

Section-1

Ans-4

Sanyama means the feeling of responsibility in the self (I) for nurturing, 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 senses and bringing them back to our self within.

Swasthya is the condition of the body ~~is performing its~~ expected function where every part of the body is performing its expected function. The word swasthya literally means being anchored to the self, being in close harmony with the self. In ~~order~~ other words, swasthya, in Sanskrit means self-dependence (Swa = your own). Also, embedded in its meaning are health, sound state, comfort 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 the body are normal, when I am angry or tense, they get upset. It means if I am in disharmony, say in anger or stress or despair, it immediately starts affecting the body adversely. There are many diseases of the body that are caused due to disharmony in 'I'. These are called psychosomatic disease, such as asthma, allergies, migraine, diabetes, hypertension etc. So we can say that Sanyam has a strong effect on swasthya.