

Condition	Shatkarma	Asana	Pranayama	Bandha & Mudra	Precaution
Diabetes	Kunjal, Jalneti, Shankhaprakshalana, Kapalbhati, Nauli	Ardha Matsyendrasana, Mandukasana, Matsyasana, Katichakrasana, Padahastasana, Urdhva hastottanasana, Supta Pawan Muktasana, Bhujangasana, Dhanurasana, Halasana, Chakrasana, Balasana, Yogamudrasana, Shalabasana	Bhastrika, Surya Bhedi	Uddiyana bandha, Viparitkarni	
Arthritis	Kunjal, Jalneti, Kapalbhati, Shankhaprakshalana, Nauli	Tadasana, Katichakrasana, Konasana, Padahastasana, Janushirshasana, Gomukhasana, Vakrasana, Ardha padamasana Vajrasana, Bhujangasana, Ekpadosanasana, Merudandasanchalanasana, Sukhasana	Surya Bhedi, Bhastrika, Ujjai	Tribandhasana	
Heart Disease	Jalneti, Kapalbhati	Tadasana, Merudandasanchalanasana, Setu bandhasana, Bhujangasana, Ardha shalabhasana, Balasana, Vajrasana, Vakrasana, Katichakrasana, Ekpadosanasana, Ardhashalabhasana	Nadisodhana, Ujjai, Anulom Vilom, Deep Breathing	Uddiyana bhanda	Chakrasana, Sarvagasana should be avoided
Back pain	Jalneti, Kapalbhati	Tadasana, Katichakrasana, Pawanmuktasana, Merudandasanchalanasana, Setubandhasana, Bhujangasana, Ardhashalabhasana, Shalabhasana, Balasana, Vajrasana, Vakrasana	Deep Breathing, Nadisodhana	Moolbandha	Padahasthasana, Paschimottasana, Sarvangasana and Halasana should be avoided

Respiratory Disease	Kunjal, Jalneti, Kapalbhati, Nauli, Shankhaprakshalana, Tratka	Tadasana, katichakrasana, Urdhva hastottanasana, Akarna-Dhanurasana, Gomukhasana, Ardhamatsyendrasana, Bhujangasana, Dhanurasana, Matsyasana, Naukasana, Shalabhasana, Supt Vajrasana, Shavasana, Simhasana	Suryabhedhi, Bhastrika	Uddiyana bandh, Jalandhara bandha	Sarvangasana, Halasana, Mayurasana should be avoided
Eye Problem	Kunjal, Jalnetui, Kapalbhati, Nauli, Shankhaprakshalana, Tratka	Tadasana, Padhastasana, Sarvangasana, Bhujangasana, Dhanurasana, Matsyasana, Ushtrasana, Simhasana, Shavasana	Nadisodhana, Ujjai, Shitali	Tribhandhas, Viparitakarni	
Gastric Disorder	Kunjal, Jalneti, Kapalbhati, Nauli, Shakhaprakshalana	Tadasana, Katichakrasana, Suptapawanamuktasana, Bhujangasana, Dhanurasana, Mandukasana, Matsyasana, Mayurasana, Uttanpadasana, Chakrasana, Balasana	Suryabhedhi, Bhastrika	Uddiyana bandha, Moolbandha, Viparitakarni	
Hernia	Jalneti	Padahasatasana, Suptapawanmuktasana, Shalabhasana, Vajrasana, Gomukhasana, Paschimotanasana, Janushirsiasana, Sarvangasana, Halasana	Anulom - Vilom, Nadisodhan	Uddiyanabandh , Moolbandh, Mahabandhmu dra, Vipritkarni mudra	Ushtrasana, Chakrasana, Matysasana, Suptavajrasana, Dhanurasana, Bhujangasana should be avoided
Hypertension	Kunjal, Jalneti, Kapalbhati	Tadasana, Konasana, Ekpaddottanasana, Bhujangasana, Shalabhasana, Vajrasana, Vakrasana, Merudandsanchalana, Setubandhasana, Savasana, Balasana	Anulom - Vilom, Nadisodhan	Moolbandha	Matsyasana, Chakrasana, Dhanurasana, Halasana should be avoided

Allergy	Kunjal, Jalneti, Sutraneti, Kapalbhathi, Shankhprakashalana	Tadasana, Katichakrasana, Vajrasana, Mandukasana, Ardha-Matsyendrasana, Matsyasana, Suptpawanmuktasana, Sarvangaasana, Bhujangasana, Dhanurasana, Savasana	Nadisodhan, Bhastrika, Shitali, Bhramri	Tribandha	
Migraine	Kunjal, Sutraneti, Jalneti, Kapalbhathi, Shankhprakashalana	Bhujangasana, Vajrasana, Ardha matsyendrasana, Matsyasana, Tadasana, Shavasana	Bhastrika, Nadisodhan, Shitali, Bhramri	Tribandha	Ushtrasana, Matsyasana, Dhanurasana, Chakrasana, Sarvangasana, Halasana should be avoided
Obesity	Kunjal, Jalneti, Kapalbhathi, Shankhprakashalana	Tadasana, Katichakrasana, Konasana, Trikonasana, Urdhvaahastottanasana, Padahastanasana, Suptpawanmuktasana, Shavangsana, Halasana, Bhujangasana, Dhanurasana, Chakrasana, Mandukasana, Matsyasana, Suptvajrasana, Ardha - matsyendrasana, Savasana	Bhastrika, Suryabhedhi, Ujjai	Tribandha, Mhamudra, Vipritakarni	As per body requirement