDermott K, Malte C, Martinez M, Simpson TL. [Effects of Participation in a Mindfulness Program for Veterans With Posttraumatic Stress Disorder: A Randomized Controlled Pilot Study](#). *J Clin Psychol*. 2012 Aug 28.

Kearney DJ, McDermott K, Malte C, Martinez M, Simpson TL. [Association of participation in a mindfulness program with measures of PTSD, depression and quality of life in a veteran sample](#). *J Clin Psychol*. 2012 Jan;68(1):101-16.

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

Narendran S, Nagarathna R, Narendran V, Gunasheela S, Nagendra HR. [Efficacy of yoga on pregnancy outcome](#). *J Altern Complement Med*. 2005 Apr;11(2):237-44.

Narendran S, Nagarathna R, Gunasheela S, Nagendra HR. [Efficacy of yoga in pregnant women with abnormal Doppler study of umbilical and uterine arteries](#). *J Indian Med Assoc*. 2005 Jan;103(1):12-4, 16-7.

Sun YC, Hung YC, Chang Y, Kuo SC. [Effects of a prenatal yoga programme on the discomforts of pregnancy and maternal childbirth self-efficacy in Taiwan](#). *Midwifery*. 2009 Feb 24.

Chuntharapat S, Petpichetchian W, Hatthakit U. [Yoga during pregnancy: effects on maternal comfort, labor pain and birth outcomes](#). *Complement Ther Clin Pract*. 2008 May;14(2):105-15.

Satyapriya M, Nagendra HR, Nagarathna R, Padmalatha V. [Effect of integrated yoga on stress and heart rate variability in pregnant women](#). *Int J Gynaecol Obstet*. 2009 Mar;104(3):218-22.

Beddoe AE, Lee KA, Weiss SJ, Kennedy HP, Yang CP. [Effects of mindful yoga on sleep in pregnant women: a pilot study](#). *Biol Res Nurs*. 2010 Apr;11(4):363-70.

Muzik M, Hamilton SE, Lisa Rosenblum K, Waxler E, Hadi Z. [Mindfulness yoga during pregnancy for psychiatrically at-risk women: Preliminary results from a pilot feasibility study](#). *Complement Ther Clin Pract*. 2012 Nov;18(4):235-40.

Sun YC, Hung YC, Chang Y, Kuo SC. [Effects of a prenatal yoga programme on the discomforts of pregnancy and maternal childbirth self-efficacy in Taiwan](#). *Midwifery*. 2010 Dec;26(6):e31-6.

Muzik M, Hamilton SE, Lisa Rosenblum K, Waxler E, Hadi Z. [Mindfulness yoga during pregnancy for psychiatrically at-risk women: preliminary results from a pilot feasibility study](#). *Complement Ther Clin Pract*. 2012 Nov;18(4):235-40.

Rakhshani A, Nagarathna R, Mhaskar R, Mhaskar A, Thomas A, Gunasheela S. [The effects of yoga in prevention of pregnancy complications in high-risk pregnancies: a randomized controlled trial](#). *Prev Med*. 2012 Oct;55(4):333-40.

Field T, Diego M, Hernandez-Reif M, Medina L, Delgado J, Hernandez A. [Yoga and massage therapy reduce prenatal depression and prematurity](#). *J Bodyw Mov Ther*. 2012 Apr;16(2):204-9.

Chuntharapat S, Petpichetchian W, Hatthakit U. [Yoga during pregnancy: effects on maternal comfort, labor pain and birth outcomes](#). *Complement Ther Clin Pract*. 2008 May;14(2):105-15.

- **Psoriasis**

Bernhard, J., Kristeller, J. and Kabat-Zinn, J. **Effectiveness of relaxation and visualization techniques as a adjunct to phototherapy and photochemotherapy of psoriasis.** J. Am. Acad. Dermatol. (1988) 19:572-73.

- **Restless Leg Syndrome**

Innes KE, Selve TK. **The Effects of a Gentle Yoga Program on Sleep, Mood, and Blood Pressure in Older Women with Restless Legs Syndrome (RLS): A Preliminary Randomized Controlled Trial.** Evid Based Complement Alternat Med. 2012;2012:294058.

