

■ COMPLETE YOGA THERAPY GUIDE

1. DIABETES (Type 2)

What is Diabetes?

Diabetes happens when sugar level in blood becomes high because the body cannot use insulin properly. It is mainly lifestyle related.

If controlled properly with yoga, diet and discipline, many people live healthy lives.

Why It Happens (Main Causes)

Sitting job

No exercise

Obesity

Too much sweets and refined food

Family history

Stress

Common Symptoms

Frequent urination

Excess thirst

Fatigue

Slow wound healing

Blurred vision

■ Yoga for Diabetes

Asanas (Practice Daily)

Surya Namaskar (6 rounds slow)

Mandukasana

Ardha Matsyendrasana

Pawanmuktasana

Bhujangasana

Pranayama

Kapalbhati (if BP normal)

Anulom Vilom

Bhastrika (mild)

■ Omkar Chanting

Chant Om 11 times. The vibration relaxes pancreas area and reduces stress.

Meditation

10 minutes silent sitting after practice.

■ Diet Counselling

■ Morning (Empty Stomach)

Warm water with methi seeds soaked

5 almonds

■ Breakfast

Vegetable poha / oats / upma

Avoid white bread

No sugary tea

■ Lunch

1–2 roti

Dal

Green vegetables

Salad

Avoid white rice daily

■ Dinner (Before 8 PM)

Light food

Soup + vegetables

Avoid heavy dinner

■ Do's

Walk 30 minutes daily

Check sugar regularly

Eat on time

Reduce stress

■ Don'ts

No cold drinks

No sweets

No overeating

Avoid sleeping immediately after meals

■ Daily Routine Suggestion

Wake up early → Yoga → Healthy breakfast → Timely meals → Evening walk → Light dinner → Early sleep

2. THYROID DISORDER

What is Thyroid?

Thyroid is a small gland in the neck that controls metabolism. If it becomes slow (Hypo) or fast (Hyper), weight and energy levels change.

Causes

Hormonal imbalance

Stress

Poor lifestyle

Autoimmune issues

Symptoms

Hypothyroid:

Weight gain

Hair fall

Tiredness

Hyperthyroid:

Weight loss

Fast heartbeat

Anxiety

■ Yoga for Thyroid

Asanas

Sarvangasana

Matsyasana

Setu Bandhasana

Ustrasana

Pranayama

Ujjayi breathing

Anulom Vilom

■ Omkar

7–11 rounds focusing on throat vibration.

Meditation

5–10 minutes neck awareness meditation.

■ Diet Plan

Breakfast

Fruits

Sprouts

Avoid deep fried food

Lunch

Balanced home food

Iodine-rich natural salt (if advised)

Dinner

Light

Avoid overeating

■ Do's

Manage stress

Sleep properly

Regular exercise

■ Don'ts

No junk food

No late-night eating

3. OBESITY

What is Obesity?

Obesity means excess body fat due to unhealthy lifestyle.

It increases risk of diabetes, BP, heart disease.

Causes

Junk food

No exercise

Emotional eating

Hormonal imbalance

Symptoms

Excess body weight

Low stamina

Joint pain

■ Yoga for Weight Loss

Asanas

Surya Namaskar (8 rounds gradually)

Trikonasana

Naukasana

Utkatasana

Plank Pose

Pranayama

Kapalbhati

Bhastrika

■ **Omkar**

Calms emotional eating habits.

■ **Diet Plan**

Morning

Warm lemon water

Breakfast

Oats / fruits

No bakery items

Lunch

Half plate vegetables

Quarter plate roti

Quarter plate protein

Dinner

Soup / salad

Avoid rice at night

■ **Do's**

Eat slowly

Walk daily

Drink water

■ **Don'ts**

No fried food

No sugary drinks

No late-night snacking

Perfect ■ We will now continue in the same simple yoga class language and same full-page format.

Today I will continue with:

High Blood Pressure

Low Blood Pressure

High Cholesterol

Heart Disease (Blockage – Supportive)

PCOS

4. HIGH BLOOD PRESSURE (Hypertension)

What is High BP?

High BP means blood is pushing too strongly against blood vessel walls. It is called a “silent problem” because many people don’t feel symptoms.

If not controlled, it can affect heart, brain and kidneys.

Causes

Stress

Obesity

Excess salt

Lack of exercise

Family history

Poor sleep

Symptoms

Sometimes no symptoms. Sometimes:

Headache

Dizziness

Fast heartbeat

■ Yoga for High BP

Asanas (Slow & Gentle)

Tadasana

Setu Bandhasana

Shashankasana

Viparita Karani

Pranayama

Anulom Vilom (very important)

Chandra Bhedana

Deep breathing

■ Omkar Chanting

Chant Om slowly 11 times. It relaxes nervous system and lowers pressure.

