



BHAGAVAD GITA: Chapter 11, Verse 39

vayur yamo 'gnir varunah shashankah
prajapatis tvam prapitamahash cha
namo namas te 'stu sahasra-kritvah
punash cha bhuyo 'pi namo namas te

vāyuh—the god of wind; yamāh—the god of death; agnih—the god of fire; varunah—the god of water; shāsha-ankah—the moon-God; prajāpātiḥ—Brahma; tvam—you; prapitāmāhah—the great-grandfather; cha—and; namah—my salutations; namah—my salutations; te—unto you; astu—let there be; sahasra-kritvah—a thousand times; punah cha—and again; bhūyah—again; api—also; namah—(offering) my salutations; namah te—offering my salutations unto you

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◆ TRANSLATION

BG 11.39: You are Vāyu (god of wind), Yamraj (god of death), Agni (god of fire), Varun (god of water), and Chandra (moon-god). You are the creator Brahma, and the Great-grandfather of all beings. I offer my salutations unto You a thousand times, again and yet again!

◆ COMMENTARY

Experiencing profuse reverence toward Shree Krishna, Arjun is offering repeated obeisances sahasra-kritvah (thousands and thousands of times). During Diwali celebrations in India, sugar sweets are made in many shapes—elephant, horse, man, woman, dog, etc. But the ingredient in all of them is the same sugar. Similarly, the celestial gods have their distinct personalities and unique set of duties to discharge in the administration of the world. However, the same one God sitting in all of them manifests the special powers they possess.

Consider another example. Varieties of ornaments are made from gold. They all have their distinct individuality, and yet they are all gold. So, just as gold is not an ornament, but ornaments are golden, likewise God is all the devatās but the devatās are not God. Hence, in this verse, Arjun says that Shree Krishna is also Vāyu, Yamraj, Agni, Varun, Chandra, and Brahma.



One in Five at Risk: Scientists Identify a Hidden Blood Particle Linked to Higher Risk of Stroke and Death

A hidden cholesterol particle may signal overlooked cardiovascular risk, offering a new clue for prevention and future treatments. New findings from an analysis of more than 20,000 patients across three major NIH studies show that elevated Lipoprotein(a) [Lp(a)] is linked to ongoing cardiovascular risk, even after standard treatments. Lp(a) is a cholesterol-carrying particle found in the blood. It resembles LDL, often called “bad” cholesterol, but includes an added protein that may increase its harmful effects on the heart. High Lp(a) levels are mainly inherited and can raise the risk of cardiovascular disease even when routine cholesterol levels

appear normal. About one in five people has elevated Lp(a), though most do not know it because it rarely causes symptoms. While its connection to heart disease is well known, its ability to predict risk in people with and without existing conditions remains unclear. The results were presented as late-breaking research at the Society for Cardiovascular Angiography & Interventions (SCAI) 2026 Scientific Sessions and the Canadian Association of Interventional Cardiology/Association Canadienne de cardiologie d'intervention (CAIC-ACC) Summit in Montreal. Study Design and Methods

PEACE, and SPRINT NIH randomized trials. Researchers analyzed all samples in a specialized laboratory using a standardized test and reported results in nmol/L. Participants were categorized by Lp(a) levels (<75, 75 to 125, 125 to 175, or ≥175 nmol/L) and by whether they had preexisting heart disease. Statistical models accounted for factors such as age, health conditions, lipid levels, and treatments. Key Findings Participants had an average age of about 65 years, and roughly 65% were men. The main outcome measured was major adverse cardiovascular events (MACE), which included heart attack, stroke, coronary revascularization, or death from heart-related causes.

Over a median follow-up of nearly 4 years, 1,461 events (7.3%) occurred. People with Lp(a) levels of 175 nmol/L or higher had about a 31% higher risk of major cardiovascular events, a 49% higher risk of cardiovascular death, and a 64% higher risk of stroke. This level was not linked to a higher risk of heart attack. The increased risk was more noticeable in people who already had heart disease, with about a 30% higher risk, compared to an 18% higher risk in those without existing heart disease. Clinical Implications “For the first time, we can quantify the specific level of Lp(a) that puts patients at a significantly higher risk of major cardiovascular events, especially stroke and death,” said Sub-

hash Banerjee, MD, FSCAI, interventional cardiologist at Baylor Scott & White in Dallas, Texas. “Regardless of age, patients can take a simple, low-cost blood test to determine whether they have this genetic condition. If elevated Lp(a) levels are detected, they should work closely with their healthcare provider to aggressively lower LDL cholesterol and manage other cardiovascular risk factors as much as possible. This knowledge is especially valuable as new targeted treatment options are on the horizon.” The researchers added that analyzing stored biological samples can reveal new insights from completed trials. Future work will focus on specific patient groups, including those with chronic kidney disease and peripheral artery disease.

