



**BHAGAVAD GITA: Chapter 11, Verse 45**

**adrishta-purvam hrishitvo 'smi drishtva bhayena cha pravyathitam mano me tad eva me darshaya deva rupam prasida devesha jagan-nivasa**

adrishta-pūrvam—that which has not been seen before; hrishitao—great joy; asmi—I am; drishtvā—having seen; bhayena—with fear; cha—yet; pravyathitam—trembles; manah—mind; me—my; tat—that; eva—certainly; me—to me; darshaya—show; deva—Lord; rūpam—form; prasida—please have mercy; deva-īśha—God of gods; jagat-nivāsa—abode of the universe

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◆ TRANSLATION

BG 11.45: Having seen Your universal form that I had never seen before, I feel great joy. And yet, my mind trembles with fear. Please have mercy on me and again show me Your pleasing form, O God of gods, O Abode of the universe.

◆ COMMENTARY

There are two kinds of bhakti—aiśhwarya bhakti and mādhyura bhakti. Aiśhwarya bhakti is that where the devotee is motivated to engage in devotion by contemplating upon the almighty aspect of God. The dominant sentiment in aiśhwarya bhakti is of awe and reverence. In such devotion, the feeling of remoteness from God and the need for maintaining propriety of conduct is always perceived. Examples of aiśhwarya bhakti are the residents of Dwaraka and the residents of Ayodhya, who worshipped Shree Krishna and Lord Ram respectively as their kings. Ordinary citizens are highly respectful and obedient toward their king, although they never feel intimate with him.

Mādhyura bhakti is that where the devotee feels an intimate personal relationship with God. The dominant sentiment in such devotion is “Shree Krishna is mine and I am his.” Examples of mādhyura bhakti are the cowherd boys of Vrindavan who loved Krishna as their friend, Yashoda and Nand baba, who loved Krishna as their child, and the gopis who loved him as their beloved. Mādhyura bhakti is infinitely sweeter than aiśhwarya bhakti. Hence, Jagadguru Shree Kripaluji Maharaj states:

**sabai sarasa rasa dṛārikā, mathurā aru braja māhiṇ madhura, madhuratara, madhuratama, rasa brajarasa sama nāhiṇ**

(Bhakti Śhatak verse 70)[v22]

“The divine bliss of God is immensely sweet in all his forms. Yet, there is a gradation in it—the bliss of his Dwaraka pastimes is sweet, the bliss of his Mathura pastimes is sweeter, and the bliss of his Braj pastimes is the sweetest.”

In Mādhyura bhakti, forgetting the almightiness of God, devotees establish four kinds of relationships with Shree Krishna:

Dāsyā bhāv—Shree Krishna is our Master and I am his servant. The devotion of Shree Krishna’s personal servants, such as Raktak, Patrak, etc. was in dāsyā bhāv. The sentiment that God is our Father or Mother is a variation of dāsyā bhāv and is included in it.

Sakhya bhāv—Shree Krishna is our Friend and I am his intimate companion. The devotion of the cowherd boys of Vrindavan, such as Shreedama, Madhumangal, Dhansukh, Mansukh, etc. was in sakhya bhāv.

Vātsalya bhāv—Shree Krishna is our Child and I am his parent. The devotion of Yashoda and Nand baba was in vātsalya bhāv.

Mādhyura bhāv—Shree Krishna is our Beloved and I am his lover. The devotion of the gopis of Vrindavan was in mādhyura bhāv.

Arjun is a sakhya bhāv devotee and relishes a fraternal relationship with the Lord. On seeing the universal form of God, Arjun experienced tremendous awe and reverence, and yet he longed for the sweetness of sakhya bhāv that he was used to savoring. Hence, he prays to Shree Krishna to hide the almighty form that he is now seeing and again show his human form.

# A Simple Vitamin May Hold the Key to Treating Rare Genetic Diseases

Scientists at Gladstone Institutes have taken an unusual route in the search for treatments for deadly genetic diseases. Rather than choosing a disease first and then looking for a therapy, they started with vitamins and used a systematic approach to find genetic disorders that might respond to large doses of specific supplements.