Meditation

10 minutes silent sitting daily.

■ Diet Plan

Morning

Warm water

2 soaked almonds

Breakfast

Oats / Poha

Avoid salty snacks

Lunch

Less salt

Dal + vegetables

Avoid papad & pickle

Dinner

Light khichdi / soup

Before 8 PM

■ Do's

Walk daily

Reduce stress

Check BP regularly

■ Don'ts

No excess salt

No fried food

Avoid anger

5. LOW BLOOD PRESSURE

What is Low BP?

Low BP means blood pressure drops below normal. It can cause weakness and dizziness.

Causes

Dehydration

Weakness

Skipping meals

Anemia

Symptoms

Dizziness

Fainting

Weakness

Cold hands and feet

■ Yoga for Low BP

Asanas

Tadasana

Vrikshasana

Surya Namaskar (slow)

Bhujangasana

Pranayama

Bhastrika (mild)

Deep breathing

■ Omkar

7 rounds daily to stabilize mind and body.

■ Diet Plan

Morning

Warm water + honey

Breakfast

Sprouts / banana / upma

Lunch

Proper balanced meal

Do not skip meals

Dinner

Light but nutritious

■ Do's

Drink enough water

Eat on time

■ Don'ts

Do not stand suddenly

Do not skip breakfast

6■. HIGH CHOLESTEROL

What is Cholesterol?

Cholesterol is fat in blood. When it increases, it blocks blood vessels.

Causes

Oily food
Junk food
No exercise
Obesity

Symptoms

Usually no symptoms. Found in blood test.

■ Yoga for Cholesterol

Asanas

Surya Namaskar
Trikonasana
Paschimottanasana
Utkatasana

Pranayama

Kapalbhati (if BP normal)
Anulom Vilom

■ Omkar

Reduces emotional eating habits.

■ Diet Plan

Breakfast

Fruits + oats

Lunch

Half plate vegetables
Less oil

Dinner

Soup / light food

■ Do's

Exercise daily

Increase fiber

■ Don'ts

No fried food

No red meat excess

7■. HEART DISEASE / BLOCKAGE (Supportive)

What is It?

Heart blockage happens when arteries become narrow due to fat deposits.

Yoga supports recovery but medical treatment is essential.

Causes

Cholesterol

Smoking

Stress

High BP

Symptoms

Chest pain

Breathlessness

Fatigue

■ Yoga for Heart Health

Asanas (Very Gentle)

Tadasana

Setu Bandhasana

Shavasana

Pranayama

Anulom Vilom

Deep breathing

■ Omkar

Very calming for heart.

■ Diet Plan

Breakfast

Oats / fruits

Lunch

Less oil

More vegetables

Dinner

Light and early

■ Avoid

Heavy exercise

Kapalbhati

Fast yoga

8■.PCOS (Polycystic Ovary Syndrome)

What is PCOS?

PCOS is a hormonal problem in women. It affects periods, weight and skin.

Causes

Hormonal imbalance

Stress

Insulin resistance

Obesity

Symptoms

Irregular periods

Weight gain

Acne

Hair growth

■ Yoga for PCOS

Asanas

Baddha Konasana

Malasana

Bhujangasana

Setu Bandhasana

Pranayama

Anulom Vilom

Kapalbhati (mild)

■ Omkar

Balances emotional stress.

Meditation

10 minutes daily.

■ Diet Plan

Morning

Warm water + cinnamon

Breakfast

Protein rich (sprouts / eggs if non-veg)

Lunch

Balanced meal

Reduce sugar

Dinner

Light food

Avoid rice at night

■ Do's

Exercise daily

Maintain weight

■ Don'ts

No junk food

No late-night eating

9. HIGH BLOOD PRESSURE (Hypertension)

What is High BP?

High BP means blood is pushing too strongly against blood vessel walls. It is called a “silent problem” because many people don't feel symptoms.

If not controlled, it can affect heart, brain and kidneys.

Causes

Stress

Obesity

Excess salt

Lack of exercise

Family history

Poor sleep

Symptoms

Sometimes no symptoms. Sometimes:

Headache

Dizziness

Fast heartbeat

■ Yoga for High BP

Asanas (Slow & Gentle)

Tadasana

Setu Bandhasana

Shashankasana

Viparita Karani

Pranayama

Anulom Vilom (very important)

Chandra Bhedana

Deep breathing

■ Omkar Chanting

Chant Om slowly 11 times. It relaxes nervous system and lowers pressure.

