

STUDY ID	Status	ICD-11 Category	CONDITION	N (planned)	INTERVENTION	Intervention details	COMPARATOR (INACTIVE)	COMPARATOR (OTHER)	Co-interventions
NCT04349605	Not yet recruiting	01 Certain infectious and parasitic diseases	Lyme disease	225	Kundalini Yoga	8 wks, daily 30 min	Control (usual care)	Meditation	--
CTRI/2017/11/010708	Complete, results not available	01 Certain infectious and parasitic diseases	People living with HIV	60	Yoga	6 wks, 3x 30min sessions	Control (usual care)	Physical activity (aerobic)	--
CTRI/2018/05/014030	Complete, results not available	01 Certain infectious and parasitic diseases	People living with HIV	73	Yoga	12 wks, 5x 120min session per wk	Control (no intervention)	--	--
NCT01073423	Complete, results not available	01 Certain infectious and parasitic diseases	People living with HIV	20	Yoga	8 wks, 3x 60min session per wk	--	Physical activity (Walking)	--
NCT03902210	Complete, results not available	02 Neoplasms	Bone marrow transplant recipients	41	Yoga (online)	12 wks, at least 60 mins per wk	Educational advice	--	--
JPRN-UMIN000027546	Complete, results not available	02 Neoplasms	Breast cancer	60	Yoga	4 wks, 1x ? min session per wk	--	Attention control (Reading)	psychoeducation
NCT01230671	Complete, results not available	02 Neoplasms	Breast cancer	80	Yoga	12 wks, 1x 60 min session per wk	Control (no intervention)	Physical activity (Walking)	--
IRCT2013020712078N2	Recruitment complete	02 Neoplasms	Breast cancer (after mastectomy)	60	Yoga	15 sessions	--	Pilates; Physical therapy	--
NCT03956875	Complete, results not available	02 Neoplasms	Breast cancer (receiving treatment)	60	Yoga	6 wks, 2x ? min sessions per wk, then crossover	--	Massage	--
NCT00583739	Complete, results not available	02 Neoplasms	Breast cancer (survivors)	66	Yoga	8 wks, 1x ? min session per wk	Control (no intervention)	--	--
NCT01743573	Complete, results not available	02 Neoplasms	Breast cancer (survivors)	80	Yoga	Not defined	Control (no intervention)	--	--
NCT04075097	Complete, results not available	02 Neoplasms	Breast cancer (survivors)	6	Iyengar yoga	1 session, then crossover	--	Physical activity (Aerobic exercise)	--
NCT02360904	Complete, results not available	02 Neoplasms	Breast cancer (undergoing chemotherapy)	65	Yoga	12 wks, 60min session per wk	Control (waitlist)	--	--

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NCT03262831	Complete, results not available	02 Neoplasms	Breast cancer (undergoing chemotherapy)	30	Hatha yoga (personalised)	Duration of treatment, 3x 30 mins per wk	Control (no intervention)	--	--
NCT02161900	Recruiting	02 Neoplasms	Breast cancer (undergoing treatment)	850	Yogic exercises	?	--	Physical activity	Routine exercise
CTRI/2018/10/016002	Not yet recruiting	02 Neoplasms	Breast or Ovarian cancer	100	Hatha yoga	3 day workshop + 12 wks, 7 x 30-40min session per wk	Control (no intervention)	--	--
NCT03824860	Recruiting	02 Neoplasms	Cancer (survivors with chemotherapy induced peripheral neuropathy)	50	Yoga	8 wks, 1x group session + 1x home session per wk	Control (usual care)	--	--
NCT01387841	Complete, results available but not published	02 Neoplasms	Cancer (with chemotherapy induced nausea and vomiting)	120	Yoga	?	--	Relaxation (muscle based)	Standard medical care (Antiemetic)
NCT01156935	Unknown	02 Neoplasms	Cancer, any	60	Laughter yoga	3 wks	Control (no intervention)	Physical activity (stretching)	--
NCT01324102	Complete, results not available	02 Neoplasms	Cancer, any (survivors)	23	Yoga	8 wks, 2x 90 min sessions per wk	Control (waitlist)	--	--
NCT02613364	Complete, results not available	02 Neoplasms	Cancer, any (survivors)	741	Yoga (YOCAS)	4 wks, 2x 75 min sessions per wk	Educational advice	Cognitive behavioural therapy	--
NCT03650322	Complete, results not available	02 Neoplasms	Cancer, any (survivors)	78	Yoga	12 wks, 150 min/wk	--	Physical activity (stretching); Physical activity (walking)	--
Zetzi 2019, Zetzi 2020, Zetzi 2020, DRKS00016034	Complete, results not available	02 Neoplasms	Cancer, any (survivors, with fatigue)	124	Yoga	8 wks, 1x 60min sessions per wk	Control (no intervention)	--	psychoeducation
CTRI/2019/07/020004	Not yet recruiting	02 Neoplasms	Cancer, any (undergoing chemotherapy)	100	Pranayama Yoga	12 mths, 20 mins daily	Control (no intervention)	--	--

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NCT03460028	Recruiting	02 Neoplasms	Cancer, any (with post-operative pain)	56	Yoga	8 wks?	Control (waitlist)	--	--
CTRI/2018/05/014331	Recruiting (?complete)	02 Neoplasms	Cervical cancer	200	Yoga	3 mos, 7x 60 mins per wk	Control (usual care)	--	--
NCT01590147	Complete, results not available	02 Neoplasms	Colorectal cancer	15	Yoga skills training	3x15min, 4 times/wk	Educational advice	--	--
NCT02564835	Complete, results not available	02 Neoplasms	Colorectal cancer	27	Yoga	12 wks, 2x 90 min sessions per wk	Control (usual care)	Physical activity	--
NCT02148406	Complete, results not available	02 Neoplasms	Colorectal cancer (undergoing chemotherapy)	3	Yoga skills training	30 min sessions during outpatient chemotherapy sessions in wks 2, 4, 6 and 8	--	Attention control	--
NCT02489422	Complete, results not available	02 Neoplasms	Gastrointestinal cancer	44	Yoga skills training	4x 30 min sessions	--	Attention control	--
ISRCTN61120944	Complete, results not available	02 Neoplasms	Gynaecological cancer patients	54	Hatha Yoga	10 wks, 1x 60min session per wk	Control (usual care)	--	--
NCT03114501	Active, not recruiting	02 Neoplasms	Head and neck cancer undergoing radiotherapy	236	Dyadic yoga	Up to 15 sessions, 45-60min each	Control (waitlist)	--	--
NCT02481349	Recruiting	02 Neoplasms	High grade glioma (undergoing radiation therapy) and their partners	230	Hatha yoga (Coupled based)	5-6 wks, 5x45-60 min/wk	Control (waitlist)	--	--
NCT02134782	Recruiting	02 Neoplasms	Leukaemia (paediatric)	210	Yoga	3 wks, 5x 15-45 min sessions per wk	--	Attention control	--
NCT02196844	Active, not recruiting	02 Neoplasms	Lung cancer	64	Hatha yoga	5-6 wks, 3 sessions/wk	Control (waitlist)	--	--
CTRI/2017/08/009336	Complete, results not available	02 Neoplasms	Lymphoma	120	Yoga	Not defined	Control (no intervention)	--	Usual care

