



BHAGAVAD GITA: Chapter 11, Verse 1

arjuna uvacha
mad-anugrahaya paramam guhyam adhyatma-sanjñitam
yat tvayoktam vachas tena moho 'yam vigato mama

arjunah uvācha—Arjun said; mat-anugrahāya—out of compassion to me; paramam—supreme; guhyam—confidential; adhyātma-sanjñitam—about spiritual knowledge; yat—which; tvayā—by you; uktam—spoken; vachan—words; tena—by that; mohah—illusion; ayam—this; vigatah—is dispelled; mama—my

arjuna uvacha
mad-anugrahaya paramam guhyam adhyatma-sanjñitam
yat tvayoktam vachas tena moho 'yam vigato mama

◆ **TRANSLATION**

BG 11.1: Arjun said: Having heard the supremely confidential spiritual knowledge, which You have revealed out of compassion for me, my illusion is now dispelled.

◆ **COMMENTARY**

Arjun has rejoiced upon hearing Shree Krishna's vibhūtis, as well as knowledge about the Supreme Personality, and he feels that his illusion is now dispelled. He has accepted that Shree Krishna is not merely his best friend, but also the Supreme Divine Personality, who is the source of all opulence in the world. Now in this chapter, he begins by gratefully acknowledging Shree Krishna's compassion in revealing such invaluable knowledge.



This Surprising Daily Habit Could Cut Dementia Risk by 35%

Two to three cups of coffee a day may help protect against dementia, but more caffeine does not improve—and may reduce—those benefits.

Drinking a few cups of coffee each day could do more than boost your energy. Research suggests it may also lower your chances of developing dementia, although increasing your intake beyond that range does not appear to offer additional protection.

The findings come from a large, long-running study that followed 131,821 American nurses and healthcare professionals for as long as 43 years, beginning when participants were in their early 40s. Over the course of the study, 11,033 individuals, about 8%, were diagnosed with dementia. Those who regularly consumed moderate amounts of caffeinated coffee or tea were less likely to develop the condition compared with those who drank little or none.

The benefit was most noticeable among people aged 75 and under. In this group, consuming around 250mg-300mg of caffeine per day, roughly equivalent to two or three cups of coffee, was associated with a 35% lower risk of dementia. Increasing caffeine intake beyond this level did not lead to further reductions in risk, suggesting there is a threshold where the benefit levels off.

At the start of the study, women reported drinking an average of about four and a half cups of coffee or tea daily, while men reported closer to two and a half cups. People who consumed higher amounts of caffeinated coffee were generally younger, but they also tended to drink more alcohol, smoke more, and take in more calories. Each of these factors has been linked to a higher risk of dementia, which makes it



harder to isolate the effects of caffeine alone.

Interestingly, people who drank more decaffeinated coffee showed faster memory decline. Researchers believe this is probably because people switched to decaf after developing sleep problems, raised blood pressure, or heart rhythm disturbances—all of which are themselves linked to cognitive decline and dementia.

Why caffeine might protect the brain

There are sound biological reasons why caffeine could help keep our brains healthy. It works by blocking adenosine, a chemical that

dampens the activity of brain messengers like dopamine and acetylcholine. These brain messengers (or neurotransmitters) can become less active as we age and in conditions such as Alzheimer's disease, so caffeine's stimulating effect may help counteract this decline.

Caffeine also appears to work through other mechanisms, including reducing inflammation and helping regulate blood sugar metabolism. People who did not have dementia (yet?) but drank more than two cups of coffee daily throughout their lives had lower levels of the toxic amyloid plaques, abundantly

found in people's brains who have Alzheimer's disease.

Coffee and tea also contain many other beneficial compounds with antioxidant and blood vessel benefits which can all protect the aging brain.

Tea, dose limits, and diminishing returns

The American study found that only one to two cups of tea were linked to the best protection against dementia, which may reflect the fact that people in the US drink less tea than coffee overall. Green tea wasn't examined separately, although most studies suggest it also protects against dementia.

Why does more caffeine stop being helpful? The researchers suggest it may be down to how our bodies break down coffee. Very high doses can also disrupt sleep and increase anxiety, which undermines any brain benefits.

A principle established back in 1908, known as the Yerkes-Dodson law, shows that when we become too stimulated—whether from anxiety or too much coffee—our mental performance starts to decline.

Evidence across studies supports moderation

The findings from professional healthcare workers may not apply to everyone. But when researchers combined results from 38 other studies, they found similar results: caffeine drinkers had a 6%-16% lower dementia risk than non-drinkers, with one to three cups of coffee being optimal. Good news for tea lovers—in this broader analysis, drinking more tea was linked to greater protection.

Moderate caffeine intake doesn't increase long-term blood pressure risk and may even reduce cardiovascular disease risk, which shares many risk factors with dementia. However, people with very high blood pressure are advised to limit themselves to perhaps one cup a day. It's worth noting that using "cups" as a measure doesn't account for how much caffeine these actually contain. Fresh beans brewed at home contain different amounts of caffeine and can affect cholesterol levels differently than instant coffee, for instance. But you don't need much to feel a benefit. Even low doses of 40mg-60mg can improve alertness and mood in middle-aged people who normally did not drink (much) caffeine. More is not always better.

Word of the Day

GENTEEL
jen-TEEL

What It Means

Genteel means "of or relating to people who have high social status" and can be used as a somewhat old-fashioned synonym of aristocratic. It can also be used to describe something with a quietly appealing or polite quality, as in "genteel manners."

// Their genteel upbringing shaped the way they

viewed the world.