Meditation

10 minutes silent sitting daily.

■ Diet Plan

Morning

Warm water

2 soaked almonds

Breakfast

Oats / Poha

Avoid salty snacks

Lunch

Less salt

Dal + vegetables

Avoid papad & pickle

Dinner

Light khichdi / soup

Before 8 PM

■ Do's

Walk daily
Reduce stress
Check BP regularly

■ Don'ts

No excess salt
No fried food
Avoid anger

10. LOW BLOOD PRESSURE

What is Low BP?

Low BP means blood pressure drops below normal. It can cause weakness and dizziness.

Causes

Dehydration
Weakness
Skipping meals
Anemia

Symptoms

Dizziness
Fainting
Weakness
Cold hands and feet

■ Yoga for Low BP

Asanas

Tadasana
Vrikshasana
Surya Namaskar (slow)
Bhujangasana

Pranayama

Bhastrika (mild)

Deep breathing

■ **Omkar**

7 rounds daily to stabilize mind and body.

■ **Diet Plan**

Morning

Warm water + honey

Breakfast

Sprouts / banana / upma

Lunch

Proper balanced meal

Do not skip meals

Dinner

Light but nutritious

■ **Do's**

Drink enough water

Eat on time

■ **Don'ts**

Do not stand suddenly

Do not skip breakfast

11. HIGH CHOLESTEROL

What is Cholesterol?

Cholesterol is fat in blood. When it increases, it blocks blood vessels.

Causes

Oily food

Junk food

No exercise

Obesity

Symptoms

Usually no symptoms. Found in blood test.

■ Yoga for Cholesterol

Asanas

Surya Namaskar

Trikonasana

Paschimottanasana

Utkatasana

Pranayama

Kapalbhati (if BP normal)

Anulom Vilom

■ Omkar

Reduces emotional eating habits.

■ Diet Plan

Breakfast

Fruits + oats

Lunch

Half plate vegetables

Less oil

Dinner

Soup / light food

■ Do's

Exercise daily

Increase fiber

■ Don'ts

No fried food

No red meat excess

12. HEART DISEASE / BLOCKAGE (Supportive)

What is It?

Heart blockage happens when arteries become narrow due to fat deposits.

Yoga supports recovery but medical treatment is essential.

Causes

Cholesterol

Smoking

Stress

High BP

Symptoms

Chest pain

Breathlessness

Fatigue

■ Yoga for Heart Health

Asanas (Very Gentle)

Tadasana

Setu Bandhasana

Shavasana

Pranayama

Anulom Vilom

Deep breathing

■ Omkar

Very calming for heart.

■ Diet Plan

Breakfast

Oats / fruits

Lunch

Less oil

More vegetables

Dinner

Light and early

■ Avoid

Heavy exercise

Kapalbhati

Fast yoga

13. PCOS (Polycystic Ovary Syndrome)

What is PCOS?

PCOS is a hormonal problem in women. It affects periods, weight and skin.

Causes

Hormonal imbalance

Stress

Insulin resistance

Obesity

Symptoms

Irregular periods

Weight gain

Acne

Hair growth

■ Yoga for PCOS

Asanas

Baddha Konasana

Malasana

Bhujangasana

Setu Bandhasana

Pranayama

Anulom Vilom

Kapalbhati (mild)

■ Omkar

Balances emotional stress.

Meditation

10 minutes daily.

■ Diet Plan

Morning

Warm water + cinnamon

Breakfast

Protein rich (sprouts / eggs if non-veg)

Lunch

Balanced meal

Reduce sugar

Dinner

Light food

Avoid rice at night

■ Do's

Exercise daily

Maintain weight

■ Don'ts

No junk food

No late-night eating

14. SCIATICA

What is Sciatica?

Sciatica is pain that travels from lower back to hip and down the leg. It happens when the sciatic nerve gets compressed.

Causes

Slip disc

Long sitting

Wrong posture

Heavy lifting

Obesity

Symptoms

Sharp pain in one leg

Burning sensation

Numbness

Pain while sitting

■ Yoga for Sciatica

■■ Practice slowly and under guidance.

Asanas

Makarasana

Bhujangasana (mild)

Pigeon pose (gentle)

Hamstring stretch

Pranayama

Deep belly breathing

Anulom Vilom

■ Omkar

11 rounds for pain relaxation.

Relaxation

Shavasana 10–15 minutes.

■ Diet Plan

Morning

Warm water

Breakfast

High fiber food

Lunch

Balanced diet

Dinner

Light and early

■ Do's

Sit straight

Strengthen back muscles

■ Don'ts

Avoid sudden bending

Avoid heavy lifting

1■5■. FROZEN SHOULDER

What is Frozen Shoulder?

