

VI. 16.

अर्जुन O Arjuna अत्यश्नतः of one who eats much
न not योगः Yoga अस्ति is न not च and एकाग्रं at all
अनश्नतः of one who does not eat न not च and
अतिस्वप्नशीलस्य of one who sleeps much न not च and
एव verily जाग्रतः of the wakeful.

(Success in) Yoga is not for him who eats too much or too little—nor, O Arjuna, for him who sleeps too much or too little.

[The Yogashastra prescribes: “Half (the stomach) for food and condiments, the third (quarter) for water, and the fourth should be reserved for free motion of air.”]

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ॥

युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥१७॥

VI. 17.

युक्ताहारविहारस्य Of one who is moderate in eating and recreation (such as walking &c.) कर्मसु in actions
युक्तचेष्टस्य of one who is moderate in effort (for work)
युक्तस्वप्नावबोधस्य of one who is moderate in sleep and wakefulness
दुःखहा destructive of misery योगः Yoga भवति becomes.

To him who is temperate in eating and recreation, in his effort for work, and in sleep and wakefulness, Yoga becomes the destroyer of misery.

यदा विनियतं चित्तमात्मन्येवावतिष्ठते ॥

निस्पृहः सर्वकामैर्भ्यो युक्त इत्युच्यते तदा ॥१८॥

VI. 18.

यदा When विनियतं completely controlled चित्तं mind आत्मनि in the Self एव verily अवतिष्ठते rests