

SECTION - 1

Sanyama means the feeling of responsibility in the self (I) for having protection 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 sense and bringing them back over self within. Swasthya is the condition of the body where every part of the body is performing its expected function. The word swasthya literally means being anchored to the self. In other words a swasthya, in Sanskrit means self-dependence (swa = your own). Also embedded in its meaning are health sound state, content and satisfaction. So we can say that sanyam ensures swasthya.

With right understanding, I get self-organized and take care of the body properly. With lack of right understanding, I am able to do it and the body becomes unhealthy. With right understanding and right feelings, the body gets favorably affected. For example, when I am happy the temperature and pressure in my body is normal. When I am angry or tense they get upset. It means if I am in disharmony, say in anger or stress or