



BHAGAVAD GITA: Chapter 10, Verse 30

prahladash chasmi daityanam kalah kalayatam aham
mriganam cha mrigendro 'ham vainateyash cha pakshinam

prahlādah—Prahlad; cha—and; asmi—I am; daityānām—of the demons; kalah—time; kalayatām—of all that controls; aham—I; mrigānām—amongst animals; cha—and; mriga-indrah—the lion; aham—I; vainateyah—Garud; cha—and; pakshinām—amongst birds

prahladash chasmi daityanam kalah kalayatam aham
mriganam cha mrigendro 'ham vainateyash cha pakshinam

◆ **TRANSLATION**

BG 10.30: I am Prahlad amongst the demons; amongst all that controls I am time. Know me to be the lion amongst animals, and Garud amongst the birds.

◆ **COMMENTARY**

Prahlad was born as the son of the powerful demon king, Hiranyakashipu. However, he turned out to be one of the greatest devotees of Lord Vishnu. Thus, amongst the demons, Prahlad best reflects God's glory. Time is the great subduer that wears down even the biggest and mightiest entities of the universe.

The majestic lion is the king of the jungle, and amongst the animals the power of the Lord indeed reveals itself in the lion. Garud is the divine vehicle of Lord Vishnu, and the greatest amongst the birds.



Scientists Achieve Long-Sought Breakthrough Toward Oral Insulin Pills

A new peptide-based drug-delivery strategy may bring scientists closer to an oral form of insulin.

For more than 100 years, scientists have pursued the idea of delivering insulin as a pill. This goal has remained difficult to achieve because insulin breaks down in the digestive system and the intestine lacks a natural transport pathway that allows the hormone to enter the bloodstream.

Because of these biological barriers, many people with diabetes still depend on daily insulin injections, which can place a significant burden on long-term treatment and quality of life.

Researchers at Kumamoto University, led by Associate Professor Shingo Ito, have now developed a promising drug delivery strategy designed to overcome these obstacles. Their approach uses a cyclic peptide that can pass through the small intestine. The molecule, called the DNP peptide, helps insulin move across the intestinal barrier and into the body after oral administration. Two Complementary Strategies for Oral Delivery

The researchers established two effective approaches to facilitate the intestinal absorption of insulin:

Mixing method (interaction-based): In this approach, a modified

"D-DNP-V peptide" was mixed with zinc-stabilized insulin hexamers. When given orally in several diabetes models, including chemically induced (STZ mice) and genetic (Kuma mice) models, the treatment quickly lowered blood glucose levels to the normal range. With once-daily dosing, stable glycemic control was maintained for three straight days.

Conjugation method (covalent-based): In the second approach, the team used click chemistry to directly attach the DNP peptide to insulin, creating a "DNP-insulin conjugate." This version produced glucose-lowering effects similar to those seen with the mixing method, support-

ing the idea that the peptide actively drives intestinal transport of insulin.

Overcoming the Dose Barrier

One of the biggest challenges in developing oral insulin has been the need for very large doses, often more than ten times the amount used in an injection.

In contrast, this platform reached a pharmacological bioavailability of about 33-41% compared with subcutaneous injection.

That finding suggests a major reduction in the amount of insulin required for oral use and represents an important step toward real-world clinical application.

DNP Peptide Based De-

livery Platform May Support Future Oral Insulin Development Perspective

"Insulin injections remain a daily burden for many patients," said Associate Professor Shingo Ito. "Our peptide-based platform offers a new route to deliver insulin orally and may be applicable to long-acting insulin formulations and other injectable biologics."

The findings were published in the international journal Molecular Pharmacology.

The research team is now moving forward with translational studies. Planned work includes testing the system in large animal models and evaluating its performance in human intestinal systems.

New Pill Slashes "Bad" Cholesterol by 60%

Study could lead to an effective new option to reduce the risk of heart attacks and strokes for millions who cannot control their cholesterol.

A new experimental medication called enlicitide has shown powerful cholesterol-lowering effects in a large clinical study. In a phase three trial reported in The New England Journal of Medicine, the once-daily pill reduced levels of low-density lipoprotein (LDL) cholesterol, often called "bad" cholesterol, by as much as 60%.