GENTEEL IN CONTEXT

"The duo met at Oxford and were briefly bankers. They understand the genteel, often mysterious (at least to Americans) mores of the British upper class..." — Jacqueline Cutler, The Daily Beast, 28 Jan. 2026

Did You Know?

In A History of the Novel (1975), David Freedman wrote

of Theodore Dreiser, "Certainly there was nothing genteel about Dreiser, either as a man or novelist." Indeed, few of the many uses of the adjective genteel would seem to apply to the author. When it comes to the use of genteel to describe people or things of or related to the upper class of society, for example, Dreiser doesn't fit the bill: unlike many of his contemporaries, including Edith Wharton, Dreiser came from poverty. His novels, too, are hardly genteel in the sense of "striving to maintain the appearance of superior or middle-class social status or respectability."

Is it your Birthday Today?

APRIL 1

Governed by number 1, and the Sun, you are original, authoritative, dignified, determined and a sensitive person. You are considered an asset to your friends and your family members take pride in you, but you need to check your tendency to overspend and dominate at times. This year takes you through a lot of good and memorable moments. Journey to an exotic location along with your friends provides you with comfort and pleasure. Elders embark on a long pilgrimage. Fantastic returns from business would enhance your living standard and make you spend much more on luxuries. Monetary benefits for professionals. Servants and subordinates may be cause of worry and tension. Romance will flourish and matrimonial alliances for some. The months of February, May, July and November will remain eventful.

SUDOKU PUZZLES

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

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

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

Solved By Stanzin Spalzm

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 and find it in a great detail on our zodiac sign page.



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:** You might talk as if you possess many lifetimes of wisdom. Aries. Perhaps you do, but that doesn't mean you should be arrogant about it. Your words might have the tone of a sage schooled in every subject. As a result, you could grow frustrated with others who act immature or uneducated. It isn't your job to judge. Help others understand the bigger picture instead of assume they're unworthy or unwilling to learn.

■ **TAURUS:** Once you've made up your mind, Taurus, it's doubtful that anyone can change it. You're set in your ways and your plans are set in stone. Having this solid base to stand on will let others support you effectively. You're trustworthy and predictable. Others can depend on you and know where they stand in relation to you. Don't let self-doubt slip in. This is your time to stand tall and proud.

■ **GEMINI:** You might be hard and cold when it comes to the facts, Gemini, and you could come across as tough and rather harsh. In reality, this often just masks your sensitive interior. Perhaps you're insecure about your feelings and how you express yourself. People might never know this because you're so good at showing only the strong-willed, electric side of your personality. Be careful of being too stingy about sharing yourself with others.

■ **CANCER:** You're likely to be feeling a bit lonely, perhaps even isolated, Cancer. Maybe you think no one else has your same wild thoughts running through their heads. You'd be surprised to learn how many people do. It's unlikely, however, that you'll share these thoughts with anyone, especially now.

■ **LEO:** If you have the opportunity to teach someone a lesson, Leo, feel free to do so. There's probably someone in your world who could use a bit of instruction now. You'll have the patience and clarity of words to straighten things out and make the correct path obvious. Don't be stingy with your knowledge. The situation will improve for you and everyone else when you selflessly spread your wisdom to others.

■ **VIRGO:** You could hesitate to take the initiative, Virgo. Instead, you'd rather wait and see how things pan out before you make a major move. Your movements are hindered in some way, although you may not be sure why. It's best to go with your intuition and not question too much. Just know that you're better off taking the safer route rather than walking too far out on the thin ice.

■ **LIBRA:** You could feel increasingly uncomfortable as the day goes on, Libra. Perhaps you're tongue-tied in conversations - quite rare for you. The problem is that you simply don't know what to say, or if you do, you don't feel comfortable saying it in front of these people. Perhaps you feel you've lost your edge. Don't despair. This is only a passing phase. You should return to your full-blown communicative self before long.

■ **SCORPIO:** You could lapse into pessimism, Scorpio. Suddenly the glass appears half empty and everything looks bleak. You feel like you're going around in circles. You might ask yourself what you're doing it all for anyway. You can talk yourself out of this mood as easily as you talked yourself into it. It might not seem possible, but you must trust that it's necessary in order to see the glass as half full again.

■ **SAGITTARIUS:** You might be much more aware of yourself than usual and hyper-alert to every move you make today, especially around others, Sagittarius. You're feeling self-conscious about your words, and you could be constantly wondering if you're saying the right thing to the right person at the right time. Too much self-analysis could drive you completely insane if you aren't careful. Try not to take everything so seriously.

■ **CAPRICORN:** Your attitude is calm and matter-of-fact when talking to others, Capricorn. You tell it like it is while omitting the frills and fantasies. You have no reason to hide the truth, so you're happy to disclose information to any willing listener. Be careful, because you could get into someone else's private business unwittingly. If you hear some secret information, you could tell it to others who definitely shouldn't hear it.

■ **AQUARIUS:** You're likely to have tremendous concentration that seems to have materialized out of nowhere. Use this to your advantage, Aquarius, because it may not last long. You're usually blown from one thing to another like a leaf in the wind, and it's hard for you to settle on one project or issue for an extended time. You may have to shut a few people out in order to finish some tasks, but that's fine. Do what you have to do.

■ **PISCES:** Be careful about shutting yourself off from the rest of the world, Pisces. You might hesitate to talk to people. You could have the feeling that they're unworthy of your time. Perhaps you feel that your problems are more important and that others are too concerned with superficial things to understand the true depth of your nature. Isolating yourself certainly isn't going to remedy the situation. You really need to communicate more.