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Lin 2019	Unknown	02 Neoplasms	Mouth cancer (survivors)	50	Laughter yoga	10 wks, 7x ?min sessions per wk	Control (no intervention)	--	--
NCT03948100	Recruiting	02 Neoplasms	Non-small cell lung cancer	400	Dyadic yoga	15x 60 min sessions	Educational advice	--	--
Dülger 2020, NCT04284605,,	Recruiting	02 Neoplasms	Pituitary Adenoma	10	Yoga	?, ?x60min sessions per wk for 6 wks	--	Physical activity	--
NCT03524391	Complete, results not available	02 Neoplasms	Prostate cancer	92	Yoga Counselling	12 wks?	Control (usual care)	--	--
NCT02620033	Recruiting	02 Neoplasms	Radical prostatectomy	30	Yoga	12 wks (6 before and 6 afetr surgery), 3x 60-75 min sessions per wk	Control (usual care)	--	--
NCT01176643	Complete, results available but not published	04 Diseases of the immune system	Systemic Lupus Erythematosus	57	Yoga	8 wks, 2 classes/wk	Control (no intervention)	--	--
CTRI/2017/11/010 479	Recruitment complete	05 Endocrine, nutritional and metabolic diseases	Diabetes	72	Yoga	4 mos	Control (usual care)	--	--
NCT00696852	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Diabetes	64	Yoga	8 wks	--	Meditation; Physical activity (+relaxation and health education)	--
IRCT2019120304 5590N1	Recruitment complete	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 1)	62	Yoga	8 wks, 8x 45-50 min sessions	Control (no intervention)	--	--
NCT01648985	Complete, results available but not published	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2 with minor stroke or TIA)	?	Medical Yoga	? month 16x ? min session per ?	Control (no intervention)	--	--
IRCT20170815035 723N2	Unknown	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2 with restless leg syndrome)	57	Yoga	8 wks 1x 60 min session per wk	Control (no intervention)	--	--
IRCT201209021 0708N1	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	26	yoga	12 wks, 3 x 75min sessions per wk	Control (no intervention)	--	--

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CTRI/2009/091/00104	Recruiting (?complete)	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	100	Yoga	12 wks	Control (no intervention)	--	Physical activity (Walking)
CTRI/2010/091/00188	Recruiting	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	28	Pranayama Yoga	?	Control (no intervention)	--	Standard medical care (Oral Hypoglycemic)
CTRI/2017/01/007697	Recruiting	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	80	Yoga	45 minutes	--	Physical activity (Walking)	--
CTRI/2017/04/008370	Recruiting (?complete)	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	300	Yoga	Not defined	--	Physical activity (Walking)	--
CTRI/2017/05/008599	Recruiting	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	60	Yoga nidra (meditation)	Not defined	Control (no intervention)	--	Sleep hygiene, sleep monitoring and conventional therapy
CTRI/2017/11/010455	Unknown	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	60	Yoga	Not defined	--	Physical activity (Walking)	--
CTRI/2017/12/010936	Not yet recruiting	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	105	Integrative Yoga Therapy	90 days, ?x?min sessions per ?	Control (waitlist)	Physical activity	--
CTRI/2018/03/012804	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)		Integrative Yoga Therapy	9 day yoga camp + 81 days, 1x?min session per wk	Control (waitlist)	--	--
CTRI/2018/07/014825	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	70	Yoga	4 wks, 7x 60min session per wk	--	Physical activity (walking or other exercise)	--
IRCT201107247101N1	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	60	Yoga	30 days, 7 x 45min session per wk	--	Physical activity (Walking)	--
NCT02198989	Complete, results available but not published	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	45	Yoga music therapy (and peer support)	3 mos, 7x ?min sessions per wk	Control (no intervention)	Reading	Wellness education program
NCT03549390	Complete, results available but not published	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2)	39	Yoga	?	Control (no intervention)	Physical activity	--

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CTRI/2017/09/009812	Not yet recruiting	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2) with mild depression	320	Yoga	45 min sessions	Control (usual care)	--	--
IRCT20180511039610N1	Unknown	05 Endocrine, nutritional and metabolic diseases	Diabetes (type 2, men)	108	Yoga	8 wks, 3x 60 min sessions per wk	Control (no intervention)	Physical activity (Walking)	--
CTRI/2018/08/015329	Recruiting	05 Endocrine, nutritional and metabolic diseases	Dyslipidaemia	60	Yoga (Anulom Vilom pranayama and Kapalbhata pranayama)	3 mos	--	Homeopathy; Homeopathy plus yoga (Anulom Vilom pranayama and Kapalbhata pranayama)	Nutritional management
CTRI/2019/02/017752	Recruiting (?complete)	05 Endocrine, nutritional and metabolic diseases	Hypothyroidism	60	Yoga	2 wks, 7x 60 min sessions per wk	Control (no intervention)	--	--
CTRI/2019/12/022482	Recruiting (?complete)	05 Endocrine, nutritional and metabolic diseases	Hypothyroidism	110	Yoga	3 mos, 3x ? min sessions per wk	Control (no intervention)	--	Standard medical care (Thyroid supplements)
CTRI/2019/05/018893	Unknown	05 Endocrine, nutritional and metabolic diseases	Individuals at high risk of Type 2 diabetes	?	Yoga	4 wks 2x 45min sessions per wk, 7 wks 2x 75min sessions per wk, 11 wks 1x 75min session per wk, then 2x 75min sessions per wk	Educational advice	--	--
CTRI/2018/08/015514	Not yet recruiting	05 Endocrine, nutritional and metabolic diseases	Metabolic syndrome	110	Yoga	4 mos	Control (no intervention)	--	Usual care
UMIN000005364	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Metabolic syndrome	200	Laughter yoga	Not defined	--	Music therapy	Educational advice
CTRI/2019/05/019390	Recruiting (?complete)	05 Endocrine, nutritional and metabolic diseases	Obesity	50	Yoga	12 wks, 3x 75 min sessions per wk	Educational advice	--	--
NCT03799289	Active, not recruiting	05 Endocrine, nutritional and metabolic diseases	Obesity	60	Yoga	12 wks, 2x 60 min sessions per wk	Educational advice	--	--

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NCT02254603	Recruiting (?complete)	05 Endocrine, nutritional and metabolic diseases	Obesity	74	Yoga	3 mos, 3x 60min sessions per wk	Control (no intervention)	--	Homeopathic remedies (Acupuncture)
NCT02451800	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Obesity	162	Yoga	9 wks, 3x 60min session per wk	--	Physical activity (stretching); Yoga by DVD	weight loss intervention (Sanford program)
CTRI/2019/06/019909	Recruiting	05 Endocrine, nutritional and metabolic diseases	Obesity (with fatty liver disease)	250	Yoga	5x 45-60 min sessions per wk for 24 wks	--	Physical activity + dietary modifications	--
NCT00177632	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Obesity (women)	66	Yoga	Not defined	--	Physical activity (Resistance exercise)	Weight loss intervention (behavioural)
CTRI/2008/091/00291	Complete, results not available	05 Endocrine, nutritional and metabolic diseases	Polycystic ovarian syndrome	100	Yoga	3 mos, 1x 60min session per day	--	Physical activity	--
CTRI/2019/02/017500	Not yet recruiting	05 Endocrine, nutritional and metabolic diseases	Type 2 diabetes	120	Yoga	3 mos	Control (usual care)	Ayurvedic intervention (AYUSH-82 extract tablet)	--
NCT02607514	Complete, results not available	06 Mental and behavioural disorders	21 Negative mood symptoms (depression)	80	Bikram Yoga	8 wks, ? x 90min session per wk	Control (waitlist)	--	--
NCT03553745	Active, not recruiting	06 Mental and behavioural disorders	21 Negative mood symptoms (depression, anxiety, stress)	120	Yoga (gentle)	10 wks, 2x ? min sessions per wk	--	Yoga (rigorous); Physical activity	--
CTRI/2016/07/007112	Recruitment complete	06 Mental and behavioural disorders	Alcohol dependence	30	Yoga (sudarshan kriya)	8 days, 1x 5hr session per day + 6mos, 1x 30min session per day (wkly follow up 1.2-2 hrs)	Control (waitlist)	Yoga (Sudarshan Kriya) + usual care	--
CTRI/2019/07/020264	Not yet recruiting	06 Mental and behavioural disorders	Alcohol dependence	80	Yoga	2 mos	Control (no intervention)	--	Usual care
ACTRN12617000912381	Complete, results available but not published	06 Mental and behavioural disorders	Autism spectrum disorder	67	Dyadic yoga (parent and child)	6 wks, 1x 45 min session per wk	Control (waitlist)	--	--

