



BHAGAVAD GITA: Chapter 11, Verse 4

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

manase—you think; yadi—if; tat—that; shakyam—possible; mayā—by me; draśhātum—to behold; iti—thus; prabho—Lord; yoga-īshvara—Lord of all mystic powers; tata—then; me—to me; tvam—you; darshaya—reveal; ātmānam—yourself; avyayam—imperishable

manase 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.



Tea or Coffee? Your Daily Choice Could Affect Osteoporosis Risk

A large osteoporosis study found that tea and coffee may affect aging bones differently.

Could your daily drink be quietly affecting your bones? A major 10-year study of nearly 10,000 older women suggests the answer may depend on whether your cup contains tea or coffee.

Researchers from Flinders University found that tea drinkers had slightly stronger hip bones than women who did not drink tea, while heavy coffee consumption, more than five cups a day, was linked to lower bone mineral density (BMD). The findings, published in *Nutrients*, add new detail to a long-running debate over whether caffeine helps, harms, or has little effect on aging bones.

The study focused on postmenopausal women, a group especially vulnerable to osteoporosis because bone loss accelerates after menopause. Osteoporosis affects roughly one in three women over 50 worldwide and is responsible for millions of fractures each year, particularly in the hip and spine. Hip fractures can be especially serious in older adults, often leading to long recovery periods, reduced mobility, and increased health risks.

To investigate the connection, scientists analyzed data from the long-running Study of Osteoporotic Fractures in the United States. The research followed women aged 65 and older for about a decade, repeatedly tracking both their beverage habits and bone density measurements at the hip and femoral neck, one of the most fracture-prone parts of the body.

Tracking Tea, Coffee, and



Bone Density Over Time

Unlike many earlier studies that relied on a single dietary survey, this project repeatedly measured coffee intake, tea intake, and bone density over time. Researchers used dual-energy X-ray absorptiometry, or DXA scans, the standard imaging method used to diagnose osteoporosis.

The results showed a modest but statistically meaningful benefit among tea drinkers. Women who regularly drank tea had slightly higher total hip BMD than non-tea drinkers.

Bone Strength Osteoporosis Stages

"Even small improvements in bone density can translate into fewer fractures across large groups," said Adjunct Associate Professor Enwu Liu from Flinders University's College of Medicine and Public Health.

The improvement was small at the individual level, about 0.003 g/cm², but researchers note that even subtle shifts across an entire population could reduce fracture rates over time.

Coffee's More Complicated Role

Coffee painted a more complicated picture. Moderate intake, around two to three cups daily, showed no measurable harm to bone health. But when consumption climbed above five cups per day, researchers began to see signs of lower bone density.

"Coffee's caffeine content, by contrast, has been shown in laboratory studies to interfere with calcium absorption and bone metabolism, though these effects are small and can be offset by adding milk," said co-author Ryan Liu from Flinders University.

Scientists have debated caffeine's effects on bones for decades. Some earlier

studies linked high coffee consumption to increased fracture risk, while others found little or no impact. Researchers say part of the confusion may come from differences in diet, calcium intake, genetics, and lifestyle factors such as exercise and alcohol use.

In the new study, alcohol appeared to matter. Women with higher lifetime alcohol consumption showed stronger negative associations between coffee and bone density. Meanwhile, tea appeared particularly beneficial among women with obesity.

A Small Piece of the Osteoporosis Puzzle

The researchers caution that the findings should not be interpreted as a reason to quit coffee altogether.

"Our results don't mean you need to give up coffee or start drinking tea by the gallon," said Associate Professor Liu.

"But they do suggest that

moderate tea consumption could be one simple way to support bone health, and that very high coffee intake might not be ideal, especially for women who drink alcohol."

The researchers also emphasized that coffee and tea are only small pieces of a much larger bone health picture. Calcium, vitamin D, resistance exercise, and avoiding smoking remain far more important factors in preventing osteoporosis.

The study does have limitations. Most participants were White women living in the United States, meaning the findings may not apply equally to other populations. Beverage intake was also self-reported, and researchers could not account for details such as cup size, brewing strength, or specialty coffee drinks. Still, experts say the study stands out because of its size and long follow-up period.

Word of the Day

LACUNA

noun luh-KOO-nuh

What It Means

Lacuna is a formal word that refers to a gap or blank space in something—in other words, a missing part. When used with respect to biology, lacuna also refers to a small cavity, pit, or discontinuity in an anatomical structure.

// The absence of hemlock pollen from one stretch of

the fossil record is a notable lacuna that suggests the tree may have once suffered from some type of blight that nearly wiped out the species.

// An osteocyte is a cell that is isolated in a lacuna of bone.

LACUNA IN CONTEXT

"At the heart of every biography ... lies a lacuna—something unknowable, no matter how candid or heavily documented the subject, no matter how famil-

iar or diligent the biographer." — Casey Cep, *The New Yorker*, 14 Apr. 2025

Did You Know?

