

APPENDIX - IV

<i>Disease</i>	<i>Asanas Recommended</i>	<i>Kriya Recommended</i>	<i>Pranayama Recommended</i>
<i>Bronchial Asthma</i>	Shirshasana, Dhanurasana, Chakrasana, Sarvangasana, Matsyasana, Shalabhasana, Bhujangasana, Halasana, Paschimottanasana, Matsendrasana, Yogamudra, Mahamudra, Supta Vajrasana, Padahastana.	Dhauti, Neti, Kapalabhati, Vamana, Nauli, Uddiyana	Ujjayi, Shitali, Bhastrika
<i>Hypertension</i>	Shavasana, Shirshasana, Pavanamuktasana, Sharirasanchalana, Bhujangasana, Shalabhasana		Suryabhedana, Chandrabhedana, Ujjayi
<i>Diabetes</i>	Mayurasana, Dhanurasana, Bhujangasana, Halasana, Sarvangasana, Matsyasana, Paschimottanasana, Matsendrasana, Naukasana, Pavanamuktasana, Padahastana	Nauli, Uddiyana, Dhauti, Sankhaprakshalana	Bhastrika
<i>Anxiety Neurosis</i>	Shalabhasana, Bhujangasana, Trikonasana, Viparitakarani, Sarvangasana, Matsyasana, Halasana, Paschimottanasana, Pavanamuktasana, Vakrasana, Matsendrasana, Padmasana, Sharirasanchalanasana	Kapalabhati, Uddiyana, Nauli	Ujjayi, Anulomaviloma
<i>Thyrotoxicosis</i>	Sarvangasana, Shalabhasana, Paschimottanasana, Matsyasana, Bhujangasana, Trikonasana, Halasana, Dhanurasana, Matsendrasana	Kapalabhati	Bhastrika
<i>Chronic Gastrointestinal</i>	Mayurasana, Sarvangasana, Matsyasana, Shalabhasana.	Nauli, Uddiyana.	Sitalipranayama

Stress and its Management by Yoga

distorders

Bahujangasana, Halasana, Dhanurasana, Chakrasana, Shirshasana, Pavanamuktasana, Naukasana, Yogamudra, Sharirasanchalana, Viparitakarani, Padmasana

Kapalabhati, Dhauti

Rheumatoid Arthritis

Dhanurasana, Chakrasana, Sharirasanchalana, Trikonasana, Shalabhasana, Bhujangasana, Akarna Dhanurasana, Supta Vajrasana

Kapalabhati, Dhauti

Headache

Trikonasana, Bhujangasana, Shalabhasana, Paschimottanasana, Vakrasana, Matsyasana, Akarna Dhanurasana

Neti, Kapalabhati, Jala-Neti, Vyutkarani

APPENDIX