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CTRI/2018/08/015 267	Recruiting (?complete)	06 Mental and behavioural disorders	Autism spectrum disorder	90	Yoga	24 days	--	Physical activity	--
IRCT2016061828 511N1	Unknown	06 Mental and behavioural disorders	Autism spectrum disorder	80	Super brain yoga	Not defined	Control (no intervention)	--	Usual care
ChiCTR18000163 32	Recruiting (?complete)	06 Mental and behavioural disorders	Autism spectrum disorder and developmental disabilities	60	Yoga	Not defined	--	Physical therapy (Sensory-motor training)	--
NCT02402010	Complete, results not available	06 Mental and behavioural disorders	Bipolar disorder	37	Yoga	10 wks	Control (usual care)	--	--
CTRI/2017/06/00 8912	Recruiting	06 Mental and behavioural disorders	Caregivers of patients with schizophrenia	60	Yoga	3 mos then 1 session per month then 1 session of module training	Control (waitlist)	--	--
CTRI/2011/07/001 883	Complete, results not available	06 Mental and behavioural disorders	Depression (diagnosed)	50	Yoga	3 mos	Control (no intervention)	--	Standard medical care (SSRI)
CTRI/2018/05/013 787	Recruiting (?complete)	06 Mental and behavioural disorders	Depression (diagnosed)	50	Yoga	1 wk, 5 x 60 min sessions per wk	--	Physical activity (Walking)	--
NCT03831360	Complete, results available but not published	06 Mental and behavioural disorders	Depression (diagnosed)	54	Hatha yoga	12 wks	--	Cognitive behavioural therapy	--
NCT04058080	Complete, results not available	06 Mental and behavioural disorders	Depression (diagnosed)	53	Bikram yoga	8 wks, 2 x 90 min sessions per wk	Control (waitlist)	Physical activity (aerobic)	--
NCT02191995	Complete, results not available	06 Mental and behavioural disorders	Eating Disorders	38	Yoga (body awareness)	?	Control (no intervention)	Reading	--
CTRI/2017/04/00 8385	Recruiting	06 Mental and behavioural disorders	Epilepsy	160	Integrated Yoga for Persons with Epilepsy	7 supervised sessions over 12 wks	Sham yoga	--	Standard medical care

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CTRI/2017/07/009070	Unknown	06 Mental and behavioural disorders	Major Depressive Disorder	150	Yoga	12 wks, 12 sessions + booster sessions	Control (no intervention)	--	Standard medical care (Antidepressants)
NCT02907476	Complete, results not available	06 Mental and behavioural disorders	Major Depressive Disorder	57	Iyengar yoga	12 wks, 2 x 90 min sessions per wk	--	Physical activity (Walking)	--
NCT03388177	Unknown	06 Mental and behavioural disorders	Major Depressive Disorder	170	Yoga	9 wks, 1 x 90 min session per wk	Control (no intervention)	--	Usual care
NCT01811381	Active, not recruiting	06 Mental and behavioural disorders	Mild cognitive impairment	80	Yoga (aerobic) OR Yoga (non-aerobic)	6 mos, 2 attended classes of 1 hour/wk and 2 home practices of 30 min/wk	Placebo	Dietary supplement (Curcumin)	--
De Wit 2018, NCT03095170	Recruiting	06 Mental and behavioural disorders	Mild cognitive impairment	60	Yoga	2 wks, 5x 30 min sessions per wk then 24 wks, 1x 60min sessions per wk	--	Cognitive processing training (online); Educational services	Cognitive rehabilitation, Support group
NCT03503669	Active, not recruiting	06 Mental and behavioural disorders	Mild cognitive impairment, (at risk of Alzheimers disease)	100	Kundalini Yoga	12 wks, 1x 60 min session per wk + 12 min daily home practice	--	Memory training	--
NCT04386291	Recruitment complete	06 Mental and behavioural disorders	Neurotic, stress-related (Anxiety related to COVID-19)	360	Kundalini Yoga	32 wks, 1x 30min session per wk	Control (no intervention)	--	Anxiety Reduction Training
CTRI/2019/08/020962	Recruiting	06 Mental and behavioural disorders	Neurotic, stress-related (Anxiety Disorders)	90	Yoga	8 wks, 2x 30 min sessions per wk	Control (no intervention)	--	Standard medical care
NCT04077645	Complete, results not available	06 Mental and behavioural disorders	Neurotic, stress-related (Generalised Anxiety Disorder)	71	Yoga	1x 30 min session	--	Physical activity (Aerobic exercise); Educational videos	--
CTRI/2018/01/011426	Recruiting (?complete)	06 Mental and behavioural disorders	Neurotic, stress-related (Obsessive Compulsive Disorder)	62	Yoga	10 days, 1x 60 min session per day	Control (usual care)	--	--

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IRCT138901192181 N2	Unknown	06 Mental and behavioural disorders	Neurotic, stress- related (Obsessive Compulsive Disorder)	40	Hatha yoga	6 wks, 2x 60 min sessions per wk	--	Relaxation (Watch favourite movies); Physical activity	--
DRKS00017135	Recruitment complete	06 Mental and behavioural disorders	Neurotic, stress- related (Panic disorder)	79	Yoga	8 wks, 2x 60 min sessions per wk	Control (waitlist)	--	--
NCT02266680	Complete, results not available	06 Mental and behavioural disorders	Neurotic, stress- related (Social Anxiety Disorder)	60	Yoga	8 wks, 2x 60 min sessions per wk	Control (waitlist)	Rehabilitation (pulmonary)	--
NCT03509909	Recruiting	06 Mental and behavioural disorders	Post traumatic stress disorder	192	Hatha yoga	12 wks	--	Physical therapy	--
ACTRN126120001 85864	Complete, results not available	06 Mental and behavioural disorders	Post-traumatic stress disorder	90	Yoga	9 wks, 10 minutes after CBT	--	Physical activity; Physical activity (1 day after CBT)	Cognitive behavioural therapy
NCT00962403	Complete, results not available	06 Mental and behavioural disorders	Post-traumatic stress disorder	108	Kripalu yoga	10 wks, 2x 90 min sessions per wk + 15 mins daily at home	Control (waitlist)	--	--
NCT03489122	Recruiting	06 Mental and behavioural disorders	Post-traumatic stress disorder	84	Iyengar yoga (with coherent breathing)	12 wks, 2x 90 min sessions per wk	--	Physical activity (Walking)	--
NCT03684473	Unknown	06 Mental and behavioural disorders	Post-traumatic stress disorder	50	Yoga	8 wks	Control (waitlist)	--	--
NCT03748121	Complete, results not available	06 Mental and behavioural disorders	Post-traumatic stress disorder	74	Pranayama Yoga	5-10 minutes before CBT	Control (no intervention)	--	Cognitive behavioural therapy
Belcher 2009, NCT01524172	Complete, results not available	06 Mental and behavioural disorders	Post-traumatic stress disorder	20	Yoga Based Psychotherapy Group		Control (usual care)	--	--
UMIN000015711	Complete, results not available	06 Mental and behavioural disorders	Psychiatric disorders	60	Yoga	3 mos, 24x 20-30 min sessions total	Control (usual care)	--	--
UMIN000028835	Complete, results not available	06 Mental and behavioural disorders	Psychiatric disorders (frail)	30	Yoga	20-30 minutes per day for 1 wk	--	Pilates; Educational services	--

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CTRI/2019/12/022 219	Recruiting	06 Mental and behavioural disorders	Recent suicide attempt	200	Yoga	12 sessions	Control (no intervention)	Healthy controls	Usual care
CTRI/2017/08/00 9219	Recruiting (?complete)	06 Mental and behavioural disorders	Schizophrenia	240	Yoga	6 mos, ?x 60min session per ?	Control (waitlist)	--	--
CTRI/2017/08/00 9505	Complete, results available but not published	06 Mental and behavioural disorders	Schizophrenia	250	Yoga	12 wks	Control (waitlist)	--	--
CTRI/2017/09/00 9738	Recruitment complete	06 Mental and behavioural disorders	Schizophrenia	40	Yoga	6 wks, 20x ? min sessions total	Control (waitlist)	--	Standard medical care
NCT03379480	Complete, results not available	06 Mental and behavioural disorders	Schizophrenia	96	Yoga	12 wks	Control (waitlist)	--	--
UMIN000013746	Complete, results not available	06 Mental and behavioural disorders	Schizophrenia	60	Yoga	Not Defined	--	Physical activity	--
Varambally 2019, CTRI/2017/08/00 9219	Recruiting	06 Mental and behavioural disorders	Schizophrenia	240	Yoga	6 mos, ?x 60 min sessions per wk	Control (waitlist)	No intervention	--
CTRI/2018/06/014 375	Unknown (not recruiting)	06 Mental and behavioural disorders	Somatoform pain disorder	120	Yoga	Not defined	Control (waitlist)	--	--
Hallgren 2018, DRKS00012311	Recruiting	06 Mental and behavioural disorders	Substance abuse (alcohol use disorder)	210	Yoga	12 wks, 3x ?min sessions per ?	Control (usual care)	Physical activity (Aerobic exercise)	--
NCT01030068	Complete, results not available	06 Mental and behavioural disorders	Substance abuse (nicotine)	30	Yoga	12 wks, 2 times/wk	Educational advice	--	Smoking cessation cognitive behavioural therapy
NCT01423578	Complete, results not available	06 Mental and behavioural disorders	Substance abuse (nicotine)	79	Hatha yoga	3 sessions	--	Physical activity (Walking)	Smoking cessation counselling
NCT01633632	Complete, results not available	06 Mental and behavioural disorders	Substance abuse (nicotine)	67	Hatha yoga	8 sessions, 30 min/session	Control (no intervention)	Yoga alone	Cognitive behavioral therapy

