

## Curative Value of Yogasanas

S. N.	Disease	Yogasanas
1	Asthma	Parbtatasana, shalabhasana, dhanurasana, matsyasana, gomukhasana, sarvangasana, ustrasana, shashankasana and shavasana
2	Appetite (loss)	Dhanurasana, akaran dhanurasana, mayurasana, mandukasana, sarpasana, shavasana
3	Arthritis	Trikonasana, veerasana, vrikshasana, setubandhasana, siddhasana, natrajasana, ardhmatsyendrasana, halasana, suryanamaskarasana and shavasana
4	Backache	Marjari, bhujangasana, matsasana, ardhmatsyendrasana, ustraasana, makrasana, shalabhasana, vajrasana, dhanurasana and shavasana
5	Bronchitis	Bhujangasana, matsyendrasana, shalabhasana, makarasana, padmasasana, sarvangasana, shashankasana and shavasana

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6	Bile (derangement)	Shalabhasana, halasana
7	Blood pressure (high)	Vajrasana, siddhasana, matsyasana shithilasana and shavasana
8	Blood pressure (low)	Sarvangasana, halasana, vajrasana, padmasana, siddhasana, paschimottanasana shavasana
9	Blood impurities / loss of blood	Bakasana, utkatasana, sarvangasana, vrikshasana
10	Constipation	Paschimottanasana, Setubandhasana, matsyasana, yogamudra, jaanushirasana, halasana, akaran dhanurasana, sarvangasana, shavasana
11	Chronic constipation	Halasana, mayurasana, dhanurasana, matsyasana, parbhasana, padhasthasana, shavasana, nauli, yoga mudra
12	Chest and lungs	Baddha padmasana, utkatasana, sarvangasana, vipreetkarani mudra, vrikshasana, SuryaNamaskar, gomukhasana shavasana
13	Colitis	Shavasana, Tadagimudra
14	Common cold	Neti, anuloma-viloma pranayama shavasana
15	Consumption	Bhastrika, om pranayama, surya namaskara and shavasana / yoga nidra
16	Defective posture	Surya Namaskar, balancing exercises, stretching asanas
17	Drug addictions	Mantra, meditation, pranayama, relaxational asanas, surya namaskara, lion pose



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18	Diabetes	Ardh-matsyendrasana, halasana, matsyasana, mayurasana, parvatasana, paschimottanasana, sarvangasana, yoga mudra, chakrasana, bhujangasana and shavasana.
19	Digestive system disorders	Vajrasana, Sarvangasana, paschimottanasana, padhastasana, trikonasana dhanurasana.
20	Drowsiness	Bakasana, Bhujangasana, uttanpadasana and kukkutasna.
21	Dysentary	Baddha padmasana, kukkutasana
22	Dermatic disease	Padmasana, Siddhasana, simhasana, veerasana, utkatasana, mandukasana, suptvajrasana, vrikshasana and shavasana.
23	Enlargement of liver and the spleen	Sarvangasana, halasana, mayurasana, baddha padmasana.
24	Elephantiasis	Matsyendrasana, utkatasana, utthit ek padshirasana
25	Emotional stress	Mantra, meditation, shithilasana, yoga nidra, shavasana, bhramari pranayama, sheershasana, sarvangasana, shanmukhi mudra shavasana
26	Eye complaints	Eye exercises, neti, yoga mudra, sarvangasana, and shavasana,
27	Fatigue	Shithilasana, mayurasana, yogamudra, sarvangasana shavasana deep breathing sheetli and sheetkari pranayama.
28	Female disorders	Sarvangasana, halasana bhujanagasana, shalbhasana, dhanurasana, vipreetkaranimudra, Shavasana, pranayama

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29	Fatness (obesity)	Mandukasana, paschimottanasana, supta-vajrasana, dhanurasana, ardh matsyendrasana and surya namaskar, uddiyana bandha, trikonasana, sarvangasana, podottanasana, halasana, bhujangasana, kapalbhati pranayama.
30	Flatulence (gas)	Bhujangasana, halasana, dhaurasana, pawanmuktasana.
31	Fever	Siddhasana, gomukhasana and garbhasana, utthita padmasana shavasana.
32	Gall bladder disorders	Dhanurasana, bhujangasana, janushirasana, mayurasana, trikonasana, shavasna.
33	Hernia	Garudasana, trikonasana, utkatasana, matsyasana, sarvangasana, hastpadottanasana, suptvajrasana.
34	Headache	Paschimottanasana, halasana, dhanurasana, vajrasana, sarpasana, sarvangasana, yogamudra, shavasana, naadishodhan pranayama.
35	Heart disease	Shavasana, yoganidra, baddha padmasana, siddhasana, gomukhasana, ustrasana, bhujangasana, shalbhasana (with one leg) padottanasana, makarasana.
36	Indigestion	Ardha-matsyendrasana, bhujangasana, halasana, mayurasana, sarvangasana, shalbhasana, yogamudra, uddiyana bandha, shavasana.
37	Insomnia	Bhujangasana, halasana, parbatasana, paschimottanasana, sarvangasana, shalbhasana, shavasana, yoganidra, surya namaskara, matyasana.
38	Intestinal disease	Garbhasana, baddhahasta padmasana, surya namaskar.



