

May the golden-eyed Savitar come hither!  
 Shining forth he rises from the lap of the dawn!  
 Praised by singers, my God Savitar!  
 Stepped forth and never missed his place!  
 He steps forth the splendor of the sky the wide!  
 Seeing, far-shining, the shining wanderer!  
 - Rig Veda. vii. 65



శ్రీ వేపచేదు విద్యా పీఠము

O Sun God, Savitr!  
 Thou dazzling fount of life-persuasive light!  
 Sublimest mystery speeding from afar!  
 Swift became that burst too potent on the sight!  
 This radiant type of strength and youth!  
 Glowing eternally!

We alone shines!  
 All luminaries get illuminated by His Illumination!  
 The whole Universe is outlightened by His light!  
 - Kathopanisad

# VEPACHEDU EDUCATIONAL FOUNDATION

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Issue 253

Chief Editor: డాక్టర్ శ్రీనివాసరావు వేపచేదు | डॉक्टर श्रीनिवासरारु वेपचेदु | DR. SREENIVASARAO VEPACHEDU<sup>1</sup>



## XENOPHOBIC VH SAUNA CLIQUE AND YOGASAUNA<sup>1</sup> BAN

"General intelligence, the ability to think and reason, endowed our ancestors with advantages in solving evolutionarily novel problems for which they did not have innate solutions. As a result, more intelligent people are more likely to recognize and understand such novel entities and situations than less intelligent people, and some of these entities and situations are preferences, values, and lifestyles<sup>2</sup>."

"We are apes, a group that almost went extinct fifteen million years ago in competition with the better-designed monkeys. We are primates, a group that almost went extinct forty-five million years ago in competition with the better designed rodents. We are chordates, a phylum that survived in the Cambrian era 300 million years ago by the skin of its teeth in competition with the brilliantly successful arthropods. Our ecological success came against humbling odds<sup>3</sup>."

Some others show chivalry, defending her, prophesizing doom, establishing a clear and present danger from which the women will need their protection, fantasizing about kicking butt and thinking "when I save her from this MORON/ JERK/ illegal alien/ CRIMINAL ALIEN/ ISIS/ BEARDED FELLOW/ TOWELHEAD/ TERRORIST/low caste primate/low class human/etc., my worth will shine through, when I use that superhero routine pointing the unwavering finger of justice at him and then deliver the threat."



A sauna is a small room or building designed as a place to experience dry or heat sessions. The benefits of sauna<sup>2</sup> and the benefits of isometric exercise<sup>2</sup> and isometric pose sequences are well known and are standard practices in public and commercial spas, gyms, and other wellness facilities around the world. Saunas have been used for thousands of years in Finland, where nearly a third of all adults take them regularly and saunas are increasingly popular in the United States, where over one million are in use.

The dry heat has profound effects on the body as the sweating begins immediately. Average person loses a pint (35 cubic inches = 473 cubic centimeters = 473 milliliters) of sweat during a brief sauna, but one may not realize how much perspiration took place due to quick evaporation of the sweat. Skin temperature soars to about 104° within minutes, while internal body temperature rises more slowly and stays below 100°. The pulse rate jumps by 30% or more and the heart nearly doubles the amount of blood it pumps each minute. Most of the extra blood flow is directed to the skin; in fact, the circulation actually directs blood away from the internal organs. All of these changes resolve quickly after a person cools down. Although a sauna may help you relax, your heart is working hard while you sit on your bench.

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☀️ (స్వస్తి) శ్రీ విలేంబి నామ సంకల్పము ☀️ (శాన్తి) శ్రీ విలేంబి నామ సంకల్పము ☀️ Swasti Sri Vilambi Year

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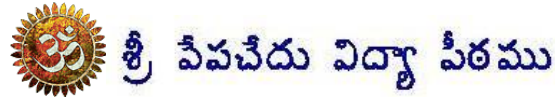
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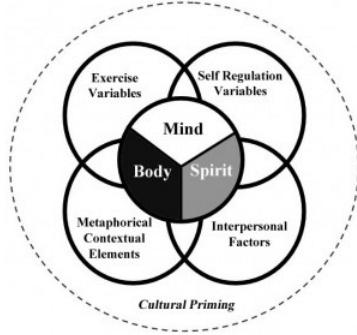
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Waon therapy is a form of thermal treatment in a dry sauna maintained at a temperature of 60 °C, which differs from the traditional sauna. Waon therapy improves the hemodynamics, cardiac function, ventricular arrhythmias, vascular endothelial function, neurohormonal factors, sympathetic nervous system function, symptoms in patients with chronic heart failure, and improves vascular flow and endothelial function involves increased expression of endothelial nitric oxide synthase. Moreover, repeated Waon therapy is effective for patients with severe peripheral arterial disease (PAD), as evidenced by substantial decrease in pain scores, increases in both ankle-brachial pressure index and blood flow assessed by laser Doppler perfusion imaging, and by formation of new collateral vessels on angiography. In addition, ischemic ulcers heal or improve markedly. Repeated sauna treatment also has been shown to improve cardiac function as well as exercise tolerance in patients with chronic heart failure<sup>3</sup>. The practice of group sweating has been present throughout the world for thousands of years and is central to community life among many cultural groups. Different forms of indigenous sweat practices can be found across many geographically and culturally distinct regions of the world, many of these sweat practices have been present for more than 2,000 years<sup>4</sup>.



