



BHAGAVAD GITA: Chapter 10, Verse 24

**purodhasam cha mukhyam mam viddhi partha brihaspatim
senaninam aham skandah sarasam asmi sagarah**

purodhasām—amongst priests; cha—and; mukhyam—the chiefs; mām—me; viddhi—know; pārtha—Arjun, the son of Pritha; brihaspatim—Brihaspati; senānīnām—warrior chief; aham—I; skandah—Kartikeya; sarasām—amongst reservoirs of water; asmi—I am; sāgarah—the ocean

*purodhasam cha mukhyam mam viddhi partha brihaspatim
senaninam aham skandah sarasam asmi sagarah*

◆ **TRANSLATION**

BG 10.24: O Arjun, amongst priests, I am Brihaspati; amongst warrior chiefs I am Kartikeya; and amongst reservoirs of water, know Me to be the ocean.

◆ **COMMENTARY**

A priest discharges the function of performing ritualistic worship and ceremonies in temples and homes. Brihaspati is the chief priest in heaven. He is thus the topmost of all priests. Here, Shree Krishna says that amongst priests, he is Brihaspati. However, in the Śhrimad Bhāgavatam, verse 11.16.22, Shree Krishna states that amongst the priests he is Vashishtha. Why is he differing in the two places? This implies that we should not attach importance to the object, but to the opulence of God that manifests in that object. All the objects of glory that Shree Krishna is describing here should also be understood in the same light. It is not the object that is being emphasized, rather God's opulence that is manifesting in it.

Kartikeya, the son of Lord Shiv, who is also called Skanda, is the commander-in-chief of the celestial gods. He is thus the chief of all military commanders, and best reflects the opulence of God. Shree Krishna further says that amongst stagnant bodies of water, he is the grave and mighty ocean.



Scientists Reverse Key Signs of Gut Aging With Surprising Biological Transfer

Scientists are uncovering surprising links between aging and the microscopic communities living in the gut. Gut health may depend in part on the age of the microbes that live inside us. Scientists suggest that the biological "age" of the gut could be influenced by the bacteria that populate the intestines. A study published in Stem Cell Reports explored this idea using mice. Researchers from Cincinnati Children's and Ulm University in Germany found that introducing microbiota from young mice into older mice stimulated intestinal stem cells responsible for producing new tissue.

When these stem cells became more active, the intestines recovered more quickly after injury. Such damage can occur for many reasons, including surgery, radiation therapy, infections, disease, or the gradual effects of aging on the body. "As we age, the constant replacement of intestinal tissue slows down, making us more susceptible to gut-related conditions. Our findings show that younger microbiota can prompt older intestine to heal faster and function more like younger intestine," says corresponding author Hartmut Geiger, PhD, director of the Institute of Molecular Medicine at Ulm University and former member of the Division of Experimental Hematology and Cancer Biology at Cincinnati Children's.

Although prebiotic and probiotic supplements have become increasingly popular, the researchers note that their study used carefully controlled bacterial communities that are not available in consumer products. They also emphasize that these microbes must be introduced through fecal microbiota transfer rather than through over-the-counter supplements. The power of young bacteria Experiments using mouse models revealed that aging alters the balance of commensal (or

helpful) microbes in the gut. These age-related shifts reduced important biological signals that regulate intestinal stem cells located in the lining of the intestine. "This reduced signaling causes a decline in the regenerative potential of aged ISCs," says co-author Yi Zheng, PhD, director, Division of Experimental Hematology and Cancer Biology at Cincinnati Children's. "However, when older microbiota were replaced with younger microbiota, the stem cells resumed producing new intestine tissue as if the cells were younger. This further demonstrates how human health can be affected by the other life forms living

inside us." Zheng and Geiger have previously worked together on research aimed at rejuvenating blood stem cells. They are also co-founders of a related start-up company called Mogling Bio. According to Zheng, the new findings build on aspects of their earlier work by examining similar regenerative processes in intestinal stem cells. The team cautions that more research is necessary before these results can be applied to people. Future studies will need to confirm whether the same benefits occur in humans, determine safe dosing levels, and identify the most effective combinations of microbial species for fecal microbiota transfer.