If the Food and Drug Administration eventually approves the drug, it could offer a new way for millions of people in the United States to lower their chances of heart attacks and strokes.

Many patients still miss cholesterol targets

"Fewer than half of patients with established atherosclerotic cardiovascular disease currently

reach LDL cholesterol goals. An oral therapy this effective has the potential to dramatically improve our ability to prevent heart attacks and strokes on a population level," said Ann Marie Navar, M.D., Ph.D., a cardiologist and Associate Professor of Internal Medicine and in the Peter O'Donnell Jr. School of Public Health at UT Southwestern Medical Center. Dr. Navar led the study, which was sponsored by the drugmaker Merck & Co. Inc. Scientists have long recognized that LDL cholesterol plays a central role in cardiovascular disease. These cholesterol-carrying particles can accumulate within the walls of blood vessels, gradually forming fatty deposits known as plaques. This process, called atherosclerosis, can narrow arteries and eventually trigger heart attacks or strokes. Because of this link, reducing LDL cholesterol remains one of the most important strategies for preventing cardiovascular disease and low-

ering risk in people who already have it.

Decades of discovery behind the drug. According to Dr. Navar, the science behind enlicitide traces back to foundational research carried out at UT Southwestern. Several decades ago, Michael Brown, M.D., Professor of Molecular Genetics and Internal Medicine, and Joseph Goldstein, M.D., Chair and Professor of Molecular Genetics and Professor of Internal Medicine, identified the LDL receptor on liver cells.

This receptor removes LDL cholesterol from the bloodstream. Their discovery earned the pair the Nobel Prize in Physiology or Medicine in 1985 and opened the door to the development of statins, which later became the most widely used medications for lowering cholesterol.

Later work from the Dallas Heart Study at UT Southwestern provided another key insight. The research team, led by Helen

Hobbs, M.D., Professor in the Eugene McDermott Center for Human Growth and Development and of Internal Medicine and Molecular Genetics, and Jonathan Cohen, Ph.D., Professor in the Center for Human Nutrition, the Eugene McDermott Center for Human Growth and Development, and of Internal Medicine, identified people with naturally low LDL cholesterol levels caused by genetic changes that reduce production of the PCSK9 protein. PCSK9 normally decreases the number of LDL receptors on liver cells, which slows the body's ability to clear LDL cholesterol from circulation. These findings ultimately led to the creation of drugs that block PCSK9. The first versions were monoclonal antibody injections, followed by treatments using small interfering RNA that suppress PCSK9 production. The monoclonal antibodies evolcumab and alirocumab can lower circulating LDL cholesterol levels by

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Word of the Day

ERIN GO BRAGH
air-un-guh-BRAW

What It Means

Erin go bragh is an Irish phrase that means "Ireland forever."

// They proudly waved the Irish flag during the parade, shouting "Erin go bragh!"

ERIN GO BRAGH IN CONTEXT

"Dressed in full Irish regalia, Fitzgerald rode his horse, Jack, through the streets of Clinton every St. Patrick's Day. Jack was also dressed for the occasion, with green ribbons on his mane and a green blanket with gold lettering, 'Erin Go Bragh.'" — Craig S. Semon, The Worcester (Massachusetts) Telegram & Gazette, 22 Dec. 2025

Did You Know?

March 17th is the feast day of the patron saint of Ireland, St. Patrick. In the United States, it is also the day

of shamrocks, leprechauns, and green beer (and green everything else). Blue was once the color traditionally associated with St. Patrick, but the color green has several links to Ireland, including its use on Ireland's flag in the form of a stripe, its symbolism of Irish nationalism and the country's religious history, and its connection to Ireland's nickname, The Emerald Isle. On St. Patrick's Day, people turn to their dictionary to look up Erin go bragh, which means "Ireland forever." The original Irish phrase was Erin go brách (or go bráth), which translates literally as "Ireland till doomsday."

Is it your Birthday Today?

