

(Section-1)

Q4
Ans.

Sanyam (Self-Control) and Swasthya (Health) :-

- Sanyam means the feeling of responsibility in the self (I) for nurturing, protection & 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 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 other words, Swasthya, in Sanskrit means self-dependence. (swa = your own). Also, embedded in its meaning are health, sound state, comfort & satisfaction.

- So we can say that Sanyam ensures Swastya.
- With right understanding and right feelings, 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 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.