If you find yourself drawing a blank when it comes to the definition of lacuna, it might help to imagine drawing water instead, ideally from a lake or lagoon. Lacuna, lake, and lagoon all come ultimately from lacus, the Latin word for "lake." Latin speakers modified lacus into lacuna to form a word meaning "pit," "gap," or "pool."

Is it your Birthday Today?

MAY 22

Ruled by number 4 and planet Uranus, you will show high-spirited merri-ment. You are dynamic and have taxonomic approach. Through your good reasoning ability and the capacity to assess situations or circumstances shrewdly, you draw sound conclusions. Despite of a pool of talent and positive attitude towards life, you have to be careful of your revengeful, temperamental and spendthrift attitude. This year you work hard to achieve your target but because of a mental or emotional strain by your employer, you are not fully recognized for your work. Financially you will be strong this year as there is a hike in your salary but manage your savings carefully. Advice for you, spend some time with your partner to maintain personal relations. Any conflict with regard to property might get settle down. Beneficial months: September, February and July.

SUDOKU PUZZLES

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

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

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

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 given point of time on your birth date.



List of 12 Zodiac Signs

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

■ **ARIES:** Remember that you were put here to have fun, Aries, and that happiness is your true destiny. Keep that in mind today, as forces may tend to pull you away from the fun you've been having. There is likely to be a sobering tone to the day that's stubbornly working to rain on your parade. Recognize the need for structure and stability, but don't let it bring you down.

■ **TAURUS:** You, of all people, will appreciate the need for structure and stability on a day like this, Taurus. This practical energy could be taking some of the fun out of the equation. You may not recognize it at first, but if you aren't careful, the fun in your life could be chipped away little by little. Make sure you hold tight to the things that give your life passion and purpose.

■ **GEMINI:** Tension is apt to build to a high level if you aren't careful about how you use words, Gemini. The tricky thing is that forces are going to try to push you and pull you in different ways. You may encourage a focus on the collective, while others worry only about themselves. Still another force calls for outdated remedies and traditional structures that no longer work for you. Blaze your own trail!

■ **CANCER:** Take a look at what's going on around you today, Cancer. Do some internal processing before you reach a conclusion about the best way to proceed. You may find that powerful forces are trying to win you over to one camp or another. Don't pigeonhole yourself into one way of doing things. Keep in mind that the best route is often a combination of several different paths.

■ **LEO:** Watch out for a little jolt in the action as someone close to you puts on the brakes in your relationship, Leo. Conflicts could arise based on a need for more structure and stability. The imbalance between having fun and taking care of practical matters is working to slowly destroy the good thing that you have going.

■ **VIRGO:** Just when you thought you had everything planned out and working smoothly, Virgo, love comes in and clogs up the works. Suddenly your attention is diverted and your concentration flies out the window as that dazzling creature catches your eye. This could be a good or a bad thing, depending on how you view the situation.

■ **LIBRA:** Your heart is going pitty-pat, Libra, and you're tempted to escape to a romantic fantasyland in which you play the starring role. The bad news is that something could be trying to hold you back. It could be that responsibility is coming on the scene and reminding you that work needs to be done here in the real world before you can go off to your little fairytale world.

■ **SCORPIO:** You may feel a bit of strain today as you try to figure out the best way to get to where you need to be, Scorpio. On the one hand, the happy approach calls for you to let loose, be courageous, and strike out with conviction toward the things that mean the most to you. On the other, a sense of duty holds you back. Take the best of both worlds. Come up with your own plan of attack.

■ **SAGITTARIUS:** Your romantic side is powerfully charged today, Sagittarius. The more you tune into this side of your nature, the happier you'll be. One thing to watch out for, however, is that you keep at least one foot on the ground at all times. Make sure you have a stable platform of honesty and practicality from which to work. Without it, you'll be hard-pressed to take down walls and put in windows.

■ **CAPRICORN:** Attend to your duties today, Capricorn. There's a pronounced sense of the passage of time and feeling that the days are slipping quickly by. Make sure you fit love and romance somewhere into the equation. You may experience a bit of resistance in this department at first, but that indicates that this is an area you need to explore and ultimately feel more comfortable with.

■ **AQUARIUS:** Two different sides could be tugging at you, Aquarius. It may be that neither one is really making a strong case for pulling you one way or the other. Realize that adjustments may have to be made in order for you to fit in the scheme of things and fulfill your responsibilities. A close loved one may be distracting you in subtle ways. Try not to get too sidetracked if you can help it.

■ **PISCES:** Tension may be a bit high in just about everyone and everything you encounter today, Pisces. Some will feel a strong need for stability and discipline. Others may be calling for fun and carefree frivolity. You could be caught in the middle. The worst thing is that no side, including your own, is going to want to compromise. Try not to take things too seriously.