



BHAGAVAD GITA: Chapter 11, Verse 36

arjuna uvacha
sthane hrihiksha tava prakirtya
jagat prahrishyaty anurajyate cha
rakhansi bhitanī disho dravanti
sarve namasyanti cha siddha-sangha

arjunauvācha—Arjun said; sthāne—it is but apt; hihika-iśha—Shree Krishna, the master of the senses; tava—your; prakīrtiyā—in praise; jagat—the universe; prahrishyati—rejoices; anurajyate—be enamored; cha—and; rakhānsi—the demons; bhītāni—fearfully; diśha—in all directions; dravanti—flee; sarve—all; namasyanti—bow down; cha—and; siddha-sagha—hosts of perfected saints

◆ **TRANSLATION**

BG 11.36: Arjun said: O Master of the senses, it is but apt that the universe rejoices in giving You praise and is enamored by You. Demons flee fearfully from You in all directions and hosts of perfected saints bow to You.

◆ **COMMENTARY**

In this verse and the next ten, Arjun eulogizes Shree Krishna's glories from various perspectives. He uses the word sthāne, meaning "it is but apt." It is but natural that the people of a kingdom who accept the sovereignty of their king delight in glorifying him. It is also natural that those who harbor enmity toward the king fear him and flee from his presence.



Scientists Uncover Cause of Inflammatory Bowel Disease Solving Decades-Old Mystery

For decades, inflammatory bowel disease (IBD) has been treated as a single disorder, even though patients often experience dramatically different symptoms, disease courses, and responses to therapy. A new study suggests there may be a good reason for that: what doctors call IBD could actually be a collection of distinct diseases driven by different biological mechanisms.

Researchers from the University of Oxford's Nuffield Department of Medicine, Newcastle University's Translational and Clinical Research Institute, and the Department of Immunology at Cambridge University Hospitals NHS Foundation Trust have identified a key driver of disease in a subset of patients. Their findings, published in the New England Journal of Medicine, reveal an immune malfunction that not only triggers uncontrolled inflammation but also helps explain one of the strongest genetic risk factors linked to IBD.

The team analyzed more than 4,900 people with Crohn's disease and ulcerative colitis, the two main forms of IBD. They discovered that some patients develop autoimmune responses against interleukin-10 (IL-10), a crucial molecule that normally acts as one of the body's primary brakes on inflammation. They also found that this immune attack is closely tied to a genetic variant long associated with severe IBD.

Under normal circumstances, IL-10 helps prevent the immune system from overreacting and damaging healthy tissue. But when antibodies block IL-10, this protective



mechanism is disabled, allowing inflammation to persist unchecked and potentially fueling disease.

IBD includes Crohn's disease and ulcerative colitis and affects about 500,000 people in the UK and millions more worldwide. The lifelong condition often begins during adolescence or early adulthood and may require repeated hospitalizations, long-term immunosuppressive treatments, and sometimes surgery.

Although treatment options have improved, many patients move from one therapy to another without achieving long-term disease control. This can significantly affect quality of life while also placing a substantial financial burden on health care systems.

The researchers found elevated levels of anti-IL10 neutralizing autoantibodies in the blood of about 3.5% of patients with Crohn's disease or ulcerative colitis, while these antibodies were ab-

sent in healthy individuals. Based on current estimates, this could mean that 15,000 to 20,000 people with IBD in the UK carry these autoantibodies.

The team also discovered a strong association between these antibodies and a genetic variant known as HLA-DRB1*01:03.

Oxford researchers first linked HLA-DRB1*01:03 to a severe form of IBD three decades ago. The new study reveals that people who carry this variant are much more likely to produce antibodies that block IL-10, providing a possible explanation for how the gene increases disease risk.

Professor Holm Uhlig, a pediatric gastroenterologist and Director of the Centre for Human Genetics at the University of Oxford's Nuffield Department of Medicine and a senior author of the study, said: "We've suspected an important role of interleukin 10 in patients with inflammatory bowel

disease for decades. The study now provides clear evidence and contributes the missing link between a well-known genetic variant that had been linked to severe inflammatory bowel disease in the past and the very recently discovered autoimmunity to interleukin 10."