Omega-3 Supplements Linked to Cognitive Decline in Surprising New Study

For millions of adults, omega-3 supplements are part of a daily routine built around heart, joint, eye, and brain health. Fish oil, krill oil, and flaxseed oil capsules are among the most widely used non-vitamin supplements in the United States, especially among older adults who take them in hopes of staying mentally sharp. But a new study suggests that, for some people, the relationship between omega-3 supplements and brain aging may not be so simple. Researchers in China analyzed data from the Alzheimer's Disease Neuroimaging Initiative (ADNI), a long-running project that tracks aging, memory, brain scans, genetics, and Alzheimer's disease. Their study focused on whether omega-3 supplementation was linked to changes in cognition and Alzheimer's related brain biology over time. The results were unexpected.

Among matched participants, omega-3 users showed faster cognitive decline than nonusers across three standard measures: the Mini-Mental State Examination (MMSE), the Alzheimer's Disease Assessment Scale Cognitive Subscale 13 (ADAS-Cog13), and the Clinical Dementia Rating Sum of Boxes (CDR-SB). “Contrary to the prevailing hypothesis of a neuroprotective role, omega-3 supplementation was associated with accelerated cognitive decline,” the researchers write. Study Design and Participant Details The study began with 1,814 older adults from ADNI. After matching omega-3 users with similar nonusers based on age, sex, APOE ε4 status, and diagnosis, the final analysis included 273 supplement users and 546 nonusers. The median follow up was 5 years. Participants ranged from cognitively normal adults to people with mild cognitive impairment or Alzheimer's disease.

Most reported omega-3 use involved fish oil. The supplement category also included flaxseed oil and krill oil. The researchers found that omega-3 use was linked to a faster drop in MMSE scores and faster worsening on ADAS-Cog13 and CDR-SB. In practical terms, the extra decline was smaller than the typical yearly progression seen in Alzheimer's disease, but it was still measurable across multiple tests. Brain Imaging and Metabolic Clues One of the study's most interesting findings came from brain imaging. The faster decline was not explained by the usual Alzheimer's markers, including amyloid plaques, tau buildup, or gray matter loss. Instead, the strongest clue involved reduced glucose metabolism in brain regions vulnerable to Alzheimer's disease. This was measured using FDG PET scans, which

can reflect how well brain cells and their connections are functioning. The researchers found that this reduced metabolism partly mediated the link between omega-3 use and cognitive decline, accounting for 30.8 percent of the effect on MMSE decline, 40.8 percent on ADAS-Cog13 worsening, and 19 percent on CDR-SB worsening. “This insight calls for a more nuanced understanding of the role of omega-3 in the aging human brain,” the authors write. Implications for Future Research The study does not prove that omega-3 supplements cause cognitive decline. Because it was observational, other factors could have influenced the results. The researchers could not fully track exact doses, long term adherence, supplement quality, or whether some fish oil products had oxidized. The cohort was also mostly White and highly educated, which may limit how broadly the findings apply.

Word of the Day

AUGUR
verb AW-gur

What It Means
To augur is to show or suggest, especially from omens, that something might happen in the future. Used most often in formal speech or writing, augur is often followed by an adverb, such as well.

the business.

AUGUR IN CONTEXT

“Last March, almost exactly two decades after his ghost church appeared at the Whitney, [Banks] Violette put another destroyed structure on display: the canopy of an abandoned gas station split in half. ... This wreckage could only augur doom.” — Rachel Wetzler, Artforum, 1 Feb. 2026

In ancient Rome, augurs were official diviners whose function it was to divine whether the gods approved of a proposed undertaking, such as a military move. They did so by various means, among them observing the behavior of birds and examining the entrails of sacrificed animals. We doubt the Romans predicted that their verb augurare, meaning “to foretell by augury,” would evolve into an English verb meaning “presage or foretell,” but in retrospect, augur's path must have been in the stars.

// The downturn augurs badly for the success of

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SOLUTION OF PREVIOUS PUZZLE

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Is it your Birthday Today?