Shoulder becomes stiff and painful. Movement becomes difficult.

Causes

Diabetes

Injury

Long immobility

Symptoms

Shoulder pain

Difficulty lifting arm

Stiffness

■ Yoga for Frozen Shoulder

Asanas

Shoulder rotation

Wall climbing exercise

Gomukhasana (mild)

Tadasana

Pranayama

Deep breathing

■ Omkar

Helps reduce muscle tension.

■ Diet

Anti-inflammatory foods

Turmeric milk

Nuts

■ Avoid

Sudden heavy lifting

Jerky movements

1 ■ 6 ■ ASTHMA

What is Asthma?

Asthma is a breathing problem where airways become narrow.

Causes

Dust

Pollution

Cold weather

Allergy

Symptoms

Breathlessness

Wheezing sound

Chest tightness

Cough

■ Yoga for Asthma

Asanas

Bhujangasana

Ardha Matsyendrasana

Setu Bandhasana

Pranayama

Anulom Vilom

Deep breathing

Bhramari

■ ■ Avoid Kapalbhata during attack.

■ Omkar

Long chanting improves lung capacity.

■ Diet Plan

Morning

Warm water

Breakfast

Avoid cold milk

Lunch

Simple home food

Dinner

Light and warm

■ Avoid

Cold drinks

Ice cream

Smoking

1 ■ 7 ■. SINUSITIS

What is Sinusitis?

Blockage in nasal passages causing heavy head and congestion.

Causes

Allergy

Cold exposure

Weak immunity

Symptoms

Headache

Blocked nose

Facial pain

■ Yoga for Sinus

Asanas

Adho Mukha Svanasana

Bhujangasana

Pranayama

Anulom Vilom

Kapalbhati (mild)

■ Omkar

Vibration clears sinus area.

■ Diet

Warm food

Ginger tea

■ Avoid

Cold food

Curd at night

1■8■. BRONCHITIS

What is Bronchitis?

Inflammation in breathing tubes.

Causes

Infection

Smoking

Pollution

Symptoms

Persistent cough

Mucus

Chest discomfort

■ Yoga for Bronchitis

Asanas

Chest opening stretches

Tadasana

Pranayama

Deep breathing

Anulom Vilom

■ Omkar

Improves oxygen flow.

■ Diet

Warm soups

Herbal tea

■ Avoid

Smoking

Cold drinks

19. Migraine

What is Migraine?

Migraine is a severe headache on one side of the head. It may come with nausea, vomiting, light sensitivity.

Causes

Stress

Lack of sleep

Hormonal changes

Skipping meals

Dehydration

Excess screen time

Symptoms

Throbbing pain

Sensitivity to light

Nausea

Blurred vision

Neck stiffness

How Yoga Helps

Yoga relaxes nervous system. Improves blood circulation to brain. Reduces triggers like stress and tension.

Recommended Asanas

Balasana (Child Pose)

Adho Mukha Svanasana

Paschimottanasana

Viparita Karani

Shavasana

Gentle practice only.

Pranayama

Anulom Vilom

Bhramari (very powerful)

Sheetali (if heat trigger)

Omkar Chanting

Chant OM slowly 21 times. Focus on vibration in head and forehead.

Diet Plan

Breakfast

Fresh fruits

Coconut water

Lunch

Light home food

Avoid too much spice

Dinner

Early dinner

Vegetable soup

Do's

✓ Drink 3 liters water ✓ Sleep properly ✓ Avoid loud noise

Don'ts

✗ Avoid skipping meals ✗ Avoid excessive tea/coffee ✗ Avoid screen in dark room

Very good ■ We continue your Complete Yoga Therapy Guide in simple yoga class language.

20. Fatty Liver

What is Fatty Liver?

Fat accumulates in liver cells. Liver becomes slow and weak.

If not treated, it can become serious.

Causes

Obesity

Diabetes

Alcohol

Junk food

High cholesterol

Lack of exercise

Symptoms

Tiredness

Heaviness in right upper abdomen

Weight gain

Indigestion

Many people have no symptoms.

How Yoga Helps

Yoga improves digestion. Increases liver blood circulation. Reduces fat accumulation. Helps in weight loss.

Recommended Asanas

Surya Namaskar (slow)

Bhujangasana

Dhanurasana

Naukasana

Ardha Matsyendrasana

Practice 30 minutes daily.

Pranayama

Kapalbhati (very effective)

Anulom Vilom

Bhastrika

Omkar Chanting

Chant OM 21 times to reduce stress.