MARCH 19

Governed by number 1, and the Sun, you are original, active, responsible and a trustworthy individual. You are highly talented and skillful, but you need to control your tendency to dominate, overspend and behave destructive at times. This year some major decisions would be taken. You would be highly energized and ready to put extra efforts to achieve your career goals. Your excessive energy and tremendous drive would bring you remarkable financial benefits. Property disputes or legal matters which have been bothering your mind would settle amicably towards the middle of the year. Spouse would remain cooperative and shower love and affection upon you. Children would be a major source of happiness. The months of November, February and July will be highly important and eventful.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

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 in at a given period of time on our zodiac sign chart.



List of 12 Zodiac Signs



■ **ARIES:** This will be a good day for you, Aries. You should be feeling happy, excited, enthusiastic, and optimistic about the future. Relations with family, friends, and neighbors are likely to be warm and congenial. Today could involve a lot of time on the phone or out running errands. Expect a surprise encounter with someone you haven't seen in a long time. You'll spend some time reminiscing and catching up.

■ **TAURUS:** A rush of humanitarian spirit and a desire to do some real good might find you looking into various charities in order to find those you might want to help. However, money could be flowing out for other purposes a bit too quickly for your tastes, Taurus. It perhaps would be best to find one group that suits you and give only to that one. Save other worthy causes for another time.

■ **GEMINI:** You, along with a significant other in your life, could be very busy trying to make time to see each other today, Gemini. Later, when you're finally alone, your phone could be ringing nonstop, further intruding upon your time together. Don't be afraid to turn it off! If a call is particularly important, they'll call again later.

■ **CANCER:** Today you could be faced with a bunch of people from out of town that you've never met before. You're likely to find this exciting and stimulating, but you could also feel a bit flustered. You might also not be at your most outgoing right now. This could be a better day to listen than to try to talk. Sometimes that impresses people more than anything you might say, Cancer.

■ **LEO:** Travel and adventure are on your mind. You could be daydreaming about flying to exotic places and doing unusual things, such as touring the ancient sights of India or going on safari in Kenya. Such dreams are possible, Leo, so you might want to look into it. You also might want to learn about exciting fields of interest, so this is a good day to sign up for a class or workshop.

■ **VIRGO:** It may not be easy for you to convince someone today, no matter how profound your idea or how convincing your explanations, the other person just isn't ready to believe it yet. Don't be pushy. Maybe this person needs to sleep on it for a couple of nights, or maybe they just need to do their own research. Be patient and focus on other things in the meantime!

■ **LIBRA:** A trip by air could be very much on your mind today. Perhaps you're planning a vacation with your family or a romantic partner. You could well be caught up in the excitement that seems to be the driving emotion today. Friends could offer advice, Libra, but you aren't in the space to accept it, as your self-confidence is high. Expect to spend the evening in the congenial company of friends.

■ **SCORPIO:** You've got a lot on your mind right now, Scorpio, and others might be interpreting your quiet behavior as your being aloof. Go right ahead and let them think whatever they want. You've got some real issues to think through, and decisions with important consequences to come up with. You'll be able to smooth their ruffled feathers later. Right now, just focus on taking care of yourself.

■ **SAGITTARIUS:** A number of invitations to social events could come your way today, some from people you really don't know well. Don't pass them up, however. You could make some fortunate contacts or even some new friends at these parties. You enjoy being around people, Sagittarius, but today you might find it a bit tedious. Your heart is with your family. You're probably looking forward to being at home and cuddling with a romantic partner.

■ **CAPRICORN:** Visitors could come to your home tonight, Capricorn, possibly for an informal get-together of some kind. Dear friends might be involved in some way. You're likely to be very busy during the day, perhaps tying up loose ends. Your mind is probably going a thousand miles an hour, so you'll need to wind down before going to bed tonight. You don't want to lose any sleep.

■ **AQUARIUS:** You may appear to have your head in the clouds today, Aquarius. The truth is, you've got a lot of important things on your mind. Others might be offended or even amused at your distance. Try not to worry about this too much. You need to take care of resolving those problems you've been ruminating on before worrying about everyone else's reaction.

■ **PISCES:** You might feel that money is flowing out of your bank account all too quickly lately, and this might be a cause of worry for you. You could feel you've spent too much on decorations for your home or on entertaining family and friends. Don't worry! You'll make up for it, and besides, you can't take it with you, you know. Watch your spending, Pisces, but don't turn into a miser.