



BHAGAVAD GITA: Chapter 10, Verse 16-17

vaktum arhasyasheshena divya hyatma-vibhutayah yabhir vibhutibhir lokan imams tvam vyapya tishthasi katham vidyam aham yogins tvam sada parichintayan keshu keshu cha bhaveshu chintyo 'si bhagavan maya

vaktum—to describe; arhasi—please do; aśhesahena—completely; divyāh—divine; hi—indeed; ātma—your own; vibhūtyah—opulences; yābhih—by which; vibhūtibhih—opulences; lokān—all worlds; imān—these; tvam—you; vyāpya—pervade; tishthasi—reside; katham—how; vidyām aham—shall I know; yogin—the Supreme Master of Yogmaya; tvām—you; sadā—always; parichintayan—meditating; keshu—in what; keshu—in what; cha—and; bhāveshu—forms; chintyam asi—to be thought of; bhagavan—the Supreme Divine Personality; mayā—by me

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◆ **TRANSLATION**

BG 10.16-17: Please describe to me Your divine opulences, by which You pervade all the worlds and reside in them. O Supreme Master of Yog, how may I know You and think of You. And while meditating, in what forms can I think of You, O Supreme Divine Personality?

◆ **COMMENTARY**

Here, Yog refers to Yogmaya (God's divine power), and yogi refers to the Master of Yogmaya. Arjun has understood that Shree Krishna is Bhagavān. He now wishes to know in what other ways, yet untold, is Shree Krishna's vibhūti (transcendental majestic opulence) displayed throughout creation. He wishes to hear about Shree Krishna's eminence and paramount position as the Supreme Controller of all creation. Thus, he implores, "I am inquisitive to know your divine manifestations so that I may be endowed with unfaltering devotion. But the revelation of your personality is impossible to receive without your grace. So please be merciful and reveal your many glories by which I may perceive you."



Common Arthritis Drug Found To Lower Blood Pressure and Boost Heart Health

A widely used treatment for rheumatoid arthritis may offer an unexpected cardiovascular benefit.

Methotrexate has been a staple treatment for rheumatoid arthritis for decades, valued for its ability to calm an overactive immune system and reduce painful joint inflammation. Now, researchers say it may deliver an unexpected bonus that matters far beyond the joints: lower blood pressure, a change that could translate into meaningful protection against heart attacks and strokes for some patients.

A study led by teams at Flinders University and the Southern Adelaide Local Health Network (SALHN) reports that people newly diagnosed with rheumatoid arthritis who started methotrexate saw a significantly larger drop in blood pressure than those given sulfasalazine, another standard disease-modifying medication. Because elevated blood pressure is one of the strongest predictors of cardiovascular disease, even modest reductions can have outsized long-term benefits.

Rheumatoid arthritis (RA), which affects about one in 100 people, is best known for joint pain and swelling. But the disease also has whole-body effects. Persistent inflammation can influence blood vessels and the heart, which helps explain why cardiovascular disease is a leading cause of illness in people with RA. That makes any treatment that may improve both inflammation control and cardiovascular risk especially intriguing.

Study Design and Key Findings

To test whether meth-



otrexate influences blood pressure early in the disease, researchers in South Australia and Italy followed 62 adults who had just been diagnosed and had not yet begun therapy. Half received methotrexate, while the other half took sulfasalazine.

Participants had their blood pressure measured at the start of the trial, then again after one month and six months. The team also tracked joint inflammation and arterial stiffness to see whether any blood pressure changes were simply a byproduct of improved arthritis control or healthier arteries.

Lead author Professor Arduino Mangoni, from Flinders University's College of Medicine and Public Health and SALHN's Department of Clinical Pharmacology, said the team focused on systolic blood pressure, which reflects how strongly blood presses against artery walls when

the heart contracts.

"We found that methotrexate lowered systolic blood pressure by an average of 7.4 mmHg compared with people taking sulfasalazine," says Professor Mangoni, Strategic Professor of Clinical Pharmacology.

"This kind of reduction is considered meaningful because even a small drop in blood pressure can lower the risk of serious heart problems like heart attacks and strokes."

Notably, the reduction in blood pressure was not associated with changes in joint symptoms or improvements in arterial stiffness. This suggests the medication may benefit the cardiovascular system through other biological pathways, such as reducing systemic inflammation or enhancing blood vessel function.

Broader Implications for Treatment

According to Professor Arduino Mangoni of

Flinders University's College of Medicine and Public Health and SALHN's Department of Clinical Pharmacology, the results point to a broader role for methotrexate in patient care.

"We've known for a while that methotrexate helps with inflammation, but now we're seeing that it may also help lower blood pressure, which is a major risk factor for heart disease," he says.

"This could be a big step forward in how we care for people with rheumatoid arthritis."

The researchers also investigated whether genetic differences influenced how patients responded to methotrexate. Their analysis showed that certain genetic variants were linked to a greater likelihood of experiencing a drop in blood pressure while taking the drug.

"In short, if someone has specific gene variants, methotrexate might add a

heart health benefit to its usual role in treating rheumatoid arthritis by the positive effect on blood pressure," he says.

The researchers say that this opens the door to more personalized treatment options, where doctors could use genetic testing to predict who might benefit most from methotrexate's heart-protective effects.

Study coordinator and medical scientist, Dr. Sara Tommasi, says that although more research is needed to confirm these findings and understand exactly how methotrexate lowers blood pressure, the results are promising.

