



**BHAGAVAD GITA: Chapter 11, Verse 6**

**pashyadityan vasun rudran ashvinau marutas tatha bahuny adrishta-purvani pashyashcharyani bhārata**

pāshya—behold; ādityān—the (twelve) sons of Aditi; vasūn—the (eight) vasus; rudrān—the (eleven) rudras; ashvināu—the (twin) Ashvini Kumars; marutas—the (forty-nine) maruts; tathā—and; bahūni—many; adrishta—never revealed; pūrvāni—before; pāshya—behold; āshcharyāni—marvels; bhārata—Arjun, scion of the Bharatas

**pashyadityan vasun rudran ashvinau marutas tatha bahuny adrishta-purvani pashyashcharyani bhārata**

◆ **TRANSLATION**

BG 11.6: Behold in Me, O scion of the Bharatas, the (twelve) sons of Aditi, the (eight) vasus, the (eleven) rudras, the (twin) Ashvini Kumars, as well as the (forty-nine) maruts and many more marvels never revealed before.

◆ **COMMENTARY**

The universal form of the Lord not only contains marvels that exist on earth but also marvels that exist in the higher planetary systems, never before seen together in this manner. He further reveals that the celestial gods are all tiny fragments of his divine form; he shows the twelve adityas, eight vasus, eleven rudras, two Ashvini Kumars, as well as the forty-nine maruts within himself.

The twelve sons of Aditi are: Dhata, Mitra, Aryama, Shakra, Varun, Amsha, Bhaga, Vivasvan, Pusha, Savita, Tvashtha, Vaman. The eight Vasus are: Dara, Dhruv, Soma, Ahah, Anila, Anala, Pratyush, Prabhas.

The eleven rudras are: Hara, Bahurupa, Tryambaka, Aparajita, Vrisakapi, Shambhu, Kapardi, Raivata, Mrigavyadha, Sarva, Kapali. The two Ashvini Kumars are the twin-born physicians of the gods.



**New AI Blood Test Predicts Stroke, Heart Failure, and More up to 15 Years in Advance**

A research team from the Department of Pharmacology and Pharmacy at the LKS Faculty of Medicine of the University of Hong Kong (HKUMed) has created a new AI-powered tool for predicting cardiovascular risk, named CardiOmicScore.

Using a single blood test, the system can estimate a person's future risk of six major cardiovascular diseases (CVDs): coronary artery disease, stroke, heart failure, atrial fibrillation, peripheral artery disease and venous thromboembolism. It can also detect warning signs as early as 15 years before the diseases become clinically apparent. The findings were published in Nature Communications.

AI-based multiomics integration reflects the body's real-time health status

Cardiovascular diseases remain the world's leading cause of death, causing approximately 19.8 million fatalities in 2022 alone. In standard health checks, doctors usually estimate cardiovascular risk by looking at factors such as age, blood pressure, smoking, and other conventional clinical indicators.

These measures, however, may miss early and subtle biological shifts that appear before disease can be diagnosed, which means many patients lose the best chance for preventive action. Polygenic risk scores have gained attention in recent years, but genetic risk is mostly fixed from birth and does not change over time.

As a result, these scores cannot show the immediate effects that lifestyle or environmental changes may have on health. This cre-



ates a strong need for tools that can reflect a person's current biological condition and offer accurate early warnings for CVDs.

To meet that need, the HKUMed team used deep learning to combine multiomics data, including genomics, metabolomics, and proteomics, in the development of CardiOmicScore. The work used large scale population data from the UK Biobank, analyzing 2,920 circulating proteins and 168 metabolites measured from blood samples. These molecular signals function as 'real-time recorders' of the body, capturing subtle changes in the immune system, metabolism, and vascular health.

Professor Zhang Qingpeng, Associate Professor in the Department of Pharmacology and Pharmacy at HKUMed, explained,

"Genes determine where we start—they define our baseline health risk. However, proteins and metabolites reflect our current physical health. Our AI tool is designed to decode these complex molecular signals, enabling doctors and patients to identify risks much earlier, which can potentially change the trajectory of disease through timely lifestyle modifications and early prevention."

Accurate prediction of six major cardiovascular diseases with 15-year advance warning in high-risk groups

The results showed that CardiOmicScore converts complex multiomics measurements into personalized risk scores and performs substantially better than conventional polygenic risk scores. When paired with clinical details such as

age and gender, the model significantly improved prediction accuracy for six common CVDs and could identify elevated risk up to 15 years before symptoms develop.

This work signals a move in precision medicine away from a fixed, gene-centered model and toward a more dynamic approach based on multiomics. In the future, a small blood sample may be enough to produce a broad cardiovascular risk profile for multiple diseases.

Professor Zhang added, "We aim to leverage technology to identify and prevent diseases before they develop. By shifting health management from reactive treatment to proactive prediction and intervention, we aim to create a lasting impact for both public health and individual patient care."

Reference: "AI-based multiomics profiling reveals complementary omics contributions to personalized prediction of cardiovascular disease" by Yan Luo, Nan Zhang, Jiannan Yang, Mengyao Cui, Kelvin K. F. Tsoi, Gregory Y. H. Lip, Tong Liu and Qingpeng Zhang, 2 February 2026, Nature Communications.

DOI: 10.1038/s41467-026-68956-6

This work was supported by the General Research Fund of the Research Grants Council of Hong Kong (17209225 to Q.Z.) and the Seed Fund for Collaborative Research of The University of Hong Kong (2407102490 to Q.Z.); National Natural Science Foundation of China (82370332 and 82570390 to T.L.), Tianjin Key Medical Discipline Construction Project (TJYX-ZDXK-3-006B to T.L.).

