



BHAGAVAD GITA: Chapter 11, Verse 12

divi surya-sahasrasya bhaved yugapat utthita yadi bhah sadrishi sa syad bhasas tasya mahatmanah

divi—in the sky; sūrya—suns; sahasrasya—thousand; bhavet—were; yugapat—simultaneously; utthitā—rising; yadi—if; bhāh—splendor; sadrīshī—like; sā—that; syāt—would be; bhāṣah—splendor; tasya—of them; mahā-ātmanah—the great personality

divi surya-sahasrasya bhaved yugapat utthita yadi bhah sadrishi sa syad bhasas tasya mahatmanah

◆ **TRANSLATION**

BG 11.12: If a thousand suns were to blaze forth together in the sky, they would not match the splendor of that great form.

◆ **COMMENTARY**

Sanjay now describes the effulgence of the universal form. To give an idea of its dazzling radiance, he compares it to thousands of suns blazing simultaneously in the midday sky. Actually, God's effulgence is unlimited; it cannot be quantified in terms of the effulgence of the sun. However, narrators often describe the unknown by extrapolating from the known. The simile of a thousand suns expressed Sanjay's perception that the splendor of the cosmic form had no parallels.



The Surprising Reason You Might Want To Sleep Without a Pillow

Sleeping without a pillow may help reduce elevated pressure inside the eye, according to early findings published in the British Journal of Ophthalmology. High intraocular pressure can damage the optic nerve and lead to glaucoma, the leading cause of irreversible blindness worldwide.

Researchers suggest that stacking pillows changes the angle of the neck, which may compress the jugular vein and interfere with the normal drainage of aqueous humor. This fluid supports eye structures such as the cornea and lens and helps regulate eye pressure and shape.

Intraocular pressure, or IOP, naturally shifts with body position. Moving from sitting upright to lying flat is known to increase IOP at night, making sleep posture an important factor to consider.

Study Design and Participants To investigate this effect, researchers studied 144 adults with glaucoma. Participants included 84 people aged 44 or younger, 41 between ages 45 and 59, and 19 aged 60 or older.

Among them, 70 had normal tension glaucoma, 9 had elevated eye pressure, and 65 had primary open-angle glaucoma, the most common form of the disease, which is often linked to impaired fluid drainage in the eye.

From October 2023 to April 2024, participants provided detailed medical histories, including treatments, smoking habits, and alcohol use. Each person also received a full eye exam.

Researchers measured IOP in the right eye every 2 hours over a 24 hour period, both while sitting and lying down. When lying flat, participants' heads were then raised to an angle of 20° to 35° (about 8 to 14 inches of elevation, depending on body size) using two standard pillows. IOP was measured again after 10 minutes.

Participants then returned to a flat position until the next reading. Each person completed four full sets of measurements with and without pillows.

Key Findings on Eye Pressure



A total of 96 participants, or 67 percent, showed a clear rise in IOP when their head was elevated compared to lying flat. On average, pressure increased by about 1.61 mm Hg.

Overall, IOP was higher in the elevated position than in the flat position (17.42 mm Hg vs 16.62 mm Hg), and it fluctuated more over the 24 hour period.

At the same time, ocular perfusion pressure (OPP), which reflects blood flow to the eye, decreased when two pillows were used (54.57 mm Hg vs 58.71 mm Hg when lying flat). Lower OPP suggests reduced delivery of oxygen and nutrients to eye tissues.

Differences Across Groups

Younger adults were more likely than older participants to experience larger increases in IOP. Higher pressure was also more common in those with primary open-angle glaucoma.

To explore the underlying cause, researchers also studied 20 healthy volunteers. They found that using pillows narrowed the inner space of the jugular veins (lumen) and increased blood flow speed, supporting the idea that neck position affects circulation.

Interpretation and Limitations

"Traditional strategies of nocturnal IOP management are primarily limited to increasing the types and frequency of IOP-lowering medications or supplementary laser therapy," explain the researchers. "Given the well-documented influence of postural changes on IOP, positional modification emerges as a plausible strategy warranting further investigation."

Because this was an observational study, it cannot prove cause and effect. The researchers also note that the number of participants in each glaucoma sub-

group was relatively small.

Still, they suggest the findings "may be linked to jugular venous compression induced by neck flexion, which could potentially compromise venous return and aqueous humor outflow."

"Patients with glaucoma may therefore benefit from avoiding sleeping postures that induce jugular venous compression to mitigate postural IOP elevation. Such behavioral adjustments represent a simple yet potentially effective adjunctive strategy for optimizing long-term IOP management in clinical practice."

Reference: "Association of high-pillow sleeping posture with intraocular pressure in patients with glaucoma" by Tong Liu, Mengyuan Hu, Xin Liu, Zongrong Wang, Ke Yao, Min Chen and Kaijun Wang, 27 January 2026, British Journal of Ophthalmology.

Word of the Day

GLAUCOUS

adjective GLAW-kus

What It Means

Glaucois as a color word can describe things of two rather different shades: a light bluish-gray or bluish-white color, or a pale yellow-green. It can also mean "having a powdery or waxy coating that gives a frosted appearance and tends to rub off."

// The tree's glaucous leaves help prevent sun damage.