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NCT02055326	Complete, results not available	06 Mental and behavioural disorders	Substance abuse (nicotine)	38	Yoga	8 wks, 2x 60 min sessions per wk	Educational advice	Rehabilitation (pulmonary)	Cognitive behavioural therapy
NCT02181179	Complete, results not available	06 Mental and behavioural disorders	Substance abuse (nicotine)	50	Yoga	8 wks, 2x 60 min sessions per wk	Control (waitlist)	--	--
NCT02281942	Complete, results not available	06 Mental and behavioural disorders	Substance abuse (nicotine)	39	Yoga	7x?min per wk	Educational advice	--	--
CTRI/2019/01/017 218	Recruiting (?complete)	06 Mental and behavioural disorders	Substance abuse (opioid dependance)	60	Yoga	3 mos, 5x ? min sessions per wk	--	Physical activity (Walking)	--
NCT01590251	Complete, results not available	06 Mental and behavioural disorders	Substance abuse (opioids)	8	Yoga	8 wks, 2x ? min sessions per wk	Educational advice	--	--
CTRI/2019/04/018 441	Complete, results not available	06 Mental and behavioural disorders	To receive electroconvulsive therapy	38	Yoga	Not defined	Control (usual care)	--	--
CTRI/2013/05/00 3682	Recruitment complete	07 Sleep-wake disorders	Insomnia	90	Yoga	5x30 min supervised sessions then four wks of individual yoga	--	Cognitive behavioural therapy	--
CTRI/2017/01/007 742	Complete, results available but not published	07 Sleep-wake disorders	Insomnia	60	Pranayama and relaxation therapy	29 days, 2x 45 min session per day	--	Lifestyle modification (Guda Pippalimoola Churana)	--
NCT00033865	Complete, results not available	07 Sleep-wake disorders	Insomnia	48	Yoga	8 wks	Control (no intervention)	--	Sleep hygiene
Sharpe 2019, NCT03685227	Complete, results not available	07 Sleep-wake disorders	Insomnia	22	Yoga meditation	2 visits	--	Relaxation	--
NCT03251755	Complete, results not available	07 Sleep-wake disorders	Insomnia (with type 2 diabetes)	60	Chinese yoga	12 wks 3x 20 min sessions per wk at home	Control (usual care)	--	Educational advice
CTRI/2017/05/00 8462	Not yet recruiting	07 Sleep-wake disorders	Obstructive sleep apnea	98	Yoga	1 year, 1x 50min session per day	Control (no intervention)	--	Lifestyle modification

STUDY ID	Status	ICD-11 Category	CONDITION	N (planned)	INTERVENTION	Intervention details	COMPARATOR (INACTIVE)	COMPARATOR (OTHER)	Co-interventions
CTRI/2017/08/009231	Recruiting (?complete)	07 Sleep-wake disorders	Obstructive sleep apnea	221	Yoga	Not defined	Control (usual care)	--	--
CTRI/2018/02/012105	Not yet recruiting	07 Sleep-wake disorders	Obstructive sleep apnea	?	Yoga	2 wks, 8x45 min then 6 mos 5x45min/wk 6 wks, 1x 90 min session per wk + 20 min home practice	Control (usual care)	--	Usual care
ACTRN12613000729729	Complete, results not available	08 Diseases of the nervous system	Cerebral palsy	45	Dyadic yoga (parent and child)	3 mos before and 6 mos after surgery	Control (waitlist)	No intervention	--
CTRI/2017/05/008707	Recruiting (?complete)	08 Diseases of the nervous system	Epilepsy (undergoing surgery)	60	Yoga		Control (no intervention)	--	--
NCT02721849	Complete, results not available	08 Diseases of the nervous system	Headache disorders (Migraine) (adolseccents 12-16 yrs)	45	Yoga (adolescent/parent dyad)	12 wks	Control (no intervention)	--	--
NCT03166358	Unknown	08 Diseases of the nervous system	Headache disorders (tension headache) - pediatric	40	Yoga	8 wks x 60 min sessions	Control (no intervention)	--	--
CTRI/2019/07/020197	Recruiting (?complete)	08 Diseases of the nervous system	Menstrual migraine	58	Yoga	8 wks, 2x 45 min sessions per wk 2 wks 3x 45min sessions per wk, 2 wks 2x 45min sessions per wk, then 30min daily	Control (no intervention)	--	--
CTRI/2019/07/020263	Not yet recruiting	08 Diseases of the nervous system	Multiple sclerosis	?	Yoga		Control (usual care)	--	Usual care
CTRI/2017/08/009471	Recruiting (?complete)	08 Diseases of the nervous system	Parkinson's disease	245	Yoga	3 mos?	--	Physical activity (Aerobic exercise)	--
CTRI/2019/06/019618	Not yet recruiting	08 Diseases of the nervous system	Parkinson's disease	34	Yoga	3 mos, 2x 1hr sessions per wk	--	Physical therapy	--
NCT00312559	Complete, results not available	08 Diseases of the nervous system	Parkinson's disease	18	Yoga	Not defined	Control (no intervention)	--	--
NCT03079817	Complete, results not available	08 Diseases of the nervous system	Parkinson's disease	20	Yoga meditation	Not defined	--	Proprioceptive drills	--

STUDY ID	Status	ICD-11 Category	CONDITION	N (planned)	INTERVENTION	Intervention details	COMPARATOR (INACTIVE)	COMPARATOR (OTHER)	Co-interventions
NCT04215900	Recruiting	08 Diseases of the nervous system	Parkinson's disease	90	High-speed yoga	4 mos, 2x ? Min sessions per wk	Control (waitlist)	--	--
IRCT201109181675N7	Unknown	08 Diseases of the nervous system	Radiculopathy, Lumbar and Other Intervertebral Disc Disorders	28	Yoga	8 wks, 2x 45 min sessions per wk	--	Physical activity	--
Aghoram 2013, CTRI/2014/01/004351	Unknown	08 Diseases of the nervous system	Stroke (acute, ischaemic)	60	Pranava yoga	4 wks, 2x 30 min sessions per ?	Sham relaxation	--	--
Lai 2013, NCT01806922	Complete, results not available	08 Diseases of the nervous system	Stroke (subacute & chronic)	40	Yoga	8 wks, 2x 60min sessions per wk	Control (no intervention)	--	Physiotherapy
CTRI/2019/01/017222	Unknown	09 Disease of the visual system	Conjunctivitis	?	Rasayana yoga	Not defined	Control (no intervention)	Ayurvedic intervention (Shigru-Haridradi eyedrop)	--
CTRI/2014/12/005301	Unknown	09 Disease of the visual system	Visual impairment (Glaucoma)	50	Yoga	3 wks, 7x ? min sessions per wk	Control (no intervention)	--	Standard medical care (Anti-
NCT04037384	Complete, results not available	09 Disease of the visual system	Visual impairment (Glaucoma)	30	Eye yoga	4 wks, 7x 30 mins per wk at home	--	Attention control (Reading)	--
CTRI/2019/10/021719	Unknown	10 Diseases of the ear or mastoid process	Hearing and speech impaired	40	Yoga	12 wks, 3x ? min sessions per wk	Control (no intervention)	--	--
CTRI/2017/10/009981	Unknown	11 Diseases of the circulatory system	Cardiac rehabilitation (after CABG)	300	Yoga	6 wks + home practice	Control (no intervention)	--	Usual care
CTRI/2018/11/016330	Unknown	11 Diseases of the circulatory system	Cardiac rehabilitation (after CABG)	100	Yoga-based cardiac rehabilitation	6 mos, 7x 45 min sessions per wk	Control (no intervention)	--	Cardiac rehabilitation (physiotherapy based)
CTRI/2018/03/012801	Recruiting (?complete)	11 Diseases of the circulatory system	Cardiac rehabilitation (after myocardial infarction)	64	Yoga	3 mos, 13x 75 min sessions at hospital + home practice	Control (no intervention)	--	Usual care
CTRI/2018/12/016632	Recruiting (?complete)	11 Diseases of the circulatory system	Cardiac rehabilitation (after PCI)	200	Yoga	6 mos, 9x 45 min sessions + home practice	Control (no intervention)	--	Usual care