MAY 6

Put on track by number 6 and Venus, you will act as ring master for your fraternity. Creativity is in your soul which makes you blossom everywhere. You are gifted with an artistic brain, beauty of which is to adore and compliment the beautiful things. You always work wholeheartedly which lets you enjoy every minute of your life. Focused governance will reap rich dividends for any of your investments. Grand success is on your way and you will experience a deluxe life. You are alike spider who loves to attain its target by putting on hard endeavors. You may seem to be far away from your love but if it's yours then it will come to you automatically. Likely to host an exciting and relishing get together at your place. Pleasure to have some unforgettable moments with your kins in the year ahead. Characteristics of order and neatness will put your health free from disorders. Gauging a new course is on your wish list. Payback time: April and May.

STARS & PLANETS



■ **ARIES:** For you, Aries, love is like an adventure, crazy sport, or some sort of video arcade game. Lately, you may have been too caught up in the fantasy aspect of it without taking into account the practical nature and nitty-gritty of what it takes to keep a relationship afloat. You might need to take a more realistic view of it now.

■ **TAURUS:** Love and romance should be going well for you now, Taurus. However, today you could find that things get a bit uneasy when either you or your partner suspects something isn't true or is suspicious about the situation at hand. Someone may get caught in a difficult predicament when the veil of deception is suddenly lifted and the truth revealed.

■ **GEMINI:** The notion of truth could get shot down today due to someone who knows you better than most, Gemini. It won't take a long, drawn-out conversation or deep explanation to reveal the fact that there is a bit of deception that has been covering the truth. Don't try to hide from loved ones who are only trying to do what's best for you. Be open and honest with those who really care.

■ **CANCER:** Do what you can to stabilize your emotions. Cancer. Romance should be on a slow, steady path as long as you're honest with yourself and others about how you feel. Perhaps you're so caught up in your fantasy world that you fail to see that things are actually moving in your favor. Conflict that arises today may be uncomfortable, but ultimately it will shed more light on the truth of the situation.

■ **LEO:** You need to slow down in matters of love and romance, Leo. You're likely acting on the assumption that things are fine and you can continue moving at lightning speed even though you long ago lost your road map. There's a degree of fantasy in your world. It doesn't take into account the fact that there are areas where you need to be more sensitive to your partner and perhaps take things more slowly and methodically.

■ **VIRGO:** Issues of love and romance should be going well for you, Virgo, and you'll find that regardless of where you are in your relationships, you're right where you need to be. There's an element of fantasy at work today that's making you much more susceptible to romantic dreams and ideas. The good news is that you have the power to put these dreams into motion. Manifest your wildest fantasies with a loved one tonight.

■ **LIBRA:** Things are coming to a difficult stalemate regarding the love in your life, Libra. Perhaps you've felt like everything was going fine and you had nothing to worry about. In reality, this notion of “fine” was just your self-denial hard at work making you think that you could continue on your path without really considering how your actions affected others. Be prepared for a reality check that you didn't see coming.

■ **SCORPIO:** Love is very real to you. You're apt to take it very seriously, perhaps even too seriously, Scorpio. This is one of those emotions that eventually takes over your brain and leaves no room for rational thoughts on the topic. The good news is that matters regarding love and romance should be stabilizing at this time, giving you the opportunity to face this area of your life from a rational perspective.

■ **SAGITTARIUS:** Matters of the heart are likely to get a bit sticky, Sagittarius. Perhaps you feel as if someone is shutting off from you and being very stubborn about it. Perhaps this person is giving you the cold shoulder and refusing to acknowledge you until you crawl back with an apology. The problem is that your pride is stubborn, and your view on the matter is equally so, making any resolution difficult.

■ **CAPRICORN:** Your warm, loving, romantic nature is noticed whether you realize it or not, Capricorn. Perhaps you sometimes feel like there isn't enough excitement in your life - especially your love life. Don't think this means you need to change in order to please others. Your stable, quiet nature is comforting to those who understand and appreciate it.

■ **AQUARIUS:** When it comes to romance in your life, Aquarius, there may be a great deal of talk but not enough action. Perhaps you're a terrific flirt who can keep things moving at a quick pace intellectually, but nothing really comes of it when you have to take concrete action and manifest those words in a romantic setting. This is one day when this conflict of interests makes itself known more blatantly than usual.

■ **PISCES:** Things are coming to a dramatic climax for you in matters of love and romance, Pisces. Perhaps you've been nurturing a relationship. You've put a lot of passion and soul into building a strong connection. This is a time of reckoning in which you take a step back and see what you've gained from it all. Do you have a partner for life or someone who doesn't appreciate you as much as you think they should?