

Sec-1

- (2) Sanyama means the feeling of responsibility in the self (I) for studying, protecting and right utilization of the body. Self control or Sanyama is the control of the mind and its desires, urges, emotions and delusions. It is controlling the outgoing tendencies of the mind and the Senses and bringing them back to our self within. Svashtya is the condition of the body where every part of the body is performing its expected function. The word Svashtya literally means being anchored to the Self; being in close harmony with the Self.

In other words, Swasthya, in Sanskrit
mean self-dependence (Swa = your own)

Also embedded in its meaning are
health, sound state, comfort and
satisfaction. So we can say that
Sanya ~~is~~ endures Swasthya.