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39	Insanity	Kunjla, enema, trikonasana, navasana, kamarchakrasana, bhujangasana, shalabhasana, dhanurasna, padottanasana, makrasana, sarvangasana, chandrabhedhi and bhramari pranayama.
40	Impotence	Trikonasana, navasana, janushirasana, paschimottanasana, ardhmatsyendrasana, vajrasana, suptvajrasana, gorakshasana, ustrasana, makrasana, sarvangasana, naadishodhan pranayama.
41	Kidney stone	Ardha-matsyendrasana, dhanurasana, matsyasana, vajrasana.
42	Lack of memory	Mantra, meditation, sarvangasana, yogamudra, makarasana, dhanurasana, yoganidra, shavasana, naadishodhan pranayama.
43	Lack of will power	Mantra, meditation, sarvangasana, sheersana, shavasana, trataka, palming.
44	Lack of concentration	Trataka, bandhas, mudras, meditation, sarvangasana, matsyasana, yoga mudra, shavasana.
45	Leprosy	Padmasana, ardhmatsyasana, siddhasana, gomukhasana and veerasana.
46	Leucoderma	Sheersasana, padmasana, siddhasana, simhasana, gomukhasana, vakrasana, vrikshasana.
47	Leg-ailments	Utkatasana, akarandhanurasana padmasana, baddha padmasana
48	Lumbago	Halasana, Bhujangasana, shalabhasana, shavasana.

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49	Leucorrhoea	Yoganidra, garbhasana, suptavajrasana, bhujangasana, makarasana, chakrasana, halasana shavasana.
50	Menstrual disorders	Bhujangasana, shalabhasana, halasana, matsyasana, nauli, agnisarkriya-padhasahana, paschimottanasana, sarvangasana, uddiyana bandha naadishodhan pranayama.
51	Menopause	Setubandhasa, cat, bhujangasana, shavasana, matsyasana, sarvangasana, paschimottanasana.
52	Morbid, excitement, hysteria	Padmasasana, vakrasana, ardh-matsyendrasana, vrikshasana, mandukasana, and vajrasana.
53	Nervous weakness	Parbatasana, paschimottanasana, sarvangasana, sheersasana, meditation padmasana, garudasana, garbhasana, halasana, shavasana.
54	Paralysis	Parbatasana, ardh-matsyendrasana, matsyasana, siddhasana, mandukasana, shavasana, naadishodhan pranayama.
55	Piles	Halasana, matsyasana, sarvangasana, sheersasana, mahamudra gomukhasana, siddhasana paschimottanasana.
56	Prolapse	Setu-bandhasana, sheersasana, sarvangasana.
57	Prostate disorders	Sheersasana, sarvangasana, vajrasana related poses ardh matsyendrasana.
58	Stiffness	Deep breathing shithilasana, navasana, sukshma vyayama (makrasana series) paschimottanasana chakrasana shavasana.



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59	Sexual debility	Nauli, sarvangasana, uddiyanbandha yogamudra, siddhasana, padmasana, paschimottanasana, padangusthasana, suptvajasana, abdominal breathing.
60	Sciatica	Padmasana, paschimottanasana, gomukhasana, vajrasana, padottanasana, janushirasana, padhastana, sarvangasana.
61	Skin diseases	Yoga-mudra, paschimottanasana, bhujangasana, sarvangasana, shavasana, kunjla, sheetali pranayama.
62	Throat disorders	Jalandhar bandha, sarvangasana, halasana, simhasana, matsyasana, suptvajasana, om pranayama, bhrumari pranayama and ujjai pranayama.
63	Thyroid disorders	Konasana, matsyasana, sarvangasana, greevachalana mudra (brahma mudra).
64	Ulcers	Deep diaphragmatic breathing in shavasana.
65	Varicose veins	Sheersasana, sarvangasana, vipreet karanimudra
66	For conception	Sheersasana, sarvangasana, matsyasana, vipreet karani, halasana, bhujangasana, shalabhasana, dhanurasana, paschimottanasana, janushirasana, suptavajasana, ardhmatsyendrasana, bandha konasana, yogamudra and uddiyan bandha.
67	During pregnancy	Bhadrasana, shithilasana, straightening spine column, sukhhasana, padmasana, tadasana, utkatasana, ashvinimudra setubandhasana, ardha halasana, ustrasana, shashankasana, vakrasana,

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67	During pregnancy	Ardhamatsyendrasana, marjariasana, trikonasana, padhastana, gomukhasana (seat suptavajasana) vipreet karani (with wall), sarvangasana (with wall), matsya, shavasana, ujjai pranayama and anuloma-viloma pranayama.

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