With this strategy, the researchers found that vitamin B3 supplementation successfully treated NAXD deficiency in mice. The rare genetic disorder is devastating in children, who usually die within the first few months of life. In a new mouse model of the disease, vitamin B3 therapy extended survival by more than 40 times and removed signs of the condition.

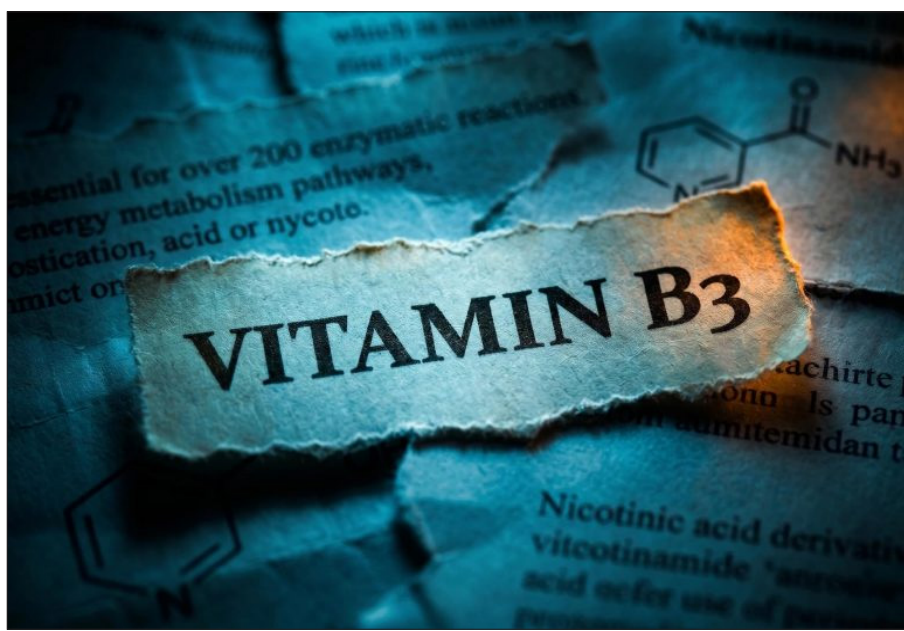
The work also pointed to dozens of additional genetic diseases that may be treatable with vitamin B2 or B3. If confirmed, the findings could create new paths for treating rare diseases with therapies that are relatively safe, inexpensive, and widely available.

Gladstone Scientist Loading Samples for Vitamin Disease Study

“Our goal is to revisit classical vitamin biology with causal and rigorous frameworks,” says Gladstone Investigator Isha Jain, PhD, senior author of the new study published in Cell. “Rather than randomly supplementing vitamins, we’re using modern genetics to systematically identify which diseases can be treated with which vitamin.”

Revising Vitamin Research

In the early 20th century, scientists showed



that vitamin deficiencies caused diseases such as scurvy and beriberi, and that specific vitamins could cure them. That work led to several Nobel Prizes. In recent decades, however, the easy availability and low cost of supplements have also encouraged broad, untargeted use, with many people taking vitamins without clear evidence that they need them.

Jain, who is also a core investigator at Arc Institute and an associate professor at UC San Francisco, thinks targeted vitamin treatments still hold major unexplored promise. In October, she won a prestigious NIH Transformative Research Award to support her effort to bring modern tools back to the study of vitamin biology.

Her lab created a method for identifying which diseases might respond to particular vitamins. Using CRISPR gene editing, the researchers removed selected genes from human cells, then tested whether those cells grew or sur-

vived better when exposed to high levels of vitamins.

“Each cell represented a different genetic condition that can affect humans,” says Skyler Blume, a research associate in Jain’s lab and co-first author of the new paper. “We asked: if we have a vitamin as a potential therapy, which of these genetic conditions could it treat?”

When the researchers screened cells with vitamin B3, they found that cells missing NAXD survived much better under the high vitamin conditions. In children, mutations in the NAXD gene cause severe developmental delays and death.

“Our screen suggested that something as simple as giving vitamin B3 could make a difference for human patients,” says co-first author Ankur Garg, PhD, a postdoctoral fellow in Jain’s lab.

Earlier research, especially in yeast, had suggested that normal NAXD helps repair damaged forms of NADH, a molecule that carries energy

used by cells. When NAXD is mutated and cannot work properly, damaged NADH accumulates in the brain, and the active form becomes depleted. That imbalance triggers a chain of harmful effects.