Exercise in a sauna allows for advantageous combination on the known benefits of sauna with the known benefits of exercise<sup>5</sup>, and yoga<sup>6</sup>, which is a several thousands of years old ancient Indian discipline that seeks to promote the overall well-being of an individual by taking control of the moral, mental and physical aspects of one's life. Patanjali Yoga Sutras<sup>7</sup> and the Bhagavadgita<sup>8</sup> are the basis of yoga.

Sauna is well tolerated by most healthy adults and children. Studies have suggested that long-term sauna bathing may help lower blood pressure in patients with hypertension and improve the left ventricular ejection fraction in patients with chronic congestive heart failure. The transient improvements in pulmonary function

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that occur in the sauna may provide some relief to patients with asthma and chronic bronchitis. Sauna bathing may also alleviate pain and improve joint mobility in patients with rheumatic disease. Acute myocardial infarctions and sudden deaths are rare in saunas, but alcohol consumption during sauna bathing increases the risk of hypotension, arrhythmia, and sudden death, and should be avoided<sup>9</sup>.

The effects of both heat and cold are mediated via the sympathetic nervous system. The circulatory responses to sauna are related to the intensity and duration of the heat exposure. An ordinary sauna bath increases cardiac workload about as much as moderate or vigorous walking. Habituation to sauna decreases the sympathetic stimulation and cardiovascular responses. Sudden cooling, for example diving in cold water, causes a severe transitory volume load and pressure load to the heart and increases the possibility of cardiac arrhythmias. The risk of cardiovascular complications in correctly practiced sauna bathing is very small and it is confined to subjects predisposed to the risk because of manifest or latent cardiovascular abnormalities<sup>10</sup>. In fact, repeated sauna treatment improves vascular endothelial function, resulting in an improvement in cardiac function and clinical symptoms<sup>11</sup>.

Reduction in triglycerides and low-density lipoproteins concentrations<sup>12</sup> was observed in women after 2 weeks of 30-minute repeated sauna sessions that can be a good prognosis in prevention of ischemic heart disease<sup>13</sup>. Application of heat in a sauna causes physiological changes such as increased blood circulation, tissue metabolism, and joint flexibility. It also relieves pain<sup>14</sup> and common colds<sup>15</sup>.

Pain is a distressing experience associated with actual or potential tissue damage with sensory, emotional, cognitive, and social components<sup>16</sup>. Pain can be classified according to its duration, frequency, cause, severity, or disabling consequences. According to duration, pain is acute when it has lasted less than 3-6 months, and considered chronic when it lasts longer than 3-6 months or after normal duration of tissue healing. Pain can be brief, intermittent, or continuous depending on its frequency<sup>17</sup>. Chronic musculoskeletal pain is persistent or

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recurrent pain that arises as part of a disease process directly affecting bones, joints, muscles, or related soft tissues<sup>18</sup>.

Causes for pain are classified as nociceptive, neuropathic, idiopathic/unknown, and psychogenic reasons. Different pain types can also get mixed and be present together. Nociceptive pain is defined as pain caused by an injury to the musculoskeletal system, whereas neuropathic pain is caused by damage to the somatosensory system. When mechanism of experienced pain is unknown, pain is considered idiopathic. Psychogenic pain is based solely on psychological factors, and rarely it is the only cause for pain<sup>19</sup>.

Therapeutic exercises<sup>20</sup> are specific exercises and movements to affect the performance in daily activities and functional capacity by reducing and managing pain, because such exercises are shown to have pain-reducing effects in chronic pain patients. Therapeutic exercise is an important component of treatment in conditions such as chronic low back pain, chronic whiplash related conditions, osteoarthritis, and fibromyalgia<sup>21</sup>. Therapeutic exercise includes yoga, a Complementary and Alternative Medicine (CAM) comprising mind-body exercises for overall well-being and balance of an individual involving pranayama (breath control), different asanas (postures), and flexibility exercises. Flexibility exercises can aid in improving and maintaining range of motion in a joint or a series of joints. They should be performed in a slow, controlled manner, with a gradual progression made to greater ranges of motion.

