

Q. 4

Sanyam & Swasthys:-1.

Sanyam means the feeling of responsibility in the self (I) for maintaining, protection and right utilization of the body.

2.

Self-control or sanyama is the control of the the mind and its desires, urges, emotions and delusions.

3.

Swasthys is the condition of the body where every part of the body is performing its expected function.

4) Some can say that sanyam ensure swa

5.

with right understanding and right feeling the body gets favourably affected.

For example:- When I am happy, the temperature and pressure in the body are normal, when I am angry or then they get upset. I mean if I am in disharmony, say in anger or stress despair, it immediately starts affecting the body adversely.