



BHAGAVAD GITA: Chapter 10, Verse 37

vrishninam vasudevo 'smi pandavanam dhananjayah muninam apyaham vyasah kavinam ushana kavih

vrishninām—amongst the descendants of Vrishni; vāsudevah—Krishna, the son of Vasudev; asmi—I am; pāndavānām—amongst the Pandavas; dhanañ-jayah—Arjun, the conqueror of wealth; muninām—amongst the sages; api—also; aham—I; vyāsah—Ved Vyas; kavinām—amongst the great thinkers; uśhanā—Shukracharya; kavih—the thinker

vrishninam vasudevo 'smi pandavanam dhananjayah muninam apyaham vyasah kavinam ushana kavih

◆ **TRANSLATION**

BG 10.37: Amongst the descendants of Vrishni, I am Krishna, and amongst the Pandavas I am Arjun. Know me to be Ved Vyas amongst the sages, and Shukracharya amongst the great thinkers.

◆ **COMMENTARY**

Lord Krishna took birth on the earth in the Vrishni dynasty as the son of Vasudev. Since no soul can excel the Lord, he is naturally the most glorious personality of the Vrishni dynasty. The Pandavas were the five sons of Pandu—Yudhishtir, Bheem, Arjun, Nakul, and Sahadev. Amongst them, Arjun was an archer par-excellence, and was a very intimate devotee of Shree Krishna. He looked upon the Lord as his dear friend.

Ved Vyas is special amongst the sages. He is also known by the names “Badarayan” and “Krishna Dwaipayana.” He revealed Vedic knowledge in various ways and wrote many scriptures for the welfare of the people. In fact, Ved Vyas was an Avatār of Shree Krishna himself and is mentioned in the list of Avatārs in the Śhrimad Bhāgavatam.

Shukracharya was a very learned sage known for his expertise in the science of ethics. He was compassionate to accept the demons as his disciples and guide their progress. By virtue of his learning, he has been declared as a vibhūti of God.



Researchers Discover Surprising New Ovarian Cancer Treatment Using an Existing Drug

A new study from Mayo Clinic researchers reports that ovarian cancer cells can quickly switch on a survival response after treatment with PARP inhibitors. Blocking this early reaction may help these drugs work more effectively.

PARP inhibitors are widely used to treat ovarian cancer, especially in tumors with defects in DNA repair. While many patients initially respond, the benefit often fades over time as tumors become resistant. This study highlights an early mechanism that may allow cancer cells to survive treatment and suggests a way to interfere with it.

Researchers found that ovarian cancer cells rapidly activate a survival program soon after exposure to PARP inhibitors. A key player in this process is FRA1, a transcription factor that turns on genes that help cancer cells adapt and avoid cell death.

“This work shows that drug resistance does not always emerge slowly over time — cancer cells can activate survival programs very early after treatment begins,” says Arun Kanakthara, Ph.D., an oncology investigator at Mayo Clinic and a senior author of the study. “By targeting that early response, we may be able to improve how well existing therapies work and potentially delay or prevent resistance.”

Testing a Combination Treatment Strategy

team explored whether brigatinib, an FDA-approved drug used for certain lung cancers, could block this survival response and boost the effects of PARP inhibitors. The drug was chosen because it targets several signaling pathways that cancer cells use to stay alive.

Results showed that combining brigatinib with a PARP inhibitor worked better than either drug alone. Notably, this benefit was observed in cancer cells but not in normal cells, suggesting the approach could be more selective and potentially safer.

Researchers also uncovered a previously unknown way brigatinib works. Instead of affecting traditional DNA repair pathways, it

blocks two signaling molecules, FAK and EPHA2, which aggressive ovarian cancer cells depend on for survival. Disrupting both pathways at the same time reduced the cells’ ability to adapt and resist treatment, making them more sensitive to PARP inhibitors.

Identifying Patients Most Likely to Benefit

The study also points to a possible way to identify patients who may benefit most from this strategy. Tumors with higher levels of FAK and EPHA2 showed a stronger response to the drug combination.

Other findings suggest that ovarian cancers with elevated levels of these molecules tend to be more aggressive, which could make this approach especially useful for harder-to-

treat cases.

“From a clinical perspective, resistance remains one of the biggest challenges in treating ovarian cancer,” says John Weroha, M.D., Ph.D., a medical oncologist at Mayo Clinic and a senior author of the study. “By combining mechanistic insights from Dr. Kanakthara’s laboratory with my clinical experience, this preclinical work supports the strategy of targeting resistance early, before it has a chance to take hold. This strategy could improve patient outcomes.”