Diet Plan

Morning

Warm water + lemon

Breakfast

Oats / fruits

Lunch

1 roti + sabji + dal Avoid oily food

Dinner

Soup / khichdi

Do's

✓ Drink 3 liters water ✓ Walk daily

Don'ts

✗ Avoid alcohol ✗ Avoid fried food ✗ Avoid sugar

21. Anemia

What is Anemia?

Low hemoglobin in blood. Less oxygen reaches body.

Causes

Iron deficiency

Poor diet

Heavy periods

Pregnancy

Symptoms

Weakness

Pale skin

Hair fall

Dizziness

How Yoga Helps

Yoga improves blood circulation. Improves oxygen supply. Reduces fatigue.

Recommended Asanas

Sarvangasana

Halasana

Paschimottanasana

Tadasana

Viparita Karani

Pranayama

Anulom Vilom

Bhastrika

Deep breathing

Omkar Chanting

Improves mental energy.

Diet Plan

Breakfast

Beetroot juice Dates

Lunch

Spinach sabji Dal Roti

Dinner

Light food

Do's

✓ Eat iron rich food ✓ Vitamin C with meals

Don'ts

✗ Avoid tea immediately after meals

22. Varicose Veins

What is Varicose Veins?

Swollen veins in legs. Common in people who stand long hours.

Causes

Long standing

Obesity

Pregnancy

Weak valves in veins

Symptoms

Leg swelling

Heavy legs

Visible veins

Pain

How Yoga Helps

Improves blood circulation. Reduces pressure in veins.

Recommended Asanas

Viparita Karani

Sarvangasana

Tadasana

Pavanamuktasana

Avoid long standing poses.

Pranayama

Anulom Vilom Deep breathing

Diet Plan

Eat fiber rich food. Avoid constipation.

Do's

✓ Elevate legs ✓ Walk daily

Don'ts

✗ Avoid tight clothes ✗ Avoid standing long time

23. Insomnia

What is Insomnia?

Difficulty in sleeping.

Causes

Stress

Anxiety

Mobile use at night

Caffeine

Symptoms

Difficulty falling asleep

Waking up frequently

Irritation

How Yoga Helps

Calms nervous system. Relaxes body. Improves sleep cycle.

Recommended Asanas

Shavasana

Balāsana

Viparita Karani

Supta Baddha Konasana

Pranayama

Bhramari

Chandra Bhedana

Deep breathing

Omkar Chanting

Chant OM slowly 21 times before sleep.

Diet Plan

Light dinner before 8 pm. Warm milk before bed.

Do's

✓ Sleep same time daily ✓ Dark room

Don'ts

✗ Avoid mobile before sleep ✗ Avoid tea/coffee at night

24. Depression

What is Depression?

Persistent sadness, loss of interest.

Causes

Stress

Trauma

Hormonal imbalance

Loneliness

Symptoms

Sad mood

Low energy

Loss of interest

Sleep problems

How Yoga Helps

Releases happy hormones. Improves confidence. Reduces negative thoughts.

Recommended Asanas

Surya Namaskar

Bhujangasana

Setu Bandhasana

Ustrasana

Shavasana

Pranayama

Bhastrika

Kapalbhati

Anulom Vilom

Omkar Chanting

Very powerful for emotional healing.

Diet Plan

Eat fresh fruits. Avoid junk food.

Do's

✓ Spend time in sunlight ✓ Social connection

Don'ts

✗ Avoid isolation ✗ Avoid alcohol

25. Anxiety Disorder

What is Anxiety?

Excess fear and worry without reason.

Causes

Stress

Trauma

Overthinking

Symptoms

Fast heartbeat

Sweating

Restlessness

Panic

How Yoga Helps

Calms mind. Controls breath. Reduces panic.

Recommended Asanas

Balasana

Shavasana

Viparita Karani

Marjariasana

Pranayama

Anulom Vilom

Bhramari

Chandra Bhedana

Omkar Chanting

Chant slowly with deep breathing.

26. Epilepsy

What is Epilepsy?

Brain disorder causing seizures.

Causes

Brain injury

Genetic

Infection

Symptoms

Seizures

Loss of awareness

Body shaking

Yoga Helps

Reduces stress triggers. Improves nervous system balance.

Recommended Asanas

Only under supervision:

Shavasana

Tadasana

Gentle stretching

Avoid strong pranayama.

27. Parkinson's Disease

What is Parkinson's?

Nervous system disorder affecting movement.

Symptoms

Tremors

Slow movement

Balance problems

Yoga Helps

Improves balance. Reduces stiffness. Improves coordination.

Recommended Asanas

Tadasana

Tree Pose

Marjariasana

Shavasana