A Potential Path for Treating NAXD

To find out whether vitamin B3 could help with NAXD deficiency throughout the body, rather than only in isolated cells, the researchers created the first mouse model of the disease. The mice appeared normal when they were born, but their health quickly worsened, and they died within days. Jain’s group found that the damaged form of NADH had built up across the body, while the brain and skin had very low levels of normal, active NADH and serine, another essential molecule.

When Jain’s group treated the mice with daily injections of high-dose vitamin B3 beginning right after birth, the effect was dramatic.

“The treated mice were

indistinguishable from their healthy littermates,” Blume says.

Mice that did not receive treatment died at about five days old. Mice that received vitamin B3 were still alive at 300 days, when the experiment was stopped. Their brain inflammation disappeared, and their NADH and serine levels returned to normal.

Jain and her colleagues say the findings could be meaningful for children with NAXD deficiency. Some case reports had described patients improving after supplements, but that evidence had been anecdotal. The new work provides experimental support that vitamin B3 therapy can target the underlying cause of the disease. Because treatment had to begin at birth in the mouse model, the results also point to the need for early diagnosis.

“This tells us that NAXD should be added to newborn screening panels,” Jain says. “If we can diagnose children immediately after birth and start therapy, we may be able to save lives.” The framework developed in Jain’s lab also identified dozens of other disease genes that may respond to vitamin treatment. Jain and her colleagues plan to test other vitamins for potential use against genetic diseases and to investigate other cell types that grew better in conditions with high levels of B vitamins.

“This framework is completely scalable,” Jain says. “We could potentially identify vitamin therapies for hundreds of genetic diseases. We hope other labs will also apply this framework to other micronutrients, beyond vitamins.”

## Word of the Day

### HALCYON

adjective HAL-see-un

**What It Means**

Halcyon is most often used to describe a happy and successful time in the past that is remembered as being better than today. It can also mean “calm, peaceful” or “prosperous, affluent.”

// She does not regret retiring, but looks back fondly on the halcyon years of her career.

**HALCYON IN CONTEXT**

The first half of Alice Winn’s bestselling In Memoriam is set at Preshute, an English boys’ boarding school in the early twentieth century. It is here, in the idyllic countryside, where the boys discuss poetry and get up to all sorts of high-jinks and japes, and where two students, Gaunt and Ellwood, fall in love. Then the boys are ejected into the horror and abyss of WWI trenches. When they are reunited, mentally and physically scarred, Preshute is but a dream and their adolescent love, a halcyon place that can only be returned to in memory.” — Madeleine

Dunnigan, LitHub.com, 16 Jan. 2026

**Did You Know?**

Halcyon has drifted along contentedly in English for centuries, but it hatched from a tumultuous story. According to Greek mythology, Alkyone, the daughter of the god of the winds, became so distraught over her husband Ceyx’s death at sea that she threw herself into the ocean to join him. The gods were moved by the couple’s love, and took pity on them by turning them into halcyon birds, a bird identified with the kingfisher.

## Is it your Birthday Today?

MAY 11

Your thrilling and spine-tingling nature will lift the downgrading spirits of the audience. You are a storehouse of stimulating and challenging feelings which makes you to do what most others can’t even think about. People will love to know about your life experiences and its contents. Win-Win situation for you in romantic affair. Your intimacy will likely to get increase and might be you will be busy in designing your wedding card. Your spouse will cover up all your criteria, you will get what you want. The number of person who admires you will get increase continuously and for this you have to traverse a long passage. During this time you have everything i.e. love, sacrifices, provocations, disengagement, and peace. Learning with experience will always brings the desired results for you. There are many ways to cultivate and build your health from some minor distortion. As a student you need to train yourself rock like resilience and welcome attributes to qualify for the high profiled profession. Your income graph ought to show an upward trend

