



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-2 Shalok-58 | श्रीमद् भगवद्गीता अध्याय दो-श्लोक अट्ठावन | PDF Chapter 2 – Sankhya Yoga

Verse 58

Sanskrit Verse

yadā sanharate chāyaṁ kūrmo 'ṅgānīva sarvaśhaḥ |
indriyāṇindriyārthebhyas tasya prajñā pratiṣṭhitā || 58 ||

Simple Meaning

O Arjuna!

When a person is able to withdraw their senses completely from sense objects, just as a tortoise withdraws its limbs into its shell, their wisdom is considered steady and firmly established.

Detailed Explanation

Withdrawal of the Senses

Lord Krishna gives a powerful analogy here. Just as a tortoise pulls back all its limbs inside its shell for protection, a wise





person is able to withdraw their senses from external attractions whenever needed. This means the senses are no longer constantly running toward objects of pleasure.

Control Over Indriyas (Senses)

The senses naturally seek enjoyment—eyes seek forms, ears seek sounds, the tongue seeks taste, and so on. But a person with steady wisdom is not controlled by these impulses. Instead, they develop mastery over the senses so that they act only under conscious guidance, not compulsion.

Detachment from Sense Objects

This verse highlights the ability to disconnect from external temptations. It is not about physically running away from the world, but about mentally not being dependent on sensory pleasures for happiness.

The Tortoise Analogy

The tortoise is calm and protected when it withdraws its limbs. Similarly, when a spiritual seeker withdraws their senses inward, the mind becomes protected from distractions, desires, and disturbances. This inner withdrawal leads to clarity and stability.

Who is a Truly Steady Thinker?

Such a person is described as having firm wisdom (prajñā pratiṣṭhitā). Their intelligence is not scattered across external





pleasures but is rooted within. They are not pulled in every direction by sensory demands.

Wisdom in Daily Life

This teaching does not mean rejection of life, but mastery over reactions. A wise person can engage with the world when necessary but also withdraw inwardly when needed, maintaining inner balance in all situations.

Key Points

Ability to withdraw senses from external objects

Freedom from dependence on sensory pleasures

Control over impulses of the mind and body

Inner stability like a tortoise withdrawing into its shell

Established and steady wisdom

Profound Spiritual Meaning

Krishna explains that true mastery is not in suppressing the senses forcefully, but in gaining the inner strength to withdraw from distractions naturally. When the senses are no longer outwardly restless, the mind becomes still and awareness turns inward.

The deeper message is:

Real stability comes when the senses are under conscious



control, not when they control us.

Word-by-Word Meaning

yadā – When

sanharate – Withdraws

chāyaṁ – Completely

kūрмаḥ – Tortoise

aṅgāni – Limbs

iva – Like

sarvaśhaḥ – Completely

indriyāṇi – Senses

indriya-arthebhyaḥ – From sense objects

tasya – His

prajñā – Wisdom

pratiṣṭhitā – Is firmly established

Message of the Shloka

A person who can consciously withdraw their senses from external attractions, just like a tortoise withdraws its limbs, attains deep inner stability. Such mastery leads to a calm, focused, and firmly established wisdom.



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