



BHAGAVAD GITA: Chapter 11, Verse 3

evam etad yathattha tvam atmanam parameshvara drashtum ichchhami te rupam aishwaram purushottama

evam—thus; etad—this; yathā—as; āttha—have spoken; tvam—you; ātmānam—yourself; parama-īshvara—Supreme Lord; drashtum—to see; ichchhāmi—I desire; te—your; rūpam—form; aīshwaram—divine; purusha-uttama—Shree Krishna, the Supreme Divine Personality

evam etad yathattha tvam atmanam parameshvara drashtum ichchhami te rupam aishwaram purushottama

◆ **TRANSLATION**

BG 11.3: O Supreme Lord, You are precisely what You declare yourself to be. Now I desire to see Your divine cosmic form, O Greatest of persons.

◆ **COMMENTARY**

Arjun addresses Shree Krishna as the best person because no other personality is equal to him. Often scholars, basing their opinion upon dry intellectual analysis, have difficulty in accepting the concept of God as a person. They wish to perceive God as only an impersonal light, without attributes, virtues, qualities, and pastimes. However, when we tiny souls possess a personality, then why should we deny a personality to the Supreme Lord? Not only can he have a personality, but he also has the best personality, and therefore he is the Supreme Divine Personality. The difference between our personality and God's personality is that he is not only a perfect person; he also has his impersonal all-pervading aspect, which is devoid of attributes and form.

Arjun declares that he accepts the reality of Shree Krishna's divine personality, precisely as has been described to him. He has complete faith in his personal form, and yet, he desires to see Shree Krishna's vishwarūp, or universal form, replete with all opulences. He wishes to view it with his own eyes.



Even Occasional Binge Drinking May Triple Liver Damage Risk

Many people believe that keeping their alcohol intake low most of the time makes up for the occasional night of heavy drinking. But new research suggests that this pattern may still pose serious risks to liver health.

A study from Keck Medicine of USC, published today (April 2) in Clinical Gastroenterology and Hepatology, found that even infrequent episodes of heavy drinking can significantly increase the likelihood of liver damage.

Occasional Binge Drinking and Liver Scarring Risk

The researchers focused on people with metabolic dysfunction-associated steatotic liver disease (MASLD), the most common liver condition in the United States, affecting about one in three adults. They found that individuals with MASLD who engage in episodic heavy drinking face a much higher risk of developing liver fibrosis, which is the buildup of scar tissue in the liver.

Episodic heavy drinking is defined as consuming four or more drinks in one day for women and five or more drinks in one day for men, at least once a month.

The findings showed that people who consume large amounts of alcohol in a single day at least once per month are three times more likely to develop advanced liver fibrosis compared to those who spread out the same total amount of alcohol over time.

Younger adults and men were more likely to report episodic heavy drinking. The data also revealed a clear pattern: the more alcohol consumed in a single sitting, the greater the extent of liver scarring.

"This study is a huge wake-up call because traditionally, physicians have tended to look at the total amount of al-



cohol consumed, not how it is consumed, when determining the risk to the liver," said Brian P. Lee, MD, MAS, a hepatologist and liver transplant specialist with Keck Medicine and principal investigator of the study. "Our research suggests that the public needs to be much more aware of the danger of occasional heavy drinking and should avoid it even if they drink moderately the rest of the time."

How Drinking Patterns Influence Liver Health

To better understand the impact of drinking habits, Lee and his team analyzed data from the National Health and Nutrition Examination Survey, a long-running study designed to represent the health of the U.S. population. Their analysis included more than 8,000 adults surveyed between 2017 and 2023.

The goal was to examine how drinking patterns relate

to advanced liver fibrosis. The researchers specifically looked beyond total alcohol consumption to see how concentrating drinks into a single day might affect risk, even among moderate drinkers. Moderate drinking is defined as up to seven drinks per week for women and 14 or fewer for men. MASLD was a key focus because of how widespread it has become. The condition is linked to excess weight, obesity, and metabolic issues such as Type 2 diabetes, high blood pressure, and high cholesterol, and its prevalence continues to rise. Although MASLD is not classified as an alcohol-related disease, the researchers wanted to determine whether alcohol use could still contribute to its progression.

More than half of the adults in the study reported engaging in episodic heavy drinking, and nearly 16% of

those with MASLD fell into this category.

Why Occasional Heavy Drinking Can Be Harmful

To isolate the effects of drinking patterns, the researchers compared people with MASLD who were similar in age, sex, and average weekly alcohol intake. Some were categorized as episodic heavy drinkers, while others were not. This allowed the team to determine that those who concentrated their drinking into occasional heavy episodes had nearly three times the odds of developing advanced liver fibrosis. Lee suggests that consuming large amounts of alcohol in a short period can damage the liver in multiple ways. It can overwhelm the organ's ability to process alcohol and trigger inflammation, which can lead to scarring over time. Individuals with MASLD may be especially vulnerable, since

previous research has shown that conditions such as obesity and high blood pressure can more than double the risk of liver disease.

Rising Liver Disease Rates and Broader Implications

According to Lee, alcohol-related liver disease has more than doubled over the past two decades. He attributes this increase to higher alcohol consumption during the pandemic and a growing number of people with underlying risk factors such as obesity and diabetes. "Although this study focused on patients with MASLD, these findings may also be pertinent to a broader patient population," said Lee. "With more than half of adults reporting some episodic heavy drinking, this issue deserves further attention from both physicians and researchers to help better understand, prevent, and treat liver disease."

Word of the Day

FAWN
FAWN

What It Means

To fawn over or on someone (usually someone important or powerful) is to try to get their approval through praise, special attention, or flattery. Fawn is also sometimes used—especially but not exclusively of dogs—to mean "to show affection."

