

# Special Issue

## Yoga in Medicine

### Message from the Guest Editor

Yoga as a system of physical/mental/spiritual practices providing holistic well-being has received increasing attention over the last few decades. This Special Issue “Yoga in Medicine” intends to collect valuable articles on yoga as a medical approach for different pathologies in various medical fields, such as: Yoga in cardiology for cardiovascular diseases, coronary heart disease, hypertension, atrial fibrillation, arrhythmia and vasovagal syncope;

Yoga in internal medicine for metabolic syndrome, irritable bowel syndrome, inflammatory markers and the immune system;

Yoga in neurology/psychology for stress, anxiety, and burnout;

Yoga in pneumology;

Yoga in orthopedics/physiatry for chronic pain, pain-associated disorders, and disc herniation;

Yoga in occupational and preventive medicine and public health;

Yoga in geriatrics;

Yoga for neurodegenerative diseases, Parkinson's, Alzheimer's, and dementia;

Yoga for insomnia;

Yoga for eating disorders;

Yoga in pregnancy;

Yoga for adolescent problems;

Yoga in school and university education.

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### Guest Editor

Prof. Dr. Maria Giovanna Gandolfi

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### Deadline for manuscript submissions

closed (30 January 2025)



## Journal of Functional Morphology and Kinesiology

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by MDPI

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## About the Journal

### Message from the Editor-in-Chief

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#### Editor-in-Chief

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