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Yeung 2014, ACTRN12612000 358842	Not yet recruiting	11 Diseases of the circulatory system	Cardiac rehabilitation (after revascularisation procedure)	150	Hatha Yoga	12 wks, 3x 60min session per wk	Control (no intervention)	--	--
NCT03127891	Complete, results not available	11 Diseases of the circulatory system	Cardiac surgery	40	Pranayama Yoga	5 sessions before surgery	Control (no intervention)	--	--
CTRI/2017/07/00 8951	Not yet recruiting	11 Diseases of the circulatory system	Coronary artery disease	200	Yoga	3 years, 1x ?min session per day	Control (no intervention)	--	Usual care
IRCT2018122404 2084N1	Unknown	11 Diseases of the circulatory system	Coronary artery disease (after CABG)	30	Yoga	8 wks, 3x ? min sessions per wk	Control (no intervention)	--	Cardiac rehabilitation
Irct20150106020 581N3	Recruitment complete	11 Diseases of the circulatory system	Heart disease (undergoing coronary angiography)	90	Yoga	5 minutes	Control (usual care)	Virtual reality, sedation images	--
IRCT20160112259 81N1	Unknown	11 Diseases of the circulatory system	Heart failure	60	Yoga	2 mos, 2x 60 min sessions per wk	Control (no intervention)	--	--
NCT01785121	Complete, results not available	11 Diseases of the circulatory system	Heart failure	605	Medical Yoga	12 wks, 2x 60min session per wk	--	Motivational support ; Structured access to a Wii game computer (Wii)	--
CTRI/2018/08/015 397	Recruiting (?complete)	11 Diseases of the circulatory system	Heart failure (with implantable cardioverter defibrillator)	100	Yoga	3 mos, 3x ? min sessions per wk followed by home practice	Control (no intervention)	--	Usual care
Lopes 2018, RBR-64mbnx, NCT03028168	Complete, results not available	11 Diseases of the circulatory system	Heart failure (with preserved ejection fraction)	32	Yoga	8wks, 2x 45 min sessions per wk	Control (no intervention)	Breathing technique (alternate nostril)	Usual care
CTRI/2013/05/00 3690	Complete, results not available	11 Diseases of the circulatory system	Hypertension	127	Yoga	6 mos	--	Standard medical care (Antihypertensives); Physical activity	--
CTRI/2019/12/022 378	Recruiting (?complete)	11 Diseases of the circulatory system	Hypertension	100	Pranayama Yoga	1x20 min session	--	Massage (Ice)	--

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ISRCTN27834915	Complete, results not available	11 Diseases of the circulatory system	Hypertension	300	Viniyoga	3 wks, 5x 45 min sessions per wk	--	Relaxation (progressive)	--
NCT01984593	Complete, results available but not published	11 Diseases of the circulatory system	Hypertension	190	Yoga	12 wks, 15 min x 2 times daily	Control (no intervention)	--	--
NCT03274193	Unknown	11 Diseases of the circulatory system	Hypertension	80	Yoga	12 wks, 2x 60 min sessions per wk	Control (no intervention)	--	--
RBR-66xfxh	Unknown	11 Diseases of the circulatory system	Hypertension	30	Yoga	4 mos, 2x ? min sessions per wk	Control (no intervention)	--	--
Dhungana 2018, CTRI/2017/02/007822	Recruitment complete	11 Diseases of the circulatory system	Hypertension	140	Yoga	13 wks, 5x 120min sessions initial wk (guided) then 5x 30min sessions per wk (at home)	Control (no intervention)	--	Educational advice
NCT01302535	Complete, results available but not published	11 Diseases of the circulatory system	Hypertension	83	Yoga (with supervision)	12 wks, 60 min once wkly	Control (no intervention)	Yoga (home-based)	--
CTRI/2017/09/009841	Complete, results not available	11 Diseases of the circulatory system	Hypertension (pre & stage 1)	150	Yoga	4 mos, 1x 25 min sessions per wk + home practice	Control (no intervention)	--	Usual care
NCT03993184	Recruiting	11 Diseases of the circulatory system	Hypertension (pre & Stage 1)	169	Hot yoga	3, 60-minute or 90-minute hot yoga classes wkly for 12 wks	Control (no intervention)	--	--
NCT03703609	Recruiting	11 Diseases of the circulatory system	Long-term illness (treated at cardiology clinic)	300	Yoga (online)	12 wks, 2x 60 min sessions per wk + daily at home practice	Educational advice	--	--
CTRI/2019/06/019920	Recruiting	11 Diseases of the circulatory system	Ventricular premature complexes	60	Yoga	3 wks, 2x 45 min sessions followed by 10 wks home practice	Control (usual care)	--	--
ACTRN12618001914257	Complete, results not available	12 Diseases of the respiratory system	Asthma	54	Yoga	16 wks, 2x 75 min sessions per wk	--	Physical activity + usual care	Physical activity (goal of 10,000 steps/day)

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CTRI/2018/01/011341	Unknown	12 Diseases of the respiratory system	Asthma	60	Yoga	14 days at clinic, 14 days follow up at home	Control (no intervention)	--	--
CTRI/2019/05/019137	Unknown (not recruiting)	12 Diseases of the respiratory system	Asthma	30	Yoga	3 mos, 7x 20 min sessions per wk	Control (no intervention)	--	Homeopathic remedies (Vasadi syrup)
CTRI/2019/08/020534	Not yet recruiting	12 Diseases of the respiratory system	Asthma	110	Pranayama (breathing) + om chanting	2 wks, 2x 5 min cycles	Control (no intervention)	--	Usual care
CTRI/2018/03/012731	Active, not recruiting	12 Diseases of the respiratory system	Chronic Obstructive Pulmonary Disease	70	Yoga	? wks, ?x 50min sessions per wk	Control (no intervention)	--	Standard medical care (inhaler of corticosteroid and b2 agonist)
CTRI/2018/03/012752	Complete, results not available	12 Diseases of the respiratory system	Chronic Obstructive Pulmonary Disease	33	Yoga	5 days, 1x 40-50 min session per day	--	Physical therapy; Physical activity (Chair calisthenics)	--
NCT02539524	Complete, results not available	12 Diseases of the respiratory system	Chronic Obstructive Pulmonary Disease	18	Yoga	12 wks, 2x 1 hour sessions per wk	--	Rehabilitation (pulmonary)	--
NCT02848625	Unknown	12 Diseases of the respiratory system	Pulmonary fibrosis	64	Yoga	12 wks, 2x ? min sessions per wk	Control (usual care)	--	--
NCT03979703	Recruiting (?complete)	12 Diseases of the respiratory system	Pulmonary fibrosis	20	Yoga	12 wks, 2x 60 min sessions per wk	Control (no intervention)	--	--
CTRI/2011/12/002289	Unknown	12 Diseases of the respiratory system	Upper respiratory tract disorders	100	Yogic nasal irrigation and pranayamas	4 wks	Control (waitlist)	Physical activity	--
CTRI/2017/09/009900	Unknown	12 Diseases of the respiratory system	Upper respiratory tract disorders	60	Yoga	Not defined	Control (usual care)	--	--
CTRI/2014/09/004968	Complete, results not available	13 Diseases of the digestive system	Dental surgery	30	Yoga	60 min session before surgery	Control (no intervention)	Standard medical care	--
CTRI/2018/12/016506	Recruiting	13 Diseases of the digestive system	H. pylori induced peptic diseases (GERD, ulcer, hyperacidity)	78	Yogic gut aeration techniques	3 mos, 6x 55 min sessions per wk	Control (no intervention)	--	--
CTRI/2019/01/016973	Unknown	13 Diseases of the digestive system	Haemorrhoids	60	Yoga	Not defined	--	Ayurvedic intervention	--

