



**BHAGAVAD GITA: Chapter 10, Verse 39**

yach chapi sarva-bhutanam bijam tad aham arjuna  
na tad asti vina yat syan maya bhutam characharam

yat—which; cha—and; api—also; sarva-bhūtānām—of all living beings; bi-jam—generating seed; tat—that; aham—I; arjuna—Arjun; na—not; tat—that; asti—is; vinā—without; yat—which; syāt—may exist; mayā—me; bhūtam—creature; chara-acharam—moving and nonmoving

yach chapi sarva-bhutanam bijam tad aham arjuna  
na tad asti vina yat syan maya bhutam characharam

◆ **TRANSLATION**

BG 10.39: I am the generating seed of all living beings, O Arjun. No creature moving or non-moving can exist without Me.

◆ **COMMENTARY**

Shree Krishna is both the efficient cause of all creation and also the material cause. Efficient cause means that he is the creator who performs the work involved in manifesting the world. Material cause means that he is the material from which creation happens. In verses 7.10 and 9.18, Shree Krishna declared himself as “the eternal seed.” Again here, he states that he is “the generating seed.” He is stressing that he is the origin of everything, and without his potency nothing can exist.

Living beings are born in four ways: Aaj—born from eggs, such as birds, snakes, and lizards; Jarāyuj—born from the womb, such as humans, cows, dogs, and cats; Swedaj—born from sweat, such as lice, ticks, etc; Udbhij—sprouting from the earth, such as trees, creepers, grass, and corn. There are also other life forms, such as ghosts, evil spirits, manes, etc. Shree Krishna is the origin of all of them.



# Mountain Mutation Could Unlock a Natural Treatment for Nerve Damage

A high-altitude survival gene may point to a new, naturally driven way to repair nerve damage.

A genetic adaptation that helps animals thrive in extreme mountain environments may also reveal a new way to repair the human nervous system. Researchers have identified a mutation linked to life at high altitudes that appears to protect and even rebuild damaged nerve tissue, raising new possibilities for treating conditions such as cerebral palsy and multiple sclerosis (MS).

The study, published March 13 in *Neuron*, points to a built-in biological repair system that relies on compounds the body already produces. Instead of introducing foreign drugs, this approach could amplify natural processes that support nerve recovery.

“Evolution is a great gift from nature, providing a rich diversity of genes that help organisms adapt to different environments,” says corresponding author Liang Zhang of Songjiang Hospital Affiliated to Shanghai Jiao Tong University School of Medicine. “There is still so much to learn from naturally occurring genetic adaptations.”

**The Role of Myelin in Brain Health**

Myelin is a protective coating that surrounds nerve fibers in the brain and spinal cord, helping signals travel quickly and efficiently. When oxygen levels are too low during early brain development, this layer can be damaged, which may lead



to cerebral paralysis in newborns.

In adults, damage to myelin is a hallmark of MS. In this condition, the immune system mistakenly attacks and destroys the protective layer. Reduced blood flow in the brain, which becomes more common with age, can also harm myelin and contribute to disorders such as cerebral small vessel disease and vascular dementia.

Earlier research found that animals living on the Tibetan Plateau, which sits at an average elevation of 14,700 feet (about 4,480 meters), carry a mutation in a gene known as *Retsat*. Scientists suspected this change helps

species like yaks and Tibetan antelopes preserve normal brain function despite long-term exposure to low oxygen levels.

To explore this idea, Zhang and his team tested whether the mutation could protect myelin. They exposed newborn mice to low-oxygen conditions similar to elevations above 13,000 feet (about 3,960 meters) for roughly one week.

Mice with the *Retsat* mutation outperformed those without it in tests measuring learning, memory, and social behavior. Brain studies also showed that these mice had more myelin surrounding their nerve fibers.

**A Potential Pathway for Regeneration**

The team next examined whether the mutation could help repair myelin damage similar to that seen in MS. In mice carrying the mutation, myelin regenerated faster and more completely after injury. The damaged areas also contained more mature oligodendrocytes, the cells responsible for producing myelin.