Fathers' Nicotine Use May Affect Children's Diabetes Risk

New research published today (March 12) in the Journal of the Endocrine Society suggests that nicotine exposure in fathers may influence how their offspring process sugar. In a mouse study, scientists found that paternal nicotine intake altered metabolic traits in the next generation, changes that could be connected to diabetes risk.



California. "This suggests that tobacco use in men is linked with an increased risk of their descendants developing diabetes." To investigate the effect, researchers followed the offspring of male mice that had been given nicotine in their drinking water. These animals were compared with offspring from a control group of male mice that were not exposed to nicotine.

Importance of Paternal Health Before Conception "Considering the evidence that male exposure can increase the likelihood of their children developing chronic diseases, it is crucial to incorporate male health into preconception care," said Chamorro-Garcia, assistant professor of microbiology and environmental toxicology at UC Santa Cruz. "Our findings suggest fathers' use of tobacco products may have lasting effects on their children's health."

Diabetes Affects Millions in the United States Diabetes is a widespread health problem in the United States. According to the U.S. Centers for Disease Control and Prevention, about 40.1 million Americans are living with the disease. People with diabetes face a higher risk of serious complications, including heart disease, kidney disease, and nerve damage. Because the condition af-

fects more than 12 percent of the population and requires long-term management, it also places a significant financial burden on the health care system. Tobacco use remains one of the leading preventable causes of poor health outcomes, the study notes. Reducing risk factors such as smoking and electronic cigarette use could help slow the growing diabetes epidemic. This may be particularly important for men,

who tend to use tobacco products more frequently than women. Study Finds Metabolic Changes in Offspring "When male mice consumed nicotine in their drinking water, their offspring had metabolic alterations that appear to impact the way the body metabolizes sugar," said the study's senior author, Raquel Chamorro-Garcia, Ph.D., of the University of California, Santa Cruz, in Santa Cruz,

The results revealed notable differences. Female offspring of nicotine-exposed fathers had lower insulin levels and lower fasting glucose levels than those in the control group. Male offspring also showed lower blood glucose levels, along with changes in liver function. Conditions such as obesity and diabetes can contribute to metabolic dysfunction-associated steatotic liver disease.

The experiment used pure nicotine, which allowed researchers to isolate its effects. According to Chamorro-Garcia, the results indicate that other components found in cigarettes or additives used in e-cigarettes were not responsible for the metabolic changes observed in the offspring.

Word of the Day

GAMBIT
GAM-bit

What It Means
A gambit is something done or said in order to gain an advantage or to produce a desired effect.

// The workers' opening gambit in the negotiations was to demand a wage hike.

GAMBIT IN CONTEXT

"Now the book publishing industry has sent a message to all A.I. companies: Our intellectual property isn't yours for the taking, and you cannot act with impunity. This settlement is an opening gambit in a critical battle that will be waged for years to come."
— Andrea Bartz, The New York Times, 1 Oct. 2025

Did You Know?

Don't let the similarities of sound and general flavor between gambit and gamble trip you up; the two words are unrelated. Gambit first appeared

in English in a 1656 chess handbook that was said to feature almost a hundred illustrated gambetts. Gambett traces back first to the Spanish word gambito, and before that to the Italian gambetto, from gamba meaning "leg." Gambetto referred to the act of tripping someone, as in wrestling, in order to gain an advantage. In chess, gambit (or gambett, as it was once spelled) originally referred to a chess opening whereby the bishop's pawn is intentionally sacrificed—or tripped—to gain an advantage in position. Gambit is now applied to many other chess openings.

Is it your Birthday Today?

MARCH 13

Ruled by number 4 and the planet Uranus. You are generous, peace loving, dashing, systematic, disciplined, and creative in nature. You are very hardworking and possess an ability to impress others with your intelligence, but you need to control your tendency to be extravagant, reckless and moody at times. This year you would find yourself changing plans more than usual and decision on certain fronts would not be easy. Some changes in friendship also seem to take place later this year. Frequent and fruitful journeys would be undertaken. A property transaction or acquiring a new vehicle during this period seems likely. Visit to a religious place or blessings from a spiritual person would be high on your agenda. Your outgoing nature will work to your advantage as you gain favours and benefits from important people. The months of October, February and July will bring prosperity.