GLAUCOUS IN CONTEXT

"... an enchanting Mediterranean-inspired planting scheme of soft pinks, silver greys, and glaucous foliage ... evoke[s] calm and relaxation." — Joy Baker, Bedford (England) Today, 20 Feb. 2026

Glaucois came to English—by way of the Latin adjective glaucus—from the Greek glaukos, meaning "gleaming" or "gray." It has been used to describe a range of pale colors from a yellow-green to a bluish-gray. The word is often found in horticultural writing describing the pale color of the leaves of various plants as well as the powdery bloom that can be found on some fruits and leaves. Birders may also recognize the word from the names of several birds, including the glaucous gull and glaucous-winged gull so named for their partially gray plumage.

// His glaucous eyes grew wide with curiosity.

Did You Know?

Is it your Birthday Today?

APRIL 11

Ruled by number 2 and the Moon. You are simple, honest, cooperative, love peace and harmony. You are full of new and innovative ideas and simply a perfectionist in whatever work you decide to do, but you need to control your tendency to be whimsical and jealous at times. The coming year brings you many opportunities to fulfill your dreams. A pleasure trip to an exotic destination would be high on your agenda. Also during this period you will establish new contacts and fruitful partnerships. Long expected monetary benefits will accrue. Speculation and unexpected gains will make your financial position much better than expected. But despite all goodies, minor tensions and stress will always bother you especially concerning health of your parents and increase in household expenditure. Your spouse would be supportive to your concerns and provide you with love and affection, but children might take advantage of your generous behaviour and cause some disappointment. The months of May, July and December seem to be significant.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

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 in which planet of zodiac you have been.



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:** If you aren't careful, there's a strong possibility that you'll overindulge today, Aries. Your career frustrations may manifest in the form of overeating, excess drinking, or reckless spending. These are just symptoms masking the real problem. If you can take some time to meditate, you'll calm your nerves and reveal the root of your frustration.

■ **TAURUS:** You're too hard on yourself, Taurus. If things haven't gone exactly as planned over the last few days, there's no sense in berating yourself over it. As long as you did the best that you could, what's the problem? It's likely you've experienced a delay and not a cancellation. All signs indicate that your goals will come to fruition even though it might take longer than you'd anticipated.

■ **GEMINI:** You're especially intuitive today, Gemini. If this is a fairly new occurrence for you, you could be at a loss as to how to make the most of this gift. Only you can know for sure, but one suggestion is to reflect on changes that you'd like to make at work. Pitch them to your boss. With today's keen insight, you'll almost be able to read his or her mind and anticipate any objections.

■ **CANCER:** Today's planetary aspects indicate that this is likely to be a day of excess, Cancer, some of it good, some of it not so good. Take care not to overindulge in food and drink. You could be merely acting out your stress with such behavior. You'd be better served to meditate and get to the root of the problem. On the other hand, money could come your way, possibly a lot of it!

■ **LEO:** You should make an effort to be patient and tolerant, especially at the office, even though you might not feel like it, Leo. You'll likely take a lot of deep breaths as projects get delayed and meetings drag on. There isn't much you can do about it. Stay focused and trust that everything will be resolved by day's end. In the meantime, don't step on anyone's toes. Your colleagues' nerves are raw.

■ **VIRGO:** This could be a day of inner turmoil, Virgo. You'll rethink some of your fundamental values, unsure if they're still relevant to your life. It's clear that some soul searching is needed. There are no right or wrong answers, only what is in your heart. If your goal is to live authentically, then you'll need to make some big changes in your life. Don't act rashly.

■ **LIBRA:** You need to pull yourself up by the bootstraps, Libra. Why not take a few steps back and try to look at your life more objectively? Regardless of what you might be thinking at the moment, you do have a terrific life. Stop and count your blessings. Make a list and keep it in your wallet to refer to at low moments. Force yourself to be festive tonight. It will do you good to get out.

■ **SCORPIO:** A particularly tricky situation could occur at work. If you aren't careful, you could lose your cool. Make a concerted effort to keep your wits about you, Scorpio. It could be that a colleague is baiting you, but that's no reason to take it. Keep to yourself as much as possible today. Close your office door. At home, go to bed early. Relax with a good book. All will be calmer tomorrow.

■ **SAGITTARIUS:** Boy, your life seems seriously out of balance, doesn't it, Sagittarius? Today provides an opportunity to rethink what is truly important. Consider exercise as one way to improve your health and manage your stress level. Once you get started with a healthy regimen, you'll see how it helps you gain perspective. It's likely that the cause of all this stress can be eliminated when viewed through a different lens.

■ **CAPRICORN:** You like to feel needed, Capricorn, but today you might throw up your hands and say, "Enough!" You've given so much of yourself for so long that friends and loved ones tend to think of your largesse as a right rather than a privilege. Today, remind them of their error. Take a day off from indentured servitude. Go to a fancy restaurant and enjoy being waited on. Don't forget to leave a big tip.

■ **AQUARIUS:** You could be overwhelmed with information today, Aquarius, as you receive more phone calls and email messages than you can possibly answer. Be clear about your priorities and stick with them. Otherwise, you're likely to spend the day being batted around the court like a tennis ball. Take a lot of deep breaths throughout the day and make an effort to keep your temper in check.

■ **PISCES:** Your mind is like a sponge today, Pisces, eager to absorb all sorts of information. Take care that the information you're absorbing is accurate. There's a high likelihood that the fascinating news you hear is mostly a mix of fantasy and fiction. Go to the source and get the facts before acting on this information. If necessary, do your own research online or in the library.