- **Rheumatoid Arthritis**

Badsha H, Chhabra V, Leibman C, Mofti A, Kong KO. **The benefits of yoga for rheumatoid arthritis: results of a preliminary, structured 8-week program.** Rheumatol Int. 2009 Jan 31.

Haslock I, Monro R, Nagarathna R, Nagendra HR and Raghuram NV. **Measuring the Effects of Yoga in Rheumatoid Arthritis.** British Journal of Rheumatology 1994, August, 33(8): 787-8

Dash M, Telles S. **Improvement in hand grip strength in normal volunteers and rheumatoid arthritis patients following yoga training.** Indian J Physiol Pharmacol. 2001 Jul;45(3):355- 60.

Evans S, Moieni M, Taub R, Subramanian SK, Tsao JC, Sternlieb B, Zeltzer LK. **Iyengar yoga for young adults with rheumatoid arthritis: results from a mixed-methods pilot study.** J Pain Symptom Manage. 2010 May;39(5):904-13.

Kabat-Zinn J. **An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: theoretical considerations and preliminary results.** Gen Hosp Psychiatry. 1982 Apr;4(1):33-89-90.

Kabat-Zinn J, Lipworth L, Burney R. **The clinical use of mindfulness meditation for the self-regulation of chronic pain.** J Behav Med. 1985 Jun;8(2):163-90.

Pradhan EK, Baumgarten M, Langenberg P, Handwerker B, Gilpin AK, Magyari T, Hochberg MC, Berman BM. **Effect of Mindfulness-Based Stress Reduction in rheumatoid arthritis patients.** Arthritis Rheum. 2007 Oct 15;57(7):1134-42.

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

Sim MK. Treatment of disease without the use of drugs. VI. **Treatment of rhinitis by a yogic process of cleaning and rubbing the nasal passage with a rubber catheter.** Singapore Med J. 1981 Jun;22(3):121-3.

- **Schizophrenia**

Duraiswamy G, Thirthalli J, Nagendra HR, Gangadhar BN. **Yoga therapy as an add-on treatment in the management of patients with schizophrenia—a randomized controlled trial.** Acta Psychiatr Scand. 2007 Sep;116(3):226-32.

Gangadhar, BN, Ganesan D, Jagadisha, Nagendra HR. **Yoga therapy in the treatment of schizophrenia.** Presented at the 15th International Conference of Frontiers in Yoga Research and Its Applications, December 16-19, 2005, Bangalore, India.

Behere RV, Arasappa R, Jagannathan A, Varambally S, Venkatasubramanian G, Thirthalli J, Subbakrishna DK, Nagendra HR, Gangadhar BN. **Effect of yoga therapy on facial emotion recognition deficits, symptoms and functioning in patients with schizophrenia.** Acta Psychiatr Scand. 2010 Sep 16.

Vancampfort D, De Hert M, Knape J, Wampers M, Demunter H, Deckx S, Maurissen K, Probst M. **State anxiety, psychological stress and positive well-being responses to yoga and aerobic exercise in people with schizophrenia: a pilot study.** Disabil Rehabil. 2010 Aug 18.

Visciglia E, Lewis S. **Yoga therapy as an adjunctive treatment for schizophrenia: a randomized, controlled pilot study.** J Altern Complement Med. 2011 Jul;17(7):601-7.

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

Zaba R. **[Effect of intensive movement rehabilitation and breathing exercise on respiratory parameters in children with idiopathic stage-I scoliosis]** Przegł Lek. 2003;60 Suppl 6:73-5. (In Polish)

- **Sexual Function**

Dhikav V, Karmarkar G, Gupta M, Anand KS. **Yoga in premature ejaculation: a comparative trial with fluoxetine.** J Sex Med. 2007 November;4(6):1726-32. Epub 2007 Sep 21.

Karmarkar G, Verma M, Gupta R, Gupta S, Mittal D, Anand K. **Yoga in Male Sexual Functioning: A Noncomparative Pilot Study.** J Sex Med. 2010 Jul 14.

Dhikav V, Karmarkar G, Gupta R, Verma M, Gupta R, Gupta S, Anand KS. **Yoga in female sexual functions.** J Sex Med. 2010 Feb;7(2 Pt 2):964-70.