## BENEFITS OF YOGASAUNA™

YOGASAUNA™ is a therapeutic exercise (flexibility training) comprising yoga-asanas and exercises practiced in a sauna. The combination of the heat and therapeutic yoga exercise relieves tension in the body and calms the mind. A 30-minute YOGASAUNA™ improves the whole-body muscle tone by strengthening and increasing the flexibility muscles, joints, and spine; improves metabolism and sleep; and reduces stress and pain<sup>22</sup>.

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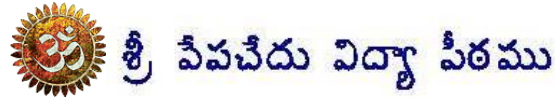
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### DRAWBACKS OF GYMS IN AMERICA

However, some fitness centers such as [Vernon Hills Life Time \(VHLT\)](#) in America ban such YOGASAUNA™ even for 15 minutes<sup>23</sup>, although Hot/Vikram Yoga<sup>24</sup> may be practiced in yoga rooms. The results of a study entitled, “[Male Behavior Around Females In Mean Girls Style Clique \(MGSC\) Of Vernon Hills Life Time Sauna Culture \(VHLTSC\)](#),” revealed the importance of chivalrous behaviors of adult male and female humans in a gym environment under the stress of all-pervading xenophobia and anti-immigrant rhetoric rampant from the highest levels of the administration and government of America and propagated by the propaganda of anti-immigrant, conservative right wing media. This mob mentality and behavior was limited to a small group of human males and females that formed a clique in the sauna at VHLT, while the rest of VHLT and especially the single sex steam room appeared to be peaceful without such mean girl clique behavior indicating the impact of female presence has tipped the balance toward bullying, and xenophobic, racist, and anti-immigrant behavior from a peaceful co-existence.



### REFERENCES AND NOTES

<sup>1</sup> YOGASAUNA™ © SREE VEPACHEDU EDUCATIONAL FOUNDATION INC., USA <https://www.vepachedu.org/manasanskriti/YOGA-SAUNA.pdf>  
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శ్రీ విలేంబి నామ సంకల్పము (శాసిత) శ్రీ విలేంబి నామ సంకల్పము Swasti Sri Vilambi Year

మార్చి మాసము / మార్చి మాసం / MAGHA Month  
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ॐ ఆలోచనా మోక్షమయం । దానో మా జ్యోతిషమ్ । కుర్వోమీ అమృతం నామ ॥ ॐ శాంతిః శాంతిః ॥

May the golden-eyed Savitar come hither!  
Shining forth he rises from the lap of the dawn!  
Praised by singers, my God Savitar!  
Stepped forth and never missed his place!  
He steps forth the splendor of the sky the wide!  
Seeing, far-shining, the shining wanderer!  
- Rig Veda. iii. 65



శ్రీ వేపచేడు విద్యా పీఠము

O Sun God, Savitar!  
Thou dazzling fount of life-persuasive light!  
Sublimest mystery speeding from afar!  
Swift became that burst too potent on the sight!  
This radiant type of strength and youth!  
Glowing eternally!

We alone shines!  
All luminaries get illuminated by His Illumination!  
The whole Universe is outlightened by His light!  
- Kathopanishad

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Chief Editor: డాక్టర్ శ్రీనివాసరావు వేపచేడు | ఇంకర శ్రీనివాసరావు వేపచేడు | DR. SREENIVASARAO VEPACHEDU<sup>1</sup>



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☀️ (స్వస్తి) శ్రీ విశ్వం నామ సంకరణం ☀️ (శాన్తి) శ్రీ వినాయక సంకరణం ☀️ Swasti Sri Vilambi Year

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O Sun God, Savitr!  
 Thou dazzling fount of life-persuasive light!  
 Sublimest mystery speeding from afar!  
 Swift became that burst too potent on the sight!  
 This radiant type of strength and youth!  
 Glowing eternally!



శ్రీ వేపచేడు విద్యా పీఠము

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 He steps forth the splendor of the sky the wide!  
 Seeing, far-shining, the shining wanderer!  
 - Rig Veda. vii. 65

We alone shines!  
 All luminaries get illuminated by His Illumination!  
 The whole Universe is outlightened by His light!  
 - Kathopanishad

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