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SOLUTION OF PREVIOUS PUZZLE

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

## 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 chart and find a whole planet of zodiac you belong to.



List of 12 Zodiac Signs

- Aries** (Mar 21 - Apr 20)
- Taurus** (Apr 21 - May 21)
- Gemini** (May 22 - Jun 21)
- Cancer** (Jun 22 - Jul 22)
- Leo** (Jul 23 - Aug 22)
- Virgo** (Aug 23 - Sep 22)
- Libra** (Sep 23 - Oct 23)
- Scorpio** (Oct 24 - Nov 22)
- Sagittarius** (Nov 23 - Dec 21)
- Capricorn** (Dec 22 - Jan 19)
- Aquarius** (Jan 20 - Feb 18)
- Pisces** (Feb 19 - Mar 20)

■ **ARIES:** A chance to earn a small amount of money, perhaps by doing a little extra work at home, could come your way today, Aries. You could hear about it through a friend or colleague. A visitor might come to your home, perhaps to help with something that needs to be done. This promises to be a very exciting day, with a lot of stimulation that could keep you occupied into the night.

■ **TAURUS:** Expect a lot of intellectual stimulation to come your way today, Taurus. Important news could come on the phone, necessitating action on your part in order to bring about a desired end. You might need to spend time in the car, contacting others in the neighborhood. The excitement of the moment could have you feeling especially optimistic, but take care to pace yourself. Exhaustion could prove counterproductive now.

■ **GEMINI:** Your creative talents should be operating at an all-time high today, Gemini. You might be offered an opportunity to earn some money putting them to use. Your excitement and enthusiasm are likely to ensure that you’ll do the best you possibly can and earn a lot of approval from those around you. Your intuition is also operating at a high level, boosting your imagination and relations with others.

■ **CANCER:** Getting out and working with groups could seem especially appealing today, particularly groups involving athletics or other physical activities. This is an excellent day to go out for team sports or attend a yoga, aerobics, or tai chi class. You could also want to make a short trip out of town with some friends. A bit of adventure is definitely in the wind for you, Cancer. Enjoy it!

■ **LEO:** An exciting new project or opportunity could be presented to you today, Leo. It could involve a new love or at least a new friend. Something you’ve been working on for a long time could finally come to fruition. It will stir your enthusiasm for moving on to the next project! What are you waiting for?

■ **VIRGO:** Contact with friends who live or work far away could bring a string of new opportunities your way. You might also be thinking of taking a trip, perhaps to another country or by boat. An opportunity to attend a seminar of some kind could present itself, possibly through friends. A lot is happening, Virgo, but try to stay focused. What happens today could be too important to let your mind become muddled.

■ **LIBRA:** New investment possibilities could present themselves to you today, Libra. This could involve an investment of time, money, or other resources. You might also consider an exciting new start of some sort. Don’t let yourself get so excited that you move ahead before you consider all the pros and cons. You might want to consult a friend or your partner.

■ **SCORPIO:** An opportunity to travel with a partner or colleague could come your way, perhaps for business. Any travel planned or begun today is likely to go well and bring you whatever results you hope for. Whatever it is you’re planning, Scorpio, it should excite your enthusiasm and optimism for your future success. Business and personal relations with others should be warm, cordial, and stimulating. Make the most of it!

■ **SAGITTARIUS:** News of a possible raise could come your way today, Sagittarius, possibly through some enterprise that you’ve been working on. You’re feeling especially energetic, and therefore you could well be tempted to take on more than you usually would. This is fine, but remember to pace yourself. If you’re going to continue on your current path, you’ll need to save some energy for tomorrow and beyond!

■ **CAPRICORN:** A group might invite you to participate in a creative project of some kind today, Capricorn. Whatever you do is likely to be stimulating and exciting. You’ll want to channel a lot of energy and enthusiasm into it. You could find yourself thinking in terms of a partnership, making plans to explore the possibility further. This is a great day for socializing.

■ **AQUARIUS:** You might be planning to host a social event in your home tonight or perhaps in a few days. It could have you doing a lot of cleaning, rearranging, and beautifying around the house. A friend might drop by to lend a hand. You might also find yourself planning an incredible menu. Don’t work too hard, Aquarius, or you might not have any energy left for your family or guests!

■ **PISCES:** Today you might want to spend time visiting friends in your neighborhood, Pisces. Small purchases might be necessary, perhaps new clothes, perhaps objects that improve or add beauty to your home. You might have to squeeze a few errands in between visits. At some point during the day, you can expect a very welcome phone call from a friend you haven’t heard from in a long time. Enjoy!