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NCT04225104	Recruiting	13 Diseases of the digestive system	Irritable bowel syndrome	18	Yogic breathing	4 wks, 5x 20 min sessions per wk	Control (no intervention)	--	--
NCT04315714	Not yet recruiting	13 Diseases of the digestive system	Irritable bowel syndrome	20	Yoga	6 wks, 2x 60 min sessions per wk	Control (waitlist)	--	--
CTRI/2016/02/006623	Recruitment complete	13 Diseases of the digestive system	Non Alcoholic Fatty Liver Disease	80	Yoga	Not defined	--	Alternative care (semolina powder)	Lifestyle modification
CTRI/2018/08/015558	Recruiting (?complete)	14 Diseases of the skin	Psoriasis	100	Yoga	3 mos, 2x 50 min sessions per wk	Control (no intervention)	--	Usual care
CTRI/2018/09/015828	Unknown	15 Diseases of the musculoskeletal system or connective tissue	Cervical spondylosis	60	Neck rotation exercises	30 days, 10 min per day	--	Ayurvedic intervention	--
NCT03526965	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Cervical spondylosis	117	Yoga chikitsa	6 wks	Control (usual care)	--	--
NCT04113473	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Cervical spondylosis	62	Yoga	12 wks, 2x 60 min sessions per wk	Control (no intervention)	--	--
NCT03833609	Not yet recruiting	15 Diseases of the musculoskeletal system or connective tissue	Inflammatory arthropathies (Juvenile idiopathic arthritis, female)	25	Yoga (online)	12 wks, 3x 60min sessions (individual) + 1x 60min session (video conf.) per wk	Control (waitlist)	Physical activity (dance)	Educational advice
NCT04281238	Recruiting	15 Diseases of the musculoskeletal system or connective tissue	Inflammatory arthropathies (ankylosing spondylitis)	60	Yoga	8 wks, 3x ? min home practice per wk	Control (no intervention)	--	Physical activity (Home exercises)
NCT04065958	Recruiting	15 Diseases of the musculoskeletal system or connective tissue	Inflammatory arthropathies (including rheumatoid arthritis)	60	Yoga-mindfulness	15 wks, 1x 90 min session per wk + 4x 30 min home assignments per wk	Educational advice	--	--

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CTRI/2012/09/003022	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Inflammatory arthropathis (rheumatoid arthritis)	120	Yoga	2 mos, 3x 20min session per wk + 4 mos, 2 x 20min session per wk + 6 mos, 1x 20min session per wk	Control (no intervention)	Yoga alone (no medication)	Standard medical care
NCT03500276	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Inflammatory arthropathis (rheumatoid arthritis)	57	Yoga	12 wks, 2x 90 min sessions per wk	Educational advice	--	--
NCT00781729	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Kyphosis	118	Yoga	24 wks, 3 times/wk	Educational advice	--	--
UMIN000032595	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Lumbar Spine Post-Surgical Pain	40	Yoga	Not defined	Control (no intervention)	--	--
NCT02113410	Complete, results available but not published	15 Diseases of the musculoskeletal system or connective tissue	Osteoarthritis	131	Chair Yoga (Sit N Fit)	8 wks, 2x45min/wk	Educational advice	--	--
ACTRN12620000012976	Recruiting	15 Diseases of the musculoskeletal system or connective tissue	Osteoarthritis (knee)	212	Yoga	12 wks, 30-40 min	Control (no intervention)	--	--
CTRI/2017/03/008030	Recruitment complete	15 Diseases of the musculoskeletal system or connective tissue	Osteoarthritis (knee)	78	Yoga	6 mos, 8x45min sessions total	Educational advice	--	--
CTRI/2018/01/011095	Recruiting (?complete)	15 Diseases of the musculoskeletal system or connective tissue	Osteoarthritis (knee)	60	Yoga	Not defined	Control (no intervention)	--	Usual care
IRCT20170827035926N2	Recruitment complete	15 Diseases of the musculoskeletal system or connective tissue	Osteoarthritis (knee)	60	Chair yoga	8 wks, 2x 45 min sessions per wk	Control (no intervention)	--	--

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NCT00664053	Complete, results available but not published	15 Diseases of the musculoskeletal system or connective tissue	Osteoporosis	99	Yoga (+ placebo drug)	2 sessions per wk for 6 mos	--	Yoga + Standard medical care (DHEA); Physical activity + Placebo OR 'Physical activity +	--
NCT02163668	Complete, results available but not published	15 Diseases of the musculoskeletal system or connective tissue	Osteoporosis	47	Yoga	8 mos	Control (no intervention)	--	--
NCT03882853	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Osteoporosis	32	Yoga (tree pose)	3 mos, 5x home practice per wk	Control (no intervention)	--	Physical activity
NCT02528084	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Rotator cuff injury	10	Yoga	6 wks, 2-3 times/wk	Control (no intervention)	Physical activity	--
CTRI/2018/06/014380	Unknown	15 Diseases of the musculoskeletal system or connective tissue	Scoliosis	30	Yoga	Not defined	--	Rehabilitation (pulmonary)	--
CTRI/2014/08/004911	Complete, results not available	16 Diseases of the genitourinary system	21 Breast pain in premenopausal women	90	Yoga	12 wks	--	Physical activity (Walking)	--
NCT01073397	Complete, results available but not published	16 Diseases of the genitourinary system	21 Perimenopausal or newly postmenopausal women who are experiencing hot flashes	54	Yoga	10 wks, 1x90min/wk	Control (waitlist)	Physical activity	--
CTRI/2017/09/009846	Unknown	16 Diseases of the genitourinary system	Chronic kidney disease	90	Yoga	3 mos, 5x 60 min sessions per wk	Control (usual care)	--	--
NCT02361268	Complete, results not available	16 Diseases of the genitourinary system	Chronic kidney disease (end-stage)	67	Intra-dialysis yoga	12 wks, 3x15-60min	Educational advice	--	--

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IRCT201510077844N9	Unknown	16 Diseases of the genitourinary system	Chronic kidney disease (on haemodialysis)	80	Laughter yoga	8 wks, 3x 45 min sessions per wk	Control (no intervention)	--	--
IRCT2015113024047N3	Unknown	16 Diseases of the genitourinary system	Chronic kidney disease (on haemodialysis)	32	Hatha yoga	12 wks, 2x 60 min sessions per wk	Control (no intervention)	--	--
IRCT20180908040965N1	Unknown	16 Diseases of the genitourinary system	Chronic kidney disease (on haemodialysis)	60	Yoga	1 month, 3x ? Sessions per wk	Control (no intervention)	--	--
NCT04175652	Complete, results not available	16 Diseases of the genitourinary system	Chronic kidney disease (on haemodialysis)	68	Laughter yoga	8 wks, 2x 30 min sessions per wk	Control (no intervention)	--	--
IRCT20120215009014N245	Unknown	16 Diseases of the genitourinary system	Dysmenorrhea, primary	40	Aqua yoga	8 wks, 2x 60 min sessions per wk	Control (no intervention)	--	Usual care
IRCT2013091014611N1	Unknown	16 Diseases of the genitourinary system	Dysmenorrhea, primary	60	Yoga	8 wks, 3x 60 min sessions per wk	Control (no intervention)	Physical activity (Aerobic)	--
NCT04295954	Not yet recruiting	16 Diseases of the genitourinary system	Dysmenorrhea, primary	90	Hatha yoga	12 wks, 3x 30 min sessions per wk	Control (no intervention)	--	--
CTRI/2017/12/010923	Unknown	16 Diseases of the genitourinary system	Endometriosis	90	Yoga	6 mos	Control (no intervention)	--	Standard medical care
NCT03784976	Recruiting	16 Diseases of the genitourinary system	Endometriosis and Dysmenorrhea (secondary)	90	Iyengar yoga	3 mos, 2x1.25hr/wk	Control (no intervention)	--	--
CTRI/2019/03/018272	Unknown	16 Diseases of the genitourinary system	Pelvic pain associated with genital organs or menstrual cycle (primary dysmenorrhoea)	60	Yoga	12 wks, 6x 60 min sessions per wk	Control (no intervention)	--	Lifestyle modification
NCT03579303	Recruiting (?complete)	16 Diseases of the genitourinary system	Polycystic Ovary Syndrome	84	Yoga	Not defined	Control (no intervention)	--	Homeopathic remedies

