



CONDITIONS IMPROVED BY YOGA, SELF-REPORTED

MEDICAL CONDITION	NO. OF PEOPLE SELF REPORTING	PERCENTAGE HELPED BY YOGA
Alcoholism	26	100
Anxiety	838	94
Arthritis and Rheumatic Disorders	589	90
Asthma or Bronchitis	226	88
Back Problems	1,142	98
Cancer	29	90
Diabetes	10	80
Duodenal Ulcers	40	90
Heart Disease	50	94
Hemorrhoids	391	88
High Blood Pressure	150	84
Insomnia	542	82
Menopausal Disorders	247	83
Menstrual Problems	317	68
Migraine	464	80
Neurological and Neuromuscular Diseases	112	96
Obesity	240	74
Premenstrual Syndrome	848	77
Smoking	219	74

Research conducted in 1983-84 by London-based Yoga Biomedical Trust, run by Robin Monro PhD, surveyed 2,700 people between the ages of 31 and 60 who used yoga therapeutically. Participants tended to have practiced yoga for at least 2 hours a week for a year or longer.