SUDOKU PUZZLES

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SOLUTION OF PREVIOUS PUZZLE

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1	8	5	6	2	4	3	9	7

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 panel of zodiac you birth date.



List of 12 Zodiac Signs



- **ARIES:** This is a great time to take advantage of a little solitude to pursue some cherished goals. Aries. Your concentration and imagination are operating at a very high level, and you may not stop working until you're completely finished. If you're starting a project, you'll probably do well on it and, if business and money are involved, be successful. Don't let temporary snags get in your way. Go for the gold!
- **TAURUS:** Be careful of gossiping too much with your friends and colleagues, Taurus. It's fun to laugh and exchange stories, but remind yourself of the fact that the truth in a story is diminished and changed each time it's repeated. If you gossip too much, your friends may begin wondering what you say about them when they aren't there. Ultimately, this isn't healthy behavior for your friendships. Think about it.
- **GEMINI:** Don't be surprised if you don't spend too much time at home today. All signs indicate that you're more likely to be out and about, shopping, visiting, and maybe attending a special dinner or concert. There are a number of family activities that you won't want to miss, Gemini, so don't let your friends distract you with too much shopping or sports on TV.

- **CANCER:** You know that you have a very fertile imagination, Cancer, and today's aspects highlight this special quality. You might wish to channel your thoughts into an artistic endeavor like writing or painting. Be sure to grab any opportunity to weave a fascinating tale for a child. Be careful about letting your imagination run away with you when making judgments about people. They're most likely on the up and up.
- **LEO:** Yikes! What an emotional day, Leo. The planetary energies are forecasting conflict, and lots of it. Do your best to personally steer clear of any of it, and try to avoid being drawn into any arguments. You may wish to keep to yourself today. Tonight either stay in or head out to the movies alone. Don't worry, everyone will be feeling much better tomorrow.
- **VIRGO:** Emotions will run high with today's planetary energies, Virgo. But this is no reason to run away and hide! People will be much more honest than usual, even brutally so, and you could learn some valuable information as a result. Don't be afraid to listen to some airing of dirty laundry as well. With your discerning judgment, you'll be able to make sense of what is good information and what isn't.

- **LIBRA:** Today's emotional energy risks being exceptionally high, Libra. You may find yourself at the end of your rope by midday. Try to take a long walk or bike ride in order to calm down. Go by yourself and do some deep breathing outdoors. Try to avoid being drawn into other people's conflicts. Excuse yourself and trust that they can work things out on their own.
- **SCORPIO:** Today is good for entertaining, Scorpio. Enjoy the company of family and friends, and don't get distracted by gloomy thoughts about work or money. Just relax and let others take care of themselves. You enjoy nurturing other people and making sure they have a wonderful time, but you need to have a great time as well, so don't work too hard.
- **SAGITTARIUS:** Today's energies are going to be stirring up everyone's emotions, Sagittarius. You may wish to avoid getting involved in any arguments or conflicts. If you ask for someone else's advice, you're likely to get an earful. It may be best to keep to yourself as much as possible today and spend some time alone tonight with a good book. Everything should be much calmer tomorrow.

- **CAPRICORN:** Yes, you can be proud of yourself, Capricorn. You really know your stuff. You have committed yourself to deepening your knowledge and capabilities and it really shows. Friends and family members will be coming to you for advice, and rightfully so. Try not to grow complacent, though. It's an easy trap to fall into. You'll need to continue full-speed ahead on your educational journey in order to keep that edge!
- **AQUARIUS:** Today is wonderful for surrounding yourself with those you love the most, Aquarius. Host a get-together with family and friends, full of stimulating conversation and delicious food and drink. However, you might at some point feel a little sad, missing someone who should be with you but isn't, and speculating about what he or she may be doing. Concentrate on those there with you.
- **PISCES:** As a person who enjoys being gregarious and outgoing, days like this provide a wonderful outlet for your energy. You might spend a lot of time with your family today, Pisces, but you'll also probably touch base with many others. At some point you might find yourself in the spotlight. You'll feel especially fond of everyone around you and appreciate your good fortune. Enjoy your day.