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Samuel 2020, NCT04335227	Not yet recruiting	16 Diseases of the genitourinary system	Polycystic Ovary Syndrome	128	Integrative Yoga Therapy	12 wks, 6x 60min session per wk	Control (no intervention)	Yoga alone (no aerobic exercise)	Nutritional management + Physical activity (aerobic exercise)
IRCT20160123261 58N1	Unknown	16 Diseases of the genitourinary system	Polycystic ovary syndrome (undergoing fertility treatment)	62	Yoga	6 wks, 7x 90 min sessions per wk	Control (no intervention)	--	--
UMIN000033874	Active, not recruiting	16 Diseases of the genitourinary system	Premenstrual syndrome	10	Yoga	?, ?x 60 min session per ?	Control (rest)	Physical activity (stretching)	--
ACTRN12619000 784112	Unknown	16 Diseases of the genitourinary system	Urinary incontinence	30	Hatha yoga	4 wks, 1x 60 min session per wk	Control (usual care)	Pilates	--
NCT01470560	Complete, results not available	16 Diseases of the genitourinary system	Urinary incontinence	?	Yoga	8 wks, 1x 60-120 min sessions per wk	--	Relaxation; Physical activity	--
NCT03672461	Recruiting	16 Diseases of the genitourinary system	Urinary incontinence	220	Iyengar yoga	3 mos	--	Physical activity	--
NCT04170569	Complete, results not available	18 Pregnancy, childbirth or the peripartum	Postpartum women	80	Yoga	10 wks, ? x 65 min sessions per wk, then crossover	Control (no intervention)	--	--
IRCT2019102304 5221N1	Recruiting	18 Pregnancy, childbirth or the peripartum	Pregnancy (after birth)	25	Yoga	3 mos, 12 sessions in total	Control (no intervention)	--	--
IRCT2012060999 83N1	Recruitment complete	18 Pregnancy, childbirth or the peripartum	Pregnancy (low risk)	146	Yoga	Classes + 15 mins per day at home + relaxation, breathing, meditation during labour	Control (usual care)	--	Educational advice (45 min session about delivery process)
IRCT2019091904 4819N1	Recruiting	18 Pregnancy, childbirth or the peripartum	Pregnancy (low risk)	60	Hatha Yoga	2x 75 min sessions per wk from 26-37 wks gestation	Control (usual care)	--	--

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NCT03893708	Active, not recruiting	18 Pregnancy, childbirth or the peripartum	Pregnancy (low risk)	49	Prenatal yoga	12 wks, 1x 75 min session per wk	Educational advice	--	--
NCT03941041	Recruiting	18 Pregnancy, childbirth or the peripartum	Pregnancy (low risk)	210	Prenatal yoga	12 wks, 1x 90 min session per wk	Control (usual care)	--	--
NCT02738216	Recruiting	18 Pregnancy, childbirth or the peripartum	Pregnant (with depression)	178	Prenatal yoga	9 wks, 1x 75 min session per wk	Educational advice	--	--
Chen 2020, NCT04364919	Complete, results not available	18 Pregnancy, childbirth or the peripartum	Pregnant women	140	Yoga (aerobic)	12 mos, 3x ?min session per wk	Control (usual care)	--	--
CTRI/2017/11/010608	Unknown	18 Pregnancy, childbirth or the peripartum	Pregnant women (at risk of developing hypertension)	334	Yoga	20 wks, 1x 30 min session per month during antenatal checkup + home practice	Control (no intervention)	--	--
CTRI/2011/10/002064	Unknown	18 Pregnancy, childbirth or the peripartum	Pregnant women (at risk of preeclampsia)	300	Yoga	Not defined	Control (no intervention)	--	Usual care
CTRI/2018/01/011313	Complete, results not available	18 Pregnancy, childbirth or the peripartum	Pregnant women (low risk)	60	Yoga	3 mos, 3x ? min sessions per wk	--	Physical activity (Walking)	--
CTRI/2018/09/015603	Recruiting	18 Pregnancy, childbirth or the peripartum	Pregnant women (low risk)	800	Yoga	Not defined	--	Relaxation (biofeedback)	--
IRCT201110052248N7	Unknown	18 Pregnancy, childbirth or the peripartum	Pregnant women (low risk)	60	Yoga	3x home practice per wk	Control (usual care)	--	--
IRCT20160704028794N2	Unknown	18 Pregnancy, childbirth or the peripartum	Pregnant women (low risk)	60	Yoga	5 wks, 1x 45-60 min session per wk	Control (usual care)	--	--
IRCT20180623040197N2	Recruiting	18 Pregnancy, childbirth or the peripartum	Pregnant women (low risk)	72	Hatha yoga	5 wks, 2x ? Sessions per wk	Control (no intervention)	Iyengar yoga	--

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NCT03002337	Complete, results not available	18 Pregnancy, childbirth or the peripartum	Pregnant women (low risk)	75	Yoga	20 wks, 2x 70 min sessions per wk	Control (usual care)	Massage (aromatherapy)	--
Matsuzaki 2018, UMIN000015644	Complete, results not available	18 Pregnancy, childbirth or the peripartum	Pregnant women (low risk, primipara)	400	Yoga	3x60 min session per wk	Control (usual care)	Lifestyle modification (Nutrition) ; Yoga + Nutrition intervention	--
TCTR20151215001	Complete, results not available	18 Pregnancy, childbirth or the peripartum	Pregnant women in second trimester	112	Yoga	3-4 mos, 5x ?min session per wk	--	Physical activity (Walking)	Physical exercise (6 min walk test)
CTRI/2018/01/0113 14	Recruiting (?complete)	20 Developmental anomalies	Children with disabilities (physically challenged)	60	Yoga	Not defined	Control (waitlist)	--	--
CTRI/2017/11/0105 50	Recruiting (?complete)	21 Symptoms, signs or clinical findings, NEC	Chronic pain (Fibromyalgia)	90	Yoga	2 wks, 5x ? min sessions per wk	Control (waitlist)	--	--
NCT01797263	Complete, results available but not published	21 Symptoms, signs or clinical findings, NEC	Chronic pain (Fibromyalgia)	256	Yoga	12 wks, 1x 75 min session per wk	--	Physical activity	--
CTRI/2018/02/011 936	Complete, results not available	21 Symptoms, signs or clinical findings, NEC	Chronic pain (unexplained)	88	Yoga	3 mos, 20x ? min sessions	Control (usual care)	--	--
NCT04315805	Not yet recruiting	21 Symptoms, signs or clinical findings, NEC	Chronic pain (with psychological distress)	72	Integrative Yoga Therapy	8 wks, 1x ? Session per wk + home practice	Control (waitlist)	--	--
Anderer 2020, NCT04270617	Recruiting	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic)	200	Yoga	6 wks, ?x ?min session per wk	Control (no intervention)	--	--
CTRI/2018/01/0112 43	Unknown	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic)	30	Yoga	24 days	--	Physical activity (Walking)	--
CTRI/2018/10/016 132	Unknown	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic)	45	Yoga	4 wks	Control (no intervention)	Physical therapy (Back exercise)	--

