



**BHAGAVAD GITA: Chapter 11, Verse 4**

manyase yadi tach chhakyam maya drashtum iti prabho yogeshvara tato me tvam darshayatmanam avyayam

manyase—you think; yadi—if; tat—that; śhakyam—possible; mayā—by me; drashtum—to behold; iti—thus; prabho—Lord; yoga-īshvara—Lord of all mystic powers; tatah—then; me—to me; tvam—you; darśhaya—reveal; ātmānam—yourself; avyayam—imperishable

manyase yadi tach chhakyam maya drashtum iti prabho yogeshvara tato me tvam darshayatmanam avyayam

◆ **TRANSLATION**

BG 11.4: O Lord of all mystic powers, if You think I am strong enough to behold It, then kindly reveal that imperishable cosmic form to me.

◆ **COMMENTARY**

In the previous verse, Arjun desired to see the cosmic form of the Supreme Divine Personality. He now seeks his approval. "O Yogeshwar, I have expressed my wish. If you consider me worthy of it, then by your grace, please reveal your cosmic form to me, and show me your Yog-aishwarya (mystic opulence)." Yog is the science of uniting the individual soul with the Supreme soul, and those who practice this science are called yogis. The word Yogeshwar also means "Lord of all yogis." Since the object of attainment for all yogis is the Supreme Lord, Shree Krishna is consequently the Lord of all yogis. Previously, in verse 10.17, Arjun had addressed the Lord as "Yogi," implying "Master of yog." But he has now changed it to "Yogeshwar" because of his increased respect for Shree Krishna.



**This Molecule in Your Sweat Could Stop the Flu Before It Starts**

A naturally produced peptide may quietly interfere with influenza viruses at one of their most critical steps, limiting infection before it begins.

A team led by the Fisabio Foundation has discovered that dermcidin, a peptide the human body continuously produces, can do more than fight bacteria and fungi. It also shows antiviral activity against influenza. The researchers found that people who remain free of flu-like symptoms tend to have higher baseline levels of dermcidin, suggesting it may help reduce the risk of infection.

The study included contributions from CIBERESP, the Institute of Biomedicine of Valencia (IBV-CSIC), CIBERER, the Institute of Research, Development and Innovation in Healthcare Biotechnology of Elche (IDI BE) at Miguel Hernández University, the University of Valencia, and the Margarita Salas Biological Research Center (CIB-CSIC), along with other national and international institutions.

"Dermcidin, which is present in sweat and known for its antibacterial and antifungal activity, also exhibits antiviral activity against the influenza virus and can interfere with infection, as we have observed in in vitro and in vivo models," explains Dr. María D. Ferrer, Miguel Servet researcher and head of the Antimicrobial Peptides and Glycobiology group at Fisabio, who led the study.

"These results show that our own bodies have natural mechanisms capable of curbing viral infection, which opens the door to the development of new, more effective antivirals," adds Dr. Alex Mira, a Fisabio researcher and head of the



Oral Microbiome group, who co-led the work.

A completely new mechanism of action

The researchers found that dermcidin targets hemagglutinin, a protein the influenza virus needs to enter cells, by attaching to a critical and highly conserved region involved in membrane fusion. This binding changes the protein's structure, preventing the virus from fusing with the cell membrane and starting an infection. As a result, dermcidin can neutralize the virus before it gains entry, revealing a previously unknown way of blocking infection.

This approach differs

from most current antivirals, which focus on neuraminidase, another viral protein that is increasingly showing resistance to treatment.

"By acting on regions of the virus that hardly change between subtypes known as highly conserved regions dermcidin could contribute to defense against different variants of the influenza virus," explains Dr. Ferrer.

Dr. Mira adds that "this same principle could be extended to other respiratory viruses, such as the measles virus and coronaviruses associated with the common cold, suggesting a possible broad-spectrum effect."

Present in the nose, sali-

va, and tears

In addition to sweat, dermcidin was detected in key entry points for respiratory viruses, including the nasopharynx, saliva, and tears.

"The results show that baseline levels of dermcidin are up to six times higher in people who do not develop flu-like symptoms, compared to susceptible individuals," explains Dr. Paula Corell, the study's first author and a member of the team. Furthermore, during a respiratory infection, its concentration increases significantly.

"Altogether, these findings reinforce the idea that dermcidin is part of the in-

nate immune system's first line of defense against this type of infection," adds Dr. Corell.

Toward new antiviral treatments

The findings point to dermcidin as a promising candidate for future antiviral therapies. Beyond directly blocking viruses, researchers are also exploring whether it helps regulate immune responses during infection.

By focusing on stable regions of viruses that rarely change, dermcidin-based approaches could lower the risk of drug resistance and improve effectiveness against a wide range of respiratory viruses.

*Word of the Day*

**ADROIT**

uh-DROYT

**What It Means**

Adroit describes someone or something that has or shows skill, cleverness, or resourcefulness in handling situations.

// We marveled at how adroit the puppeteers were, the marionettes responding to each precise shift of their hands, each flick of their wrists.

**ADROIT IN CONTEXT**

"She offers here the most invigorating of performances, technically adroit but also informed by equal measures of artistry and youth, and there's a humility to her singing, along with a sense of her character's smallness in the face of life's travails and machinations ..."