Overall, the findings offer new insight into how ovarian cancer resists treatment and suggest a promising path for improving therapy by targeting early survival signals.

Scientists Map Aging Brain in Unprecedented Detail, Revealing Clues to Alzheimer’s and More

A new single-cell atlas shows how epigenetic changes reshape brain cells during aging, revealing genomic instability, regional differences, and potential biomarkers of brain aging.

More than 57 million people worldwide are currently living with neurodegenerative diseases. These conditions include Alzheimer’s disease, Parkinson’s disease, ALS, and others. Researchers expect the number of cases to double roughly every 20 years. Aging is known to be one of the strongest risk factors for these disorders, yet scientists are still working to understand exactly how aging drives changes in the brain.

One of the most important biological processes involved is epigenetic change. This refers to chemical markers that sit on top of DNA and influence how genes are turned on or off over time. Scientists at the Salk Institute have now produced the most detailed single-cell atlas so far of epigenetic changes in the aging mouse brain.

Their work shows how DNA methylation, genome organization, and gene activity evolve across different

brain regions and cell types as animals grow older. The dataset spans eight brain regions and includes 36 different brain cell types. More than 200,000 single cells were analyzed for methylation and chromatin conformation, and nearly 900,000 cells were mapped using spatial transcriptomics.

Scientists Release Public Atlas of Aging Brain Epigenetics

The dataset has already revealed distinct epigenetic differences between younger and older brains. It also enabled researchers to build new deep learning models that can forecast how gene activity shifts with age. The findings were published in Cell on March 11, 2026. The atlas is now publicly accessible through Amazon Web Services (AWS) and Gene Expression Omnibus (GEO). Scientists expect it to serve as a foundational reference for interpreting human brain datasets, including those produced by the National Institute of Health’s Brain Research Through Advancing Innovative Neurotechnologies (BRAIN) Initiative.

“Age-related brain changes, partic-

ularly in regions critical for attention, memory, emotion, and motor functions, severely impact life quality,” says co-corresponding author Joseph Ecker, PhD, professor and holder of the Salk International Council Chair in Genetics at Salk and a Howard Hughes Medical Institute Investigator. “By mapping how the epigenome changes across individual brain cell types as animals age, we now have a framework for understanding how aging reshapes the brain at the molecular level. This resource should help researchers pinpoint mechanisms that contribute to neurodegenerative disease.”

Epigenetic Hallmarks of Aging and Methylation Changes

Aging is linked to four major molecular features: chronic inflammation, mitochondrial dysfunction, genome instability, and epigenetic alterations. Growing evidence suggests that the epigenome plays a central role in driving the aging process. One specific epigenetic modification, known as methylation, has been closely connected to brain function, behavior, and neurological disease. If researchers can better understand how meth-

ylation patterns shift with age, they may eventually develop strategies to reverse harmful changes and restore cellular health.

However, collecting meaningful methylation data is challenging. Studying only some brain cells does not capture the full complexity of the organ. The brain contains many specialized regions and diverse cell populations, all of which must be examined to gain a complete understanding of aging.

“The brain is so interconnected, with different regions controlling different functions and aging at different speeds at the cell type level,” says co-corresponding author Margarita Behrens, PhD, a research professor at Salk. “We can see how interconnected the brain is in conditions like Parkinson’s, where the death of one group of neurons spirals into an entire circuit malfunctioning and then the tremors and cognitive effects we see in patients. So, the importance of having a cell type-specific understanding of aging will bring more granular knowledge that will expand therapeutic possibilities.”

Word of the Day

UNDULATE

UN-juh-layt

What It Means
Undulate is a formal word that means “to move or be shaped like waves.”

// On the approach to the tulip festival, visitors are greeted by a large field of the colorful flowers undulating in the wind.

UNDULATE IN CONTEXT

“When sufficiently heated, the fresh cheese contracts, sweating whey from the curds that provides liquid to cook the dough, which will plump up and undulate slightly as it expands.” — Karima Moyer-Nocchi, *The Epic History of Macaroni and Cheese: From Ancient Rome to Modern America*, 2026

Did You Know?

Undulate and inundate (“to cover something with a flood of water”) are word cousins that flow from unda, the Latin word for “wave.”
No surprise there. But would you have guessed that abound, surround, and rebound are also unda offspring? While their modern definitions have nothing to do with waves or water, at some point in their early histories, they all meant “to overflow,” and caught a wave from there.

Is it your Birthday Today?