STUDY ID	Status	ICD-11 Category	CONDITION	N (planned)	INTERVENTION	Intervention details	COMPARATOR (INACTIVE)	COMPARATOR (OTHER)	Co-interventions
NCT02244645	Unknown	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic)	86	Yoga	4 mos, 2x 60 min sessions per wk	--	Rehabilitation	--
CTRI/2018/09/015 851	Recruiting	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic, nonspecific)	96	Yoga Asana, Pranayam and Meditation	?x? mins sessions for 12 wks	Educational advice	--	--
NCT02552992	Complete, results not available	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic, nonspecific)	22	Yoga	12 wks, 1x ?min session per wk	--	Self-Directed Mind-Body Program	--
NCT03432169	Complete, results not available	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic, nonspecific)	20	Yoga	8 wks	--	Physical activity (stretching)	--
NCT03676062	Complete, results not available	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic, nonspecific)	44	Yoga	6 wks, 3x ? min sessions per wk	--	Physical activity (Home exercise); Physical therapy (Stabilisation exercise)	--
NCT04000685	Recruiting	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic, nonspecific)	24	Yoga	8 wks, 2x ? min sessions per wk	--	Physical therapy (Spinal stabilization exercises); Physical activity (walking)	--
NCT04142177	Not yet recruiting	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic, nonspecific)	2529	Hatha yoga	Up to 10x 60 min session per wk	Control (usual care)	Lifestyle modification (pain self-management program); Cognitive behavioural therapy	--
NCT04203888	Recruiting (?complete)	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic, nonspecific)	60	Yoga	2 wks, 2x 60 min sessions per wk, crossover	Control (usual care)	Massage (Swedish)	--
Saper 2016, NCT02224183	Complete, results not available	21 Symptoms, signs or clinical findings, NEC	Low back pain (chronic, veterans)	120	Hatha Yoga	12 wks, 1x 75 minute class per wk	Educational advice	--	--
CTRI/2015/05/00 5761	Unknown	21 Symptoms, signs or clinical findings, NEC	Low back pain (non specific)	138	Yoga	2 wks, 2x 60 min sessions per wk	Control (no intervention)	Physical therapy	Homeopathic remedies (Hot fermentation)

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IRCT20150519022320N11	Unknown	21 Symptoms, signs or clinical findings, NEC	Musculoskeletal pain (older women)	60	Yoga	2 mos, 3x 60 min sessions per wk	Control (no intervention)	--	--
NCT04113460	Complete, results not available	21 Symptoms, signs or clinical findings, NEC	Neck pain (chronic, nonspecific)	84	Yoga	8 wks, 1x ? min session per wk + self practice	--	Physical activity (stretching)	--
CTRI/2017/12/010917	Recruiting	21 Symptoms, signs or clinical findings, NEC	Vasovagal syncope	100	Yoga	6 mos, 14x 30 min sessions total	Control (no intervention)	--	Usual care
CTRI/2019/05/019040	Recruiting	21 Symptoms, signs or clinical findings, NEC	Vasovagal syncope	60	Yoga	6 mos, 5x 40 min sessions per wk	Control (no intervention)	--	Usual care
CTRI/2019/03/017995	Complete, results not available	21 Symptoms, signs or clinical findings, NEC	Vertigo	144	Yoga	12 wks, first wk ?x 30-45 min sessions followed by home practice for 11 wks	--	Standard medical care; Vestibular rehabilitation program	--
CTRI/2017/12/010854	Unknown	22 Injury, poisoning or certain other consequences of external causes	Chest trauma	90	Yoga	60 min sessions	Control (no intervention)	--	Physiotherapy
NCT03277859	Complete, results not available	22 Injury, poisoning or certain other consequences of external causes	Traumatic brain injury	75	Yoga	8 wks, 2x 75 min sessions per wk	Control (waitlist)	--	--
NCT02907138	Complete, results not available	24 Factors influencing health status or contact with health services	Elevated perceived stress/anxiety	45	Medical Yoga	8 wks, 1x 60 min session per wk	Control (usual care)	--	--
NCT04039074	Recruiting	24 Factors influencing health status or contact with health services	Elevated perceived stress/anxiety	108	Integrative Yoga Therapy OR Iyengar yoga	12 wks	--	Mindfulness	--

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Brenes 2018, NCT02968238	Complete, results not available	24 Factors influencing health status or contact with health services	Elevated perceived stress/worry (elderly)	500	Yoga	10 wks, 2x 75 min sessions per wk	--	Cognitive behavioural therapy	--
CTRI/2019/11/021989	Recruiting	24 Factors influencing health status or contact with health services	Employment conditions (farmers exposed to pesticides)	132	Yoga	3 mos, ?x 60 min sessions	Control (no intervention)	--	--
CTRI/2018/04/012947	Complete, results not available	24 Factors influencing health status or contact with health services	Living conditions (high pollution industrial area)	110	Yoga	16 wks	Control (waitlist)	--	--
CTRI/2019/07/020420	Recruiting	24 Factors influencing health status or contact with health services	Undergoing IVF	240	Yoga	3 mos, 3x ? min sessions per month	Control (usual care)	--	--
Currie 2019 ISRCTN15583681	Recruitment complete	25 Prevention	06 Substance abuse disorders, adults who consume tobacco, alcohol, or sugar-beverages	300	Trauma-Sensitive Yoga (TSY)	12wks, 1x 90min session per wk	Control (no intervention)	Group drumming; Group psychoeducation	--
NCT01667835	Unknown	25 Prevention	11 Cardiovascular Disease, obese postmenopausal women at risk of	50	Hatha yoga	12 wks, 3x90 min	Control (no intervention)	--	--
CTRI/2019/08/020903	Recruiting	25 Prevention	Age related decline (>55)	150	Yoga	Not defined	Control (no intervention)	--	--
NCT02488148	Complete, results not available	25 Prevention	Age-related decline, healthy adults (40-60 yrs) at risk of	81	Hot yoga	12 wks, 3x90 min	Control (no intervention)	Yoga (non-heated)	--

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NCT04353700	Complete, results not available	25 Prevention	Age-related decline, healthy premenopausal women (30-48 yrs) at risk of	35	Yoga	12 wks, 5x 30-50 min sessions per wk	Control (no intervention)	--	--
NCT04323163	Not yet recruiting	25 Prevention	Age-related decline, older adults (>55 yrs) at risk of...	168	Yoga	6 mos, 3x 60 min sessions per wk	--	Physical activity (Aerobic exercise); Physical activity (stretching)	--
Choudhary 2019, CTRI/2018/07/015 051	Recruiting (?complete)	25 Prevention	Age-related decline, older adults (>60 yrs) at risk of...	144	Yoga	12 wks, 3x 60 min sessions per wk	--	Physical activity (stretching)	--
NCT03799640	Complete, results not available	25 Prevention	Age-related decline, older adults (>60 yrs) at risk of...	40	Yoga	Not defined	--	Yoga (Multi-directional); Educational services	--
DRKS00005293	Complete, results not available	25 Prevention	Age-related decline, older adults (>60 yrs, multi-morbid) at risk of	90	Yoga	8 wks, 5x 45 min sessions per wk	Control (usual care)	Physical activity (walking)	--
ISRCTN13567538	Active, not recruiting	25 Prevention	Age-related decline, older adults (>65 yrs) at risk of...	586	Yoga	12 wks	Control (usual care)	--	--
NCT03696082	Recruiting	25 Prevention	Age-related decline, older adults (>65 yrs) at risk of...	150	Yoga	12 wks, 1x ? min session per wk + home practice	Educational advice	Physical activity (aerobic); Physical activity (Resistance training)	--
Osth2019,DRKS0015093	Recruitment complete	25 Prevention	Age-related decline, older adults (>65 yrs) at risk of...	180	Yoga	12 wks, 3x 60min sessions per wk	Control (waitlist)	Physical activity (Aerobic exercise)	--

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IRCT20150519022 320N9	Unknown	25 Prevention	Menopausal symptoms or complaints, healthy women (>60 yrs) at risk of Menopausal	64	Hatha yoga	8 wks, 3x 60 min sessions per wk	Control (no intervention)	--	--
IRCT20150519022 320N19	Recruitment complete	25 Prevention	symptoms or complaints, healthy women (50-65 yrs) at risk of Menopausal	60	Hatha Yoga	8 wks, 3x 60 min sessions per wk	Control (no intervention)	--	--
NCT01908270	Complete, results not available	25 Prevention	symptoms or complaints, women with breast cancer and survivors at risk of Metabolic	40	Yoga	12 wks, 1x 90min session per wk	Control (usual care)	--	--
UMIN000025987	Recruiting	25 Prevention	syndrome, prevention of Metabolic	60	Laughter yoga	3 mos, 10 x 90 min sessions total	Control (waitlist)	--	--
UMIN000027145	Recruiting	25 Prevention	syndrome, prevention of	300	Laughter yoga	12 wks, 8x 60min sessions total	Educational advice	--	--