



BHAGAVAD GITA: Chapter 10, Verse 41

yad yad vibhutimat sattvam shrimad urjitam eva va
tat tad evavagachchha tvam mama tejo 'nsha-sambhavam

na—not; antah—end; asti—is; mama—my; divyānām—divine; vibhūtinām—manifestations; parantapa—Arjun, the conqueror of the enemies; eshah—this; tu—but; uddeśhatah—just one portion; proktao—declared; vibhūter—of (my) glories; vistarao—the breath of the topic; mayā—by me

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◆ **TRANSLATION**

BG 10.41: Whatever you see as beautiful, glorious, or powerful, know it to spring from but a spark of My splendor.

◆ **COMMENTARY**

Electricity flowing through a speaker creates sound, but one who does not know the principle behind how it works may think that the sound comes from the speaker itself. Similarly, whenever we observe extraordinary splendor anywhere, whatever catches our imagination, sends us in raptures, and infuses us with bliss, we should know it to be but a spark of the glory of God. He is the infinite reservoir of beauty, glory, power, knowledge, and opulence. He is the powerhouse from where all beings and things get their splendor. Thus, we must make God, who is the source of all glory, the object of our worship.



A Simple Injection Could Help the Heart Heal Itself After a Heart Attack

A new RNA-based therapy aims to address one of cardiology's most persistent challenges: the heart's inability to regenerate after injury. After a heart attack, restoring blood flow is often only part of the battle. Even when blocked arteries are reopened, the heart is left with permanent damage because lost muscle cells do not grow back.



"The heart is one of the organs with the least ability to regenerate," said Ke Cheng, Alan L. Kaganov Professor of Biomedical Engineering at Columbia Engineering. "The spontaneous regeneration power is very, very limited." That limitation is a major reason many survivors later develop heart failure. Now, researchers are working on a different strategy, one that does not just prevent further damage but actively helps the heart repair itself.

In a study published in Science, Cheng and his colleagues present an experimental therapy that turns the body into its own drug producer. Instead of delivering medicine directly to the heart, the approach uses RNA to instruct other tissues to generate a healing molecule that becomes active only once it reaches the heart.

"You don't have to open the chest or send a wire to the heart to deliver this drug," Cheng said. "In principle, all the clinician needs to do is to inject the particles into the arm."

For cardiologists like study co-author Torsten Vahl, this shift could address a long-standing gap in care.

"As a clinician who opens up arteries with stents for patients who come to us with heart attacks, I am highly aware that we have a large unmet need for our patients," Vahl said. "Too many times, they are left with severe heart

damage that results later in heart failure."

In preclinical studies, a single injection reduced scar tissue and improved heart function in both small and large animals. The results suggest a potential path toward therapies that are not only effective but also simpler and more accessible than procedures such as transplants or cell-based treatments.

What newborn hearts know the first days after birth, many mammals briefly retain the ability to regrow heart muscle cells. A hormone called atrial natriuretic peptide (ANP) plays an important role by promoting blood vessel growth, reducing inflammation, and limiting scar tissue.

As the body ages, ANP levels drop significantly, and this regenerative ability largely disappears.

To explore this difference, the researchers compared newborn and adult mice after heart attacks. In newborns, the gene responsible for producing ANP's precursor increased more than 25-fold. In adults, it rose only about 10-fold, which may not be enough to support repair.

When the team blocked this gene, called Nppa, in newborn mice, the animals lost much of their natural healing ability.

"The whole idea is that we learn from nature," Cheng

said. "The neonatal heart spontaneously produces more of this molecule after a heart attack. That's probably why young hearts can regenerate themselves. The adult can't produce a sufficient amount, so we found a way to supplement this to the heart."

Scientists have long recognized ANP's potential, but it breaks down within minutes in the body, making it difficult to use as a traditional drug. The muscle as an RNA drug factory

Getting drugs to the heart in a lasting and minimally invasive way is challenging. Organs like the liver and lungs can naturally absorb certain drugs due to their structure and blood flow. The heart does not have this advantage, making targeted delivery more difficult.

"Because of these challenges, researchers have worked on cardiac drug delivery with infusions directly into the blood vessels of the heart, injections into the heart muscle, and injections into the pericardium, which is the sac surrounding the heart," Vahl said. "All of these methods are invasive and need to be performed in a cath lab."

Instead of delivering the drug directly to the heart, the researchers developed a two-step strategy. They first create an inactive precursor in skeletal muscle, which is later activated inside the heart.

The team engineered RNA-lipid nanoparticles carrying instructions for Nppa. When injected into muscle in the arm or thigh, cells begin producing pro-ANP. This inactive molecule travels through the bloodstream until it reaches the heart.

There, an enzyme called Corin converts it into active ANP. Corin is about 60 times more abundant in the heart than in other organs, ensuring that activation happens mainly where it is needed.

"Targeting is based on a specific cleavage of an enzyme that is naturally expressed in the heart," Cheng said. "The idea is that you don't have to touch the heart or open the chest. All you need to do is to inject the arm."

To extend the effect, the researchers used self-amplifying RNA (saRNA), which can replicate inside cells. A single injection continued working for at least four weeks.

"The patient doesn't have to go to the hospital today and tomorrow," Cheng said. "They may only have to go once per month."

Looking ahead Before moving to human trials, new therapies must work across a range of realistic conditions. Cheng's team tested their approach in large animals, older mice, animals prone to atherosclerosis, and mice with diet-induced type 2 diabetes.

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Word of the Day

CADGE

KAJ

What It Means

To cadge something is to persuade someone to give it to you for free. Cadge can also mean "to take, use, or borrow (something) without acknowledgment."

// I don't know how, but my brother always manages to cadge an extra scoop of ice cream on

his sundaes.