// Still new to celebrity, the musician blushed at the

restaurant staff fawning over her during her recent hometown visit.

// I'd only been gone five minutes but the puppy fawned on me like I'd been away for hours.

FAWN IN CONTEXT

"Around my Paddington patch, my ragdoll cat, Runtie the Magnificent, is a street celebrity—a magnet for residents and passersby to fawn over and photograph."

— Olivia Stewart, The Sydney (Australia) Morning Herald, 10 Feb. 2026

Did You Know?

Language lovers, rejoice! If you're the sort of person who fawns over etymology (one of the best sorts of people, in our opinion), then you'll be glad to know the story of fawn: it comes ultimately from the Old English adjective fægen or fagan, meaning "glad," by way of the Old English verb fagnian, meaning "to rejoice." Hooray! But we're not finished yet, my dear. Note that this fawn is not, despite appearances, related to the noun fawn that refers to a young deer. For that we can thank the Latin noun fetus, meaning "offspring."

Is it your Birthday Today?

APRIL 3

Governed by number 3 and the planet Jupiter, you are confident, ambitious, independent, dignified, religious and an optimistic person. Your ability to get things done with perfection always brings you recognition, but you need to control over your tendency to behave extravagant, dominating and fickle-minded at times. Right time to take major decisions on your professional front. New plans will conceive and income will improve. Businessmen will expand into new and more profitable ventures. Speculation will be highly beneficial. Overseas travel for business as well as pleasure will be on the cards for some of you. Spouse and children will be supportive but highly demanding. Minor health problems such as backache, stiff neck or body pains will pose problems. The months of February, May, July and October seem to be significant.

SUDOKU PUZZLES

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

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SOLUTION OF PREVIOUS PUZZLE

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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 you are in at a glance by clicking on the zodiac sign.



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:** You could have an urge to invent new things, Aries. You feel compelled to create something in the artistic, technical, or philosophical field. If only you'd give yourself enough time to pursue these ideas! Today, realize that concentration is the key to accomplishment. Put away periodicals, computers, phones, and other such distractions and you might well be surprised by the wealth of inspiration that comes to you.

■ **TAURUS:** Generally, you come up with the perfect, witty answer one day too late. Impulse and intuition take a back seat to your excellent self-control. The day ahead presents one opportunity to let go of the inhibition that sometimes stymies you. Yield to your instincts a little and see what happens. A little more socializing wouldn't hurt, either. You're certainly entitled to some fun now and then!

■ **GEMINI:** You think of yourself as fairly modern in your thinking, don't you, Gemini? But have you really been able to reject tradition entirely? Have you rid yourself of all the outmoded conventions that confined earlier generations? If not, today you'll be inspired to revamp your role models and lighten your workload. Equality in the home is just as important as equality in the workplace.

■ **CANCER:** There is some likelihood of a slight career conflict, Cancer. You might have to deal with a co-worker who steps on your toes or runs roughshod over your gentle nature. Defend yourself with your favorite weapons - silence, laughter, and perspective. Let your adversary tangle himself or herself in desperate attempts to justify their behavior. Let your boss be the wise and discerning judge of the matter.

■ **LEO:** For a few weeks now you've understood that each day brings its share of constraints, Leo. For example, today you could feel doubts about your physical appearance. Are you questioning your attractiveness or your ability to make an impression on someone special? Did you use bad judgment at some point, and you're now afraid that you've hurt your reputation? A decision you make at the end of the day will relieve these anxieties.

■ **VIRGO:** This is a day to think about your private life, Virgo. Expect to be particularly sensitive to all kinds of demands from those close to you. You have the power to create greater harmony at home, specifically in your relationship. Take stock of everyone's desires and consider any limitations in fulfilling them. Even if the answers aren't found today, it will be useful to simply ask the questions.

■ **LIBRA:** Today can be a relaxing day, provided you make the necessary effort to deal with material constraints, Libra. You would like nothing better than to spend much of the day planning fun activities for the future. But, alas, demands from your family, friends, or boss force you to concentrate on the here and now instead. Still, don't abandon your wonderfully pleasing ambitions altogether.

■ **SCORPIO:** There is a lot on your mind today, Scorpio. Over the last three weeks you've analyzed your relationships on a deep and profound level. New people with attractive qualities could be tempting you to make a change. But is this a good time in your life to start up friendships or love relationships? Are you willing to accept the upheaval such changes would create? These are worthwhile questions to ask you'd rather be today.

■ **SAGITTARIUS:** After a few days that were a bit serious, Sagittarius, today you awake with a light heart and boundless energy! Your capacity for seduction will be at its peak, so why not use it to your advantage? The men and women at work, in particular, will yield to your wishes today. Your influence extends to all levels of the organization. If you've been thinking about asking your boss for a raise, do it today!

■ **CAPRICORN:** If you have children, Capricorn, you could be feeling a bit overworked and overwhelmed. If you don't have children, perhaps the constraints and demands of your professional life are weighing heavily on your mind. Don't worry - these feelings shall pass. Expect an opportunity to get free of the ties that bind. Even though it will only be a temporary respite, take advantage of it!

■ **AQUARIUS:** Feeling grumpy lately, Aquarius? Don't fret, because your bad mood won't last. This attitude is unlike you. Co-workers notice your change in personality but still treat you with consideration and respect. You're fortunate to be able to draw upon a considerable wealth of kindness and good karma that you have built up over the years. Your friends and loved ones treat your mood as an aberration, which is exactly what it is.

■ **PISCES:** How hard you have to work to achieve your purposes, Pisces! It's as though you carry around an overstuffed sandbag and each step requires a huge effort! This would be a good day to identify the source of the trouble. Ask if you aren't sabotaging yourself and letting your subconscious resist the goals you have so deliberately set. You have a deep inner mystery to solve, contribute to your long-term plans.