

UNIT II

1. "Human being is more than just the Body"- explain.

- There is the familiar shape and structure of a human body that is immediately apparent to us and we imagine someone with similar human body-like features.
- But in addition to the body, we are also aware of the 'alive-ness' of the person – the entity that keeps the body 'alive' and makes it operate in various ways.
- We perceive this 'alive-ness' in the activities demonstrated by the person like their seeing, talking, listening, walking, eating etc.
- On a deeper examination of the 'alive-ness', we sense the activities of the person – the person's feelings, thinking, believing etc.
- It is impossible to imagine a human being – a person that is alive – without these two aspects namely the Body and the 'alive-ness'.
- This alive-ness is called 'Jivana' or 'Jeevan'.
- Thus, a human being is co-existence of the Body and Self.

2. Distinguish between the needs of the Self and the needs of the Body.

The Human Being is the co-existence of 'I' and the Body and there is exchange of information between the two.

We can make this distinction between the Self and the Body in three ways in terms of the needs, activities and the types of these two entities, as shown in the table below

| | | | I | Body |
|------------|---------------------------|---|--|--|
| Needs | Needs are... | → | Trust, Respect... | Food, Clothing... |
| | | → | Happiness (<i>sukh</i>) | Physical Facilities (<i>suvīdhā</i>) |
| | In Time, needs are... | → | Continuous | Temporary |
| | In Quantity, needs are... | → | Qualitative (no quantity) | Quantitative (limited in quantity) |
| | Needs are fulfilled by... | → | Right understanding and right feelings | Food, clothing, etc |
| Activities | Activities are... | → | Desiring, Thinking, etc | Breathing, heart-beat, etc |
| | | → | Knowing, Assuming, Recognizing, Fulfilling | Recognizing, Fulfilling |
| Type | It is of type... | → | Conscious (non-material) | Physico-Chemical (material) |

3. What is the qualitative difference between the activities of the Self and those of the Body? Illustrate with one example.

If we look at the variety of activities that we are engaged in commonly - we see that we can put them in three categories:

1. Activities that are going on in the self.
2. Activities that are going on in the body.
3. Activities involving both the self and the body.

Knowing, assuming, recognizing and fulfilling are the activities involving both the self and the body.

1. Activities of recognizing and fulfilling in the body: Apart from the activities of Breathing, Heartbeat, Digestion etc., the activities of the body can also be understood as recognition and fulfilment. In fact, the mutual interaction between any two material entities can be understood as recognition and fulfilment of their relationship. For example when we are thirsty and drink water, the body absorbs the water to the extent needed and uses for the nourishment of the various organs. Here, body recognizes its relation with water and fulfils it.
2. Activities of knowing, assuming, recognizing and fulfilling in the self ('I'): When it comes to self (or 'I'), which is a conscious entity; in addition to 'recognizing and fulfilling', there is also the activity of assuming and that of knowing. In fact, recognizing and fulfilling in case of human beings will depend upon knowing and/or assuming.

4. Why are the physical facilities required? What do you mean by right utilization of the Body?

- Physical Facilities are the material things we use in order to fulfill the needs of our body.
- Having enough physical facilities gives us a feeling of prosperity. We want to have a continuity of this feeling too.
- Physical facilities are necessary and complete for animals, while they are necessary but not complete for humans.
- Normally we tend to believe that the Body is an instrument for sensory enjoyment, which is not correct.
- We also happen to use our Body to exploit other human beings or rest of the nature which is also not right utilization.

- It is important to realize that the human body is an instrument to facilitate right understanding and its actualization in life.
- I need to ensure that I use my Body for right behaviour and work. When I do so, there is harmony in the Self and it has favourable effects on the Body.
- On the other hand, if I use it for acting in opposition with other human beings or nature, like quarrelling, fighting, stealing etc., there is disharmony in the Self which has adverse effects on the Body.

5. "I am the seer, doer and enjoyer. The body is my instrument"- explain.

There is a relation between the self and body - that body act as an instrument of self. Whatever self thinks body performs it physically. Body does not decide itself. We can verify this by the following discussion.

I am the seer: When we see some nice scenery, we say 'I am seeing' which means our self 'I' see via the eyes, the eyes don't see, they are just instruments, that enable me to see something outside. Different images are formed in the eyes every time, but it is I who is able to relate it to the meaning of that image every time.

I am the doer: Once I have seen/ understood something, I am the one who decides what to do or not to do. I am the doer. For example, when I see the scenery, I am the one who decide to take a picture of the scenery. I use my hands to pick camera and click a picture. The hands in the body are thus used as an instrument. In this way I work with my hands and legs.

I am the enjoyer: I saw the scenery and I took the picture. I am the seer and doer so far. When I see the picture, I like it. I am the one that enjoys it. Thus, there is a continuity of being the seer, doer and enjoyer. Similarly, when I eat, I am the one that gets the taste – from the tongue.

6. Explain in what way can we say that the human body is a self-organized unit?

- The human body is a self-organised and highly sophisticated mechanism.
- Body is made up of several organs and glands and the different parts of the body keep working in close coordination.
- Various parts of the Body keep on performing their functions in a coordinated manner and due to this we are able to use our body in multiple ways with so much versatility.

- The body is made up of cells and the cells are so well organised that all human beings have a definite shape and look.
- Each cell has a role to play in the overall working of the body.
- Close observation of the body reveals that each cell is self-organized and participating in the self-organization of the Body as a whole.
- Thus, we can say that the human body is a self-organized unit.

7. Define Sanyama and Svāsthya. How are the two related?

Sanyama (Self-regulation):

- The feeling of responsibility in the self (I) for nurturing, protection and right utilization of the Body.
- The human body is our instrument and the Body needs to be given nutrition, protected from the environment and utilized to work as an efficient and effective tool for the right purpose, I become responsible to the Body.
- This sense of responsibility flows naturally.
- When I live with Sanyama, there is harmony among the different parts of the Body and the Body acts according to me as a useful instrument.

Svāsthya (Health):

- The Body acts according to the needs of 'I'.
- There is harmony among the parts of the Body.

So, Svāsthya is the condition of the Body where every part of the Body is performing its expected function. There is harmony within the Body and it is fit for use by the Self.

8. Suggest any two programs that you can undertake to improve the health of your body.

The self has the responsibility for nurturing, protection and right utilization of the body. For this self has to follow some programs. We need to work to understand the self-organization of the body and ensure health of the body.

Nurturing of the Body:

Proper Food, Air, Water, etc.: In the process of selecting food for the body, I need to make out the elements which make a complete food so that it gives required nutrients

and energy to the body. On the basis of understanding of the harmony of the self with the body, it can be said that the food needs to be eaten only when we feel hungry. The choice of the food has to be such that it is easily digestible and the food needs to be taken with proper posture of the body and in right quantity.

Protection of the Body:

The second issue is the protection of the body. The clothes we choose for protection need to be such that they ensure proper interaction of the body with the environment. The right amount of exposure of the body to the air, water, and sun is required to ensure its proper functioning. To ensure the health of the Body, we need to take care of the following- i) Ahar-Vihar, ii) Shram- Vyayam, iii) Asana-Pranayam and iv) Aushadhi-Chikitsa.

Right utilization of the body (Sadupyog): Right utilization of the Body as an instrument necessitates understanding the purpose for which this instrument is to be used. Normally we tend to believe that the Body is an instrument for sensory enjoyment, which is not correct. We also happen to use our Body to exploit other human beings or rest of the nature which is also not right utilization. It is important to realize that the human body is an instrument to facilitate right understanding and its actualization in life.