// The last line of the poem is cadged from Shelley's "Ozymandias."

CADGE IN CONTEXT

"How could a convenient route between housing estates—and friends' homes—be an issue? Let me explain—it was all Sherlock Holmes' fault. Him and his terrifying Hound Of The

Baskervilles. ... There were occasions when my imagination took over completely and I ended up going the long way round through the busier, better-lit roads of the village. Those beasties wouldn't dare to come off the greens and into the gardens. I never admitted this to any of my friends, not even those brave enough to cadge a lift from me on occasion." — Mary-Jane Duncan, The Press and Journal (Scotland), 18 Oct. 2025

Is it your Birthday Today?

MARCH 30

Influenced by number 3 and the planet Jupiter. You are ambitious, dignified, philosophical, and religious individual. You are self-reliant and possess enormous leadership qualities and you like to take your own decisions, but you need to check your tendency to be jealous, over ambitious and self centered at times. This year you would change plans more often than usual. You would be working closely with known people who would influence your decisions. Both your earnings and your expenses would be high. It is a period to spend as per your budget. Frequent and fruitful journeys are likely to keep you on the move. Later in the year, influence of a spiritual person would be a source of inspiration in your life. Health would definitely need more attention, especially for those suffering from asthma, bronchitis and high blood pressure. The months of December, April and July will prove to be significant.

SUDOKU PUZZLES

SOLVE THE PUZZLE AND GET HANDSOME REWARDS. SEND YOUR SOLUTIONS AT: EARTHNEWSROOM@GMAIL.COM

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

SOLUTION OF PREVIOUS PUZZLE

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

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 a whole panel of zodiac you birth date.



List of 12 Zodiac Signs



■ **ARIES:** Today you could feel torn between the desire to get a little exercise and a powerful inclination to curl up in your favorite chair and catch up on some reading. Aries. There isn't any reason why you can't do both. Go out for a brisk walk and then reach for a favorite book when you return. The key isn't giving up on one, but attaining a balance between the two.

■ **TAURUS:** Do you have the uncomfortable feeling that you've forgotten something but you have no idea what it is, Taurus? Are you haunted by the memory of a seemingly insignificant past event, but can't figure out why? It isn't a good idea to obsess over either. You'll remember whatever it is eventually. You'll soon realize the significance of the memory. Your subconscious is trying to tell you something. You can't rush it, so relax!

■ **GEMINI:** If you've been thinking about starting a new creative project, Gemini, don't try to do it today. Friends and family could vie for your attention and distract you. Other responsibilities could interfere with your desire to get going on it now. Don't hesitate to try to come up with ideas, but you might have to wait until tomorrow to start the work. Tomorrow you should be raring to go. Be patient!

■ **CANCER:** Business might be going very well for you, Cancer, but intense changes on the job could have you feeling stressed. Delays in starting new projects could prove frustrating. Don't fall into the trap of thinking that this is going to be a trend. All should be brought back into focus tomorrow. Go to the gym tonight and work off some frustration. You'll be fresh in the morning. Hang in there!

■ **LEO:** Have you been planning a vacation to a distant place, Leo? Unexpected, discouraging glitches could interfere with your plans, which could have you thinking that you'll just cancel the trip. You might be tempted to pick up the phone and do it. Take no action today. The entire situation should be straightened out by tomorrow, and you'll look forward to your trip again. Stay focused and don't do anything rash.

■ **VIRGO:** Money matters could have you descending into a state of pure gloom, Virgo. On the surface it might seem like you'll never be able to sort through all the paperwork, but you will. Don't give up. Stay focused on the task and take one step at a time. Before you know it, your efficiency and practicality should have it sorted out and behind you. Cheer up, and plan a great evening!

■ **LIBRA:** Is your sweetheart out of town, Libra? If so, you're probably feeling a bit lonely and insecure. You need to ignore those fantasies of your beloved out on the town having a great time with lots of glamorous people. Your friend is most likely as bored as you are, either transacting business or fulfilling family obligations. Relax, find something to do, and the time will pass before you know it.

■ **SCORPIO:** You probably won't feel like working today, Scorpio. You may not be tired, but you're probably bored, restless, and unable to focus. It's best to concentrate on routines or mundane chores you can do automatically on days like this. Put on your headphones. Take a long, leisurely lunch or perhaps brunch with friends. It's important to have some fun. Think of it as an exercise to balance your usually serious self!

■ **SAGITTARIUS:** Love matters could appear to be moving far more slowly than you'd like, Sagittarius. Both you and your romantic interest may be overloaded with responsibilities now and unable to see each other much. It's frustrating, but you'll get through it. In the meantime, don't let your insecurities get the better of you. Just because your friend is busy doesn't mean that your relationship is on the rocks. Be patient!

■ **CAPRICORN:** Today's planetary configuration will give you a strong urge to be out and about, Capricorn, but responsibilities could keep you at home or the office. Perhaps you're waiting for a delivery or an important phone call or visitor. This could be boring and rather tedious for you today. Find something to do that engrosses you, even if it's only reading or catching up on paperwork. There's no point in just twiddling your thumbs!

■ **AQUARIUS:** Are your views about certain intellectual or spiritual matters slowly changing, Aquarius? If so, you may not be all that comfortable with the changes. Traditional values and ideas could seem especially attractive to you today, so your resistance could be greater than normal. Yet you know you can't stay the same way forever. Give yourself a break today. Tomorrow you'll be back in the groove and on your way to transforming.

■ **PISCES:** Business success may have come your way, Pisces, but today you could find yourself feeling a little sad and wondering why, since there's no real reason to feel this way. What's going on is probably, first of all, a letdown, since your brain is no longer churning out the endorphins. Second, you may be wondering where you go from here. Only you can decide that. Set a new goal and move on. day.go for the gold.