Further analysis revealed that these mice had higher levels of ATDR, a compound derived from vitamin A, in their brains. The *Retsat* mutation appears to boost the activity of enzymes that convert vi-

tamin A into its metabolites. These molecules then support the growth and maturation of myelin-producing cells.

When researchers treated mice with an MS-like condition using ATDR, the animals showed milder symptoms and improved movement.

Current MS therapies mainly aim to reduce immune system activity, Zhang explains. “ATDR is something everyone already has in their body. Our findings suggest that there may be an alternative approach that uses naturally occurring molecules to treat diseases related to myelin damage,” he says.

## Word of the Day

### DROSS

DRAHSS

**What It Means**

Something referred to as “dross” is of low value or quality. Dross may also be used as a technical term to refer to unwanted material that is removed from a mineral to make it better.

// He’s a skilled editor who has a talent for turning literary dross into gold.

**DROSS IN CONTEXT**

“Hollywood optimists argue that AI’s greatest weakness will be originality. After all, viewers already complain of being deluged with formulaic, low-budget dross churned out by streaming platforms because an algorithm deems it popular.” — Tom Leonard, *The Scottish Daily Mail*, 23 Feb. 2026

**Did You Know?**

Dross has been a part of the English language since Anglo-Saxon times. It comes from the Old English word *drōs*, meaning “dregs,” those solid materials that

fall to the bottom of a container full of a liquid such as coffee or wine. While dross today is used to refer to anything of low value or quality, its earliest use is technical: dross is a metallurgy term referring to solid scum that forms on the surface of a metal when it is molten or melting—remove the dross to improve the metal. The metallurgical sense of the word is often hinted at in its general use, with dross set in contrast to gold, as when 19th century British poet Christina Rossetti wrote “Besides, those days were golden days, / Whilst these are days of dross.”

## Is it your Birthday Today?

MARCH 28

Governed by number 1 and the planet Sun, you are creative, hard working, warm hearted and sincere by nature. You are admired by people around you for your ability to take quick and courageous decisions, but you need to check your tendency to behave reckless, impatient and short-tempered at times. This year improvement in your work atmosphere would be there, giving you lot of job satisfaction. You would interact with important people who would also help you in your career. Your contacts with the public will be lively and challenging. Your earnings would improve but it would be essential for you to save. Your beloved would be in a highly romantic mood and the two of you would have good time together. Renovation, construction and pilgrimage would also interest you later this year. The months of September, December and May would be highly eventful.

**SUDOKU PUZZLES**

SOLVE THE PUZZLE AND GET HANDSOME REWARDS. SEND YOUR SOLUTIONS AT: [EARTHNEWSROOM@GMAIL.COM](mailto:EARTHNEWSROOM@GMAIL.COM)

1		2	5	7				8
		7		1		3	6	
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	4	1		8			3	6
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**SOLUTION OF PREVIOUS PUZZLE**

1	3	2	5	7	6	4	9	8
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6	5	4	8	3	9	2	7	1
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5	6	9	4	2	3	1	8	7
7	8	3	6	5	1	9	2	4
4	7	8	3	9	5	6	1	2
3	2	6	1	4	8	7	5	9
9	1	5	7	6	2	8	4	3

Solved By Lamo Kunzes

## STARS & PLANETS

**What is My Zodiac Sign?**

List of Zodiac Signs Based on Birth Dates

Your zodiac sign is determined by your date of birth. You may check the zodiac sign that and find it in which period of zodiac you belong to.



**List of 12 Zodiac Signs**

- Aries** (Mar 21 - Apr 19)
- Taurus** (Apr 20 - May 20)
- Gemini** (May 21 - Jun 20)
- Cancer** (Jun 21 - Jul 22)
- Leo** (Jul 23 - Aug 22)
- Virgo** (Aug 23 - Sep 22)
- Libra** (Sep 23 - Oct 22)
- Scorpio** (Oct 23 - Nov 21)
- Sagittarius** (Nov 22 - Dec 21)
- Capricorn** (Dec 22 - Jan 19)
- Aquarius** (Jan 20 - Feb 18)
- Pisces** (Feb 19 - Mar 20)

■ **ARIES:** A social event in your neighborhood could connect you with people who share your spiritual and intellectual inclinations. Aries. As a result, you’ll probably make some new friends and spend a lot of time on the phone with them over the next few days. If you’re single, one could be a potential love partner. If you’re a writer or artist, expect oodles of inspiration to hit you as a result of all this.