*Word of the Day*

**EXPEDITE**

*verb EK-spuh-dyte*

**What It Means**

To expedite something is to cause it to happen faster.

// We'll do what we can to expedite the processing of your application.

**EXPEDITE IN CONTEXT**

"The new task force ... is required to submit an initial report in 60 days and final report in 90 days with recommendations to simplify, improve and expedite hiring." — Blake Paterson, NOLA.com (New Orleans, Louisiana), 7 Apr. 2026

**Did You Know?**

Need someone to do something in a hurry? You can tell that person to step on it, or you can tell them to expedite it. Figurative feet are involved in both cases, though less obviously in the second choice. Expedite comes from the Latin verb expedire, meaning "to free from entanglement or difficulty." The feet come in at that word's root: it traces back to Latin ped- or pes, meaning "foot." Expedient and expedition also stepped into English by way of expedire.

**Is it your Birthday Today?**

**MAY 24**

Commanded by number 6 and planet Venus, you are self-governed and love to be what you are. Others have confidence in you and they take your guidance. You have a strong desire for success and achievement. You are delightful and do not want yourself to indulge in any dispute. You are solemnly dedicated but you should keep a check on your brooding ill humour and your extravagant nature. This year you may start a new venture. You are imaginative and it is the time to raise a toast for the successful completion of a challenging project. Businesspersons would sign new profitable agreements. You will be intervened by your admirers when you are going to spend time with your partner. You should not hurt the emotions of others while organizing social activities. Capital gains from the sale of property will be winnowed out. On the front of important issues, the month of September, February and June should be considered.

**SUDOKU PUZZLES**

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

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

**SOLUTION OF PREVIOUS PUZZLE**

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

**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 in which period 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:** Motivation must come from within, Aries. The only thing that can pull you out of bed is your inner drive and determination. Too much partying could leave you drained to the point that you don't want to move. Remember moderation. Be good to your body. Go outside and let your thoughts radiate outward like rays of sunshine. Feel the ground beneath your feet.

■ **TAURUS:** Your mind should be quite clear today, and communication will go extremely well for you, Taurus. You'll find that you'll need very few words to get your point across. You'll connect to people on many levels. Realize that you have important information to share with those around you. Your critical, practical, grounded opinion plays a key role in the activities of the day.

■ **GEMINI:** Strong forces may be acting up and asking you to stand up a little straighter than usual, Gemini. Keep your shoulders back and be proud. Don't think of yourself as any less of a person just because there is disagreement between you and the people around you. Maintain respect for yourself and your opinions. Say things with confidence. Don't back down, but be prepared to fight.

■ **CANCER:** Feel free to take the lazy route today, Cancer. Don't lift a finger if you don't really have to. It may be hard to get others moving as well. You can prod all you want, but, ultimately, if people don't want to go, they aren't going to. Your flexible nature might be put to the test. More than likely, you'll find that you need to adapt to the whims of others rather than the other way around.

■ **LEO:** Your thinking is steady and reserved today, Leo. You'll find that your mind is right in line with your ego, and you'll be able to accurately verbalize what's going on inside. You might be guarded about how much you tell people. It could be that others are holding back information from you. Proceed with caution and be honest in all your dealings.

■ **VIRGO:** Today is an excellent day for you to say exactly how you feel, Virgo. Your thinking is sharp and clear. You'll find that once you start talking, you may never stop. People will listen extra carefully to your words. You have a great deal of influence on others. If you realize how much impact you have on the people around you, you'll be able to accomplish a great deal today.

■ **LIBRA:** You might find that your brain is chugging along in the slow lane today, Libra. It could even be gradually creeping over to the breakdown lane! It may be more difficult to come up with your quick, witty rebuttals in conversations. Take your time and make sure you choose your words very carefully. Communicating with others might be a bit like pulling teeth today.

■ **SCORPIO:** You might find that words aren't the best way to communicate today, Scorpio. Body language and the sense of touch and taste are much more effective. You'll find that your senses will be heightened overall. The smell of the restaurant several blocks away could make your taste buds water. Give in to your senses and let your feet follow your nose.

■ **SAGITTARIUS:** Things are apt to get intense for you today, Sagittarius. There will be a lot of information coming your way, but it all won't necessarily be great. It seems that someone is putting a roadblock in your path, making it difficult for you to pass. Don't let this stop you. Use your creative ability and resolute nature to find ways around any obstacles. Experiences like this will only make you stronger.

■ **CAPRICORN:** Your head may be buzzing with activity, Capricorn. It seems like the spotlight suddenly has been turned on. Your mind is on stage and your brainpower is being tested. Are you prepared for the challenge? Whether you're ready or not, it's here. Remember the importance of individuality. Don't become another typical cookie from the same old cookie cutter. Be your own person and think for yourself.

■ **AQUARIUS:** Focus on the simple pleasures today, Aquarius. Don't feel like you have to search in far-off lands or engage in expensive recreational activities to find happiness and peace. Realize that everything you need is all inside you. Find your happiness in delighting in nature. Smile at the Sun, the Moon, and the trees. Realize that beauty resides all around you, not just in stores full of expensive objects.

■ **PISCES:** Focus on your creative mind, Pisces. This is a very fertile time for planting hearty seeds that will be sure to grow up healthy and strong. You have the ability to be very prosperous, but it certainly won't come easily. The key for you is to maintain your cool. Don't overreact to the little annoyances that come your way. You're above petty squabbles, so don't waste your time on them.