Dhikav V, Karmarkar G, Verma M, Gupta R, Gupta S, Mittal D, Anand K. [Yoga in male sexual functioning: a noncomparative pilot study](#). J Sex Med. 2010 Oct;7(10):3460-6. doi: 10.1111/j.1743-6109.2010.01930.x.

- **Sinusitis**

Rabago D, Zgierska A, Mundt M, Barrett B, Bobula J, Maberry R. [Efficacy of daily hypertonic saline nasal irrigation among patients with sinusitis: a randomized controlled trial](#). J Fam Pract 2002;51:1049-55.

- **Smoking Cessation**

Elibero A, Janse Van Rensburg K, Drobos DJ. [Acute effects of aerobic exercise and Hatha yoga on craving to smoke](#). Nicotine Tob Res. 2011 Nov;13(11):1140-8. doi: 10.1093/ntr/ntr163. Epub 2011 Aug 17.

Bock BC, Fava JL, Gaskins R, Morrow KM, Williams DM, Jennings E, Becker BM, Tremont G, [Marcus BH. Yoga as a complementary treatment for smoking cessation in women](#). J Womens Health (Larchmt). 2012 Feb;21(2):240-8. doi: 10.1089/jwh.2011.2963. Epub 2011 Oct 12.

- **Stroke**

Johansson B, Bjuhr H, Rönnbäck L. [Mindfulness-based stress reduction \(MBSR\) improves long-term mental fatigue after stroke or traumatic brain injury](#). Brain Inj. 2012 Jul 13.

- **Total Knee Arthroplasty**

Bedekar N, Prabhu A, Shyam A, Sancheti K, Sancheti P. [Comparative study of conventional therapy and additional yogasanas for knee rehabilitation after total knee arthroplasty](#). Int J Yoga. 2012 Jul;5(2):118-22.

- **Traumatic Brain Injury**

Johansson B, Bjuhr H, Rönnbäck L. [Mindfulness-based stress reduction \(MBSR\) improves long-term mental fatigue after stroke or traumatic brain injury](#). Brain Inj. 2012 Jul 13.

Azulay J, Smart CM, Mott T, Cicerone KD. [A Pilot Study Examining the Effect of Mindfulness-Based Stress Reduction on Symptoms of Chronic Mild Traumatic Brain Injury/Postconcussive Syndrome](#). J Head Trauma Rehabil. 2012 Jun 8.

Silverthorne C, Khalsa SB, Gueth R, Deavilla N, Pansini J. [Respiratory, Physical, and Psychological Benefits of Breath-Focused Yoga for Adults with Severe Traumatic Brain Injury \(TBI\): A Brief Pilot Study Report](#). Int J Yoga Therap. 2012;(22):47-52.

Azulay J, Smart CM, Mott T, Cicerone KD. [A Pilot Study Examining the Effect of Mindfulness-Based Stress Reduction on Symptoms of Chronic Mild Traumatic Brain Injury/Postconcussive Syndrome](#). J Head Trauma Rehabil. 2012 Jun 8.

- **Tuberculosis**

Visweswaraiyah NK, Telles S. [Randomized trial of yoga as a complementary therapy for pulmonary tuberculosis](#). Respiriology. 2004 Mar;9(1):96-101.

Prakasamma M, Bhaduri A. [A study of yoga as a nursing intervention in the care of patients with pleural effusion](#). J Adv Nurs. 1984 Mar;9(2):127-33.

- **Urinary Bladder Dysfunction**

Patil NJ, Nagaratna R, Garner C, Raghuram NV, Crisan R. [Effect of integrated Yoga on neurogenic bladder dysfunction in patients with multiple sclerosis-A prospective observational case series](#). Complement Ther Med. 2012 Dec;20(6):424-30. doi: 10.1016/j.ctim.2012.08.003. Epub 2012 Oct 9.

- **Urinary Stress Incontinence**

Milani, R, Valli, G, Bhole, MV. [Yoga-eutonia in Genuine Stress Incontinence - An exploratory study](#). Yoga Mimamsa. 1992 Jan; 30 (4): 10-20.