■ **TAURUS:** A project that you’re working on, perhaps job related, perhaps personal, is likely to require more creative skill than you usually need. Taurus. Writing, drawing, or computer graphics could be involved. You might have some doubts about your abilities, but you’re more likely to be surprised by the results. You’re apt to enjoy working this way, and you may hope to continue. Keep up the good work, and good luck!

■ **GEMINI:** If you’re artistic by nature, Gemini, expect a rush of inspiration to hit today, along with an irresistible compulsion to start a new project and work until you can see at least some results. If you’ve never been artistic before, you may suddenly feel like giving it a try, perhaps using computer technology. No matter what, you’re likely to derive a lot of pleasure from it, so go to it. Have fun!

■ **CANCER:** Something wonderful could happen to you today at home. Cancer. A lover could declare eternal devotion, spiritual revelations could come thick and fast, or great news regarding career or money matters could be just over the horizon. Whatever comes is apt to bring happiness for all concerned. You may pinch yourself to make sure you’re awake! Relax and enjoy it.

■ **LEO:** Developments over the past few days could have you feeling very excited and particularly optimistic about your love life. Leo. Communications with your beloved could take the form of romantic songs or poetry. If you want to give your friend a gift, by all means do, but confine it to something nonthreatening like a book. Everything seems great now, but too much emotional expression and material generosity could overwhelm your friend. Be patient!

■ **VIRGO:** If you’re involved in the arts, Virgo, expect today to hear about an opportunity to exhibit your work publicly. There should be a very positive reaction to it, so you can expect a lot of compliments and ego-booster. An opportunity to earn some money from your work could also come along. Don’t turn it down out of shyness or insecurity. Go for the gold. This trend is likely to continue, so make the most of it.

■ **LIBRA:** Incredible feelings of enthusiasm, optimism, and sheer joy could fill your heart and mind today, Libra. Your life is changing in a positive way, and even though it may not be readily apparent, you’re sensing it intuitively. Romance with someone from far away could be in the offing. If you’re a writer, publishing is right around the corner. The only downside is that you might feel panicky, as if all this will disappear. Stay focused!

■ **SCORPIO:** Some beautiful dreams or visions, perhaps involving angels, spirit guides, or other such beings, could come today, Scorpio. Listen carefully to the messages they bring. Whether they involve matters in your material life, intellectual or spiritual concerns, or future events, they can shed light on a lot of facts about you of which you might not be aware. Write them down as soon as you can. You’ll be glad you did.

■ **SAGITTARIUS:** Love and romance continue to blossom, Sagittarius. Social events could find you and your beloved among both old and new friends, perhaps letting some of them know for the first time that you’re actually an item. Someone close to both of you could be planning a wedding and invite you to come. Don’t be surprised if it gives your partner ideas! Let yourself dream a little today. You can face reality tomorrow.

■ **CAPRICORN:** Are things really going this beautifully for you, Capricorn? This is a question you might ask yourself now. All looks perfect as career, romance, education, and spiritual matters seem to crystallize into a wonderful life. Don’t waste time worrying if this is all too good to be true! You’re concerned about the future, but right now, live in the moment. You’re creating some great memories, if nothing else. Enjoy!

■ **AQUARIUS:** Expanding your horizons is definitely on the agenda today, Aquarius. Travel, education, creativity – they’re all coming to the forefront of your concerns. Romance should also be going well. A friend could introduce you to a new interest, and children might also be a source of joy. Happiness reigns as you’re able to spend more time pursuing the concerns that mean the most to you.

■ **PISCES:** Are you working at home now or perhaps considering it, Pisces? If so, remember that you’ll probably enjoy the comfort and freedom it provides. Being in your own territory among your books and pets and wearing your old clothes will feel good. However, in no way will working on your own compromise your work ethic. If anything, you’ll get more done than ever. Dig in and go for the gold.