"The results suggest that this well-known arthritis drug could also play a role in protecting heart health, especially in people who are at higher risk due to inflammation," says Dr. Tommasi from the College of Medicine and Public Health and South Adelaide Local Health Network.

Word of the Day

SPIEL
SPEEL

What It Means

A spiel is a fast speech that someone has often said before and that is usually intended to persuade people to buy something or to agree to something.

// The founder gave us a long spiel about the benefits of joining the running club.

SPIEL IN CONTEXT

"We were in a hotel and when he and his publicist exited one door of the suite, I slipped out the other to meet him at the elevator. I gave him my spiel about the film and handed him a rough cut on VHS. He said, 'Alright, we'll take a look.'" — Ed Burns, quoted in *The Hollywood Reporter*, 21 Jan. 2026

Did You Know?

Here's our spiel on spiel: it's well-known as a noun, and you may also be aware that spiel can be used as a verb meaning "to talk extravagantly," but did you know that the verb can also mean "to play music"? That, in fact, is the word's original meaning, and one it shares with its German root, spielen. Spiel is also found in glockenspiel, the name of a musical instrument similar to the xylophone.

Is it your Birthday Today?

MARCH 04

Dominated by number 4 and the planet Uranus, you are simple, energetic, authoritative, jovial, reliable and highly systematic person. You possess a persuasive and magnetic personality. You have a great potential to handle complicated tasks and you seldom complain, but you need to check your tendency to behave vindictive, timid and spendthrift at times. This year long awaited promotions and monetary benefits will finally be yours. Financially you will face some problems initially, but things will become better later in the year. This is an excellent period to develop new contacts and revive old ones. Travelling will be undertaken for attending auspicious events. Avoid entering into any financial joint ventures and stay away from speculation. Wedding bells will ring for those eligible towards the end of the year. The months of October, December, February and June will be highly important.

SUDOKU PUZZLES

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

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

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

STARS & PLANETS



■ **ARIES:** This is your day, Aries, so don't waste it. Being the helpful, friendly person you are, you may find yourself catering to other people's needs and desires. Some could see you as the good Samaritan who can offer advice with a friendly attitude. Be careful of draining away all your energy on others. This day might be better spent by catering to you.

■ **TAURUS:** Reward yourself for all the great things you've done for you and other people, Taurus. You deserve to be treated like royalty, so make sure that you do. There are many times when you get so critical of the things you do that you end up punishing yourself unnecessarily. Give yourself a treat for being good instead of chastising yourself for being bad.

■ **GEMINI:** Put your wisdom into action, Gemini. There is no good in accumulating knowledge and then letting it sit, collecting dust like an old book on a shelf. Put your thoughts into motion and watch as magical things begin to manifest before your eyes. You have incredible opportunities today that only come when you're expressing yourself in your truest form.

■ **CANCER:** Enjoying the good times may be fun, but it may also get you into trouble down the road, Cancer. Be careful of spending all your resources on pleasure without setting something aside for leaner times. The company you keep could encourage your self-destructive behaviors.

■ **LEO:** The surge of power within you is going to let others know that you mean business, Leo. Make good use of this fantastic boost of energy by conquering your own goals and demons instead of using it to wage war on anyone else. Other people should know to get out of your way when you have your mind set on doing something. If they don't, politely ask them to move instead of steamrolling over them.

■ **VIRGO:** Be more adventurous than usual, Virgo. Feel free to take a trip somewhere without bringing a map or having any specific destination in mind. The sheer excitement of the unknown should thrill and enthrall you, not frighten and confuse. Your enjoyment of the situation has to do with your attitude toward it.

■ **LIBRA:** You might find yourself in a difficult situation when faced with a person who doesn't necessarily approve of how you're handling yourself, Libra. It could be that someone misinterpreted one of your offhand remarks, and now is violently overreacting. Be careful of shooting back caustic remarks that could only aggravate the situation and elevate it to a damaging level.

■ **SCORPIO:** Your interest in certain off-the-wall topics may be encouraged when you're engaged in a conversation with someone who shares similar thoughts, Scorpio. Perhaps you exchange ideas about UFOs and life on other planets. Suddenly you're looking at your life as if you were a character in a science-fiction novel. Exchange books and other literature with those of a similar mindset.

■ **SAGITTARIUS:** Take your leadership abilities to a new level, Sagittarius. Gather some friends and plan a trip that you've long been considering but were reluctant to act on. People will naturally look to you for leadership and guidance, as you always seem to know how to keep things fun and positive. When it comes to your workplace, this might be a good time to ask for more responsibility - and a raise.

■ **CAPRICORN:** There may be a stalemate when you're unwilling to express your feelings, Capricorn. You might automatically assume that things will go smoothly if you leave the decisions up to someone else. Unfortunately, that plan will likely backfire if the decision is made by someone who doesn't necessarily have your best interests at heart. You may try to go back and reverse what has been done, thus fouling up the plan that has been set in motion.

■ **AQUARIUS:** Decisions don't have to be as hard as you make them, Aquarius. You may feel as if a strong force is pulling you in a clear direction, so don't resist it. You'll only drive yourself crazy trying to list all the reasons why you should or shouldn't go the way you're destined to go. Make things easier on yourself by going with the flow instead of letting your mind interfere with constant chatter and resistance.

■ **PISCES:** Look at things from a more philosophical perspective, Pisces, instead of seeing everything from such an intensely emotional one. You may have a constant fear that everyone is out to get you. More than likely, you're blowing small instances out of proportion in your mind. Use your friends as a sounding board for your thoughts. More than likely, you'll understand the situation better by introducing this fresh perspective.