— Chris Jones, The Chicago Tribune, 2 Feb. 2026

**Did You Know?**

The meaning and history of adroit is straightforward, so we'll get right to the point. English speakers borrowed the word with its meaning from French in the mid 1600s, but the word's ultimate source is the Latin adjective directus, meaning "straight, direct." Adroit entered English as a means for describing physically skillful sorts, but it came to be applied to those known for their expertise, cleverness, and resourcefulness too. Today, adroit most often describes things people do especially well.

**Is it your Birthday Today?**

APRIL 4

Influenced by number 4 and the planet Uranus, you are a responsible, methodical, friendly, systematic and a creative person. You are highly religious and philosophical, but you need to check your tendency to behave jealous, stubborn and self centered at times. A highly productive and favorable year especially for sportsmen, artists and writers. Your confidence and energy levels will be high making it easier for you to accomplish difficult tasks. Past investments will fetch handsome returns and long pending legal disputes will settle in your favour. Travel will be undertaken for business as well as pleasure. The health of your parents or an elderly member of the family is likely to bring stressful moments. The months of January, April and September will be eventful.

**SUDOKU PUZZLES**

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

	8	7		1	6	5		9
	1	5					6	7
6		9	2				8	3
7	4						9	
		8		2		7		
	2					8		4
5	9				8	2		6
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**SOLUTION OF PREVIOUS PUZZLE**

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

Solved By Deachen Angmo

**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 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:** You're likely to find people somewhat irritating today, Aries. It's as though nothing is good enough, and nobody seems to know exactly what he or she wants. You'll reign supreme within this maze of overt conflict and dissatisfaction. You might even be asked to step in and restore order. If the conflict is domestic, go ahead. But tread carefully if you're asked to be the sheriff at the office!

■ **TAURUS:** When you woke up this morning, you may have felt an oppressive mood hanging in the air. Unfortunately, that haze of misunderstanding and conflict is likely to last all day. However, it makes this an ideal time to speak up about anything that's bothering you! Don't be shy about going on the warpath today. If you don't, Taurus, you're likely to be the target of a surprise attack.

■ **GEMINI:** The mood you're in today is the stuff of which memorable encounters are made. You'll be wary at first, perhaps even somewhat hostile, to anyone who dares intrude on your freedom. Then suddenly you'll realize that this person is someone special, intriguing, and definitely out of the ordinary. Finally, Gemini, you'll realize that the qualities he or she offers just happen to be those you need the most right now.

■ **CANCER:** More than ever before, you'll feel as though it's time to take matters into your own hands and build your own career future. You're fed up with living on hope and putting off your happiness until tomorrow. Your determination will be so strong that you could even surprise yourself. Tomorrow you'll refine your approach and make it more concrete. Today is the first day of a new life for you, Cancer, earning judge of the matter.

■ **LEO:** This is the ideal moment to address once and for all the questions that have been on your mind for the last three weeks, Leo. Pay particular attention to questions that touch on your sentimental side. If you're currently involved in unsatisfactory relationships, don't be afraid to leave them behind. And if you're fretting about a request you made that has yet to be answered, let it go. No response is forthcoming.

■ **VIRGO:** Like your compatriots, Virgo, something is coming to an end concerning the lack of confidence you have in yourself. You have been hesitant to stand in the spotlight for quite a while now, feeling you aren't quite ready. Well, no more excuses! Ready or not, you're going to have to push forward. The only thing you risk losing is your pride, and that, Virgo, is your most resilient asset.

■ **LIBRA:** It's possible that the last few weeks have allowed you to gain a little clarity on certain questions you may have about your vocation, Libra. You might even be a little clearer about your feelings concerning what your destiny might be. The planetary energy makes this a good time to stop thinking about such questions and let your life take over. You are well prepared for this kind of thing! It's definitely a plus!

■ **SCORPIO:** These past three weeks were rather good for your equilibrium, Scorpio. It was just a matter of getting a bit more involved in life than is usual for you, and showing what you're capable of. It's likely you had a mixture of successes and setbacks, but on the whole, improvements have been steady. You might have noticed that something about you needed improvement, but isn't that true for everyone? To ask you'd rather be today.

■ **SAGITTARIUS:** It isn't always pleasant to have to question oneself, Sagittarius, but this is the main objective of today's planetary energies - to launch you into new adventures. So take advantage of the configuration to look inside and find the source of some of your setbacks. This isn't an easy exercise, to be sure, but it will do you an enormous amount of good. Just be honest with yourself.

■ **CAPRICORN:** Today isn't a day for meditation, Capricorn. The planetary energies are asking you to step outside of yourself and get back into the world again! You've been doing an awful lot of thinking about your image recently, and now you're going to have to test out how the "new and improved" you operates in your daily life. You can expect some pleasant feedback and truly lasting changes!

■ **AQUARIUS:** If you have grievances about your love life, Aquarius, today is the day to speak up. Indeed, today requires only total honesty and forthrightness in all areas. You can expect to confront "the other," whether it's your mate or co-worker, on the basis of truth and righteousness. Rest assured you'll command his or her attention! Be careful that the weight of your words doesn't surpass that of your thoughts.

■ **PISCES:** Are you thinking of switching careers or traveling to the other side of the world, Pisces? Or perhaps you just want to pull a "Greta Garbo" and stay at home alone with the shades drawn tight. A series of small incidents at work is likely to inspire you with the most outlandish of ideas. It might just be that you sense your inner need for a change of scene.