MARCH 26

Influenced by number 8 and the planet Saturn. You are authoritative, practical, systematic, friendly and sober person. You are fond of adventure and you have no problems in accepting challenges, but you need to check your tendency to behave impatient, spendthrift and jealous at times. This year you can expect excellent rewards for your work. You would celebrate your success in a special way, and spend more on comforts and entertainment. Your income would rise, and you would make some good long-term investments. You would establish a better understanding with your beloved, which would make every moment that you spend together a truly memorable one. Health of your parents might cause concern and anxiety. Spiritual gains for some later in the year. The months of September, January and July will be result oriented.

SUDOKU PUZZLES

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

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	4	3			2	9		
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SOLUTION OF PREVIOUS PUZZLE

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

STARS & PLANETS



ARIES: Have you been reading romantic novels or watching romantic films lately, Aries? This is probably because love is very much on your mind now. You may be involved in a passionate relationship or hoping for one. If it’s the latter, don’t expect to remain alone for very long. All signs indicate that romance is going to become a top priority for you for a while, starting now.

TAURUS: Money earned through involvement in the arts, perhaps those combining creativity with computer technology, could come your way. Taurus. Financially, you should be doing fairly well, so you might channel what you receive right back into this business. This is an excellent time to do this, as all signs indicate that this sort of activity could be very profitable over the next few years.

GEMINI: Have love matters been causing you excessive strain for a while, Gemini? If so, you can expect that to end now. Someone you love deeply reciprocates your feelings, and is very anxious to resolve any differences between you and look toward the future. This relationship will probably succeed if you go in with eyes wide open. Don’t have unrealistic expectations of your partner. Learn to love human flaws as much as perfection.

CANCER: If you’re single and looking for love, Cancer, you may find it today in an ephemeral way. You could find yourself falling hard for the proverbial stranger across the crowded room. That might pose a problem if the room is actually a crowded subway, but faith is called for here. If the person appears to share your attraction, you’ll manage to find each other. You have a lot to look forward to.

LEO: Love certainly seems to make the world go round today, Leo. Is everyone around you deeply involved in a new or revitalized romance? You may be smitten with a very exciting person, perhaps from a foreign country or in the field of law, education, or publishing. Don’t fight it, and don’t worry about getting hurt. Relax and let yourself be loved. If nothing else, you should have a wonderful day!

VIRGO: Has the perfect career suddenly materialized out of nowhere, Virgo? If so, don’t write it off as being too good to be true. It’s very, very real! Take a few days to consider all your options and all possible contingencies. Talk to people who know the ins and outs of the field. If everything seems favorable, go for it. Such an opportunity may not come around again for a long time.

LIBRA: A website or TV documentary could put you in touch with a promising educational or spiritual organization whose goals and aims seem to jibe perfectly with your own. Libra. This could capture your interest and cause you to want to learn more. A friend may also want to explore this territory. Attend a class or workshop together and experience the programs directly.

SCORPIO: You could have some strange, mystical dreams tonight, Scorpio, possibly involving angels or other spiritual beings. Their messages could well shed light on a romantic relationship that you might not understand well. Keep a notebook by your bed so you can write down the details of the dreams as soon as you awaken. You’ll want to consider them very carefully to see if you can figure out what’s going on.

SAGITTARIUS: Social events today could put you in touch with people in the arts, Sagittarius, particularly ones such as film, television, recording, and computer graphics that combine creativity with modern technology. If you’re single, one might even be a potential romantic partner. If nothing else, these people could provide you with valuable insights and contacts so you can advance your own career, particularly if it’s artistic in nature.

CAPRICORN: You could spend much of your day advancing the interests of an organization dedicated to a cause that means a lot to you, Capricorn, perhaps in animal or children’s rights. You tend to be service oriented by nature, and today something you learn, perhaps from TV or the Internet, could excite your desire to make a difference to those you wish to serve. Expect to derive a lot of satisfaction from this. You’re making a difference!

AQUARIUS: If you’re single, Aquarius, a new love could appear right there in your neighborhood. The person should be attractive, intelligent, free spirited, and very much attracted to you! You could meet this person in an unusual way and end up spending time together and making plans to spend more. Take care not to move too quickly. You won’t want this new relationship to be like a meteor, burning out as quickly as it appeared.

PISCES: Today you could hold a group meeting of some kind in your home, Pisces. The guests will probably include people in such interesting fields as astrology, metaphysics, environmentalism, and the arts. A love partner could also be present. Some fascinating discussions could take place, supplying you with enough food for thought to last for days. By the time everyone leaves, you could feel bonded far more strongly than when the party began. Enjoy!