"Understanding what drives the inflammation provides a clear explanation for disease in this group of people and opens the door to new treatments that target the autoantibodies themselves or cells that produce those autoantibodies."

Sophie Hambleton, Professor of Pediatrics and Immunology at Newcastle University, said, "This discovery shows how the study of rare, inherited disorders can shed new light on common conditions. The groundwork was laid over 10 years ago when genetic defects in IL-10 or its receptor were found in young children with severe IBD. Later, we realized that neutralizing autoantibodies against

IL-10 was mimicking this effect in 2 little girls with colitis."

The researchers believe the findings could support the development of a blood test that identifies this specific patient subgroup, helping doctors select more appropriate treatments sooner.

Dr. Rainer Doffinger, clinical immunologist at the Cambridge University Hospitals NHS Foundation Trust, said, "By identifying patients early and giving them targeted treatment, we could reduce reliance on expensive ongoing therapy and prevent complications. Even modest reductions in biologic treatment, admissions, and surgery could translate into savings of many millions of pounds annually for the NHS, alongside the major benefits for patients through fewer interventions, improved quality of life, or even durable remission."

Professor Simon Travis, Professor of Clinical Gastroenterology at the University of Oxford and Kennedy Institute of Rheumatology, said, "This is the most exciting discovery in a lifetime specializing in IBD. It means that we can now identify a group where we know what is causing the disease, and that creates a real opportunity to change how we manage this disease."

The findings mark an important step toward more personalized approaches to diagnosing and treating IBD. Instead of relying solely on symptoms, future treatment strategies could be guided by the specific biological mechanisms driving an individual patient's disease.

Word of the Day

LONGUEUR

noun laun-GUR

What It Means
Longueur refers to a boring part of something (such as a book or play). It is usually used in the plural form.

// Though not without its longueurs, the opera came to life in the last act.

LONGUEUR IN CONTEXT

"Game 3 of the World Series was a stone-cold thriller, with peaks of high drama and longueurs of exquisitely tense tedium ..." — Steve Rushin, *The Atlantic*, 2 Nov. 2025

Did You Know?

You've probably come across long, tedious sections of books, plays, or musical works before, but perhaps you didn't know there was a word

for them. The French borrowing *longueur* has been doing the job for us since the late 18th century. As in English, French *longueurs* are tedious passages, with *longueur* itself literally meaning "length." An early example of *longueur* used in an English text is from 18th-century writer Horace Walpole, who wrote in a letter, "Boswell's book is gossiping; ... but there are woeful *longueurs*, both about his hero and himself."

Is it your Birthday Today?

JUNE 21

Ruled by number 3 and the planet Jupiter. You are energetic, ambitious, dignified, and kindhearted person. You are a good listener and an able administrator and you have an ability to handle things perfectly even under pressure, but you need to control your tendency to dominate and behave stubborn at times. This year your employer would appreciate your confidence and enthusiasm. You would be able to accomplish many tasks that you earlier thought as impossible. Monetary benefits would accrue from new contacts. Pleasure trips or friendly get-togethers will be exciting and intellectually stimulating. Family members will be supportive and friends will be helpful. Minor domestic tensions and stress will bother you. Health needs extra care therefore be careful of what you consume. The months of October, January and April will bring desired results.

SUDOKU PUZZLES

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

	4	7		6	8			5
	3		4	7		1		8
	5				2	9		
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SOLUTION OF PREVIOUS PUZZLE

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

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 and find it a great present of giving you both signs.



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:** The general atmosphere of the day may seem too slow and stodgy for your tastes, Aries. Try not to get bogged down in details. Try not to worry too much. You may find that it's difficult to get any enthusiasm out of people today. You might just want to sit back and take it easy. This is a good day to plan and reorganize. Honor your recent achievements and consolidate all that you've worked for.

■ **TAURUS:** This is a terrific day for you, Taurus. You'll notice a sense of well-being that makes you feel secure that all your hard work is finally starting to pay off. It's as if you've reached a comfortable ledge in your trek up the mountain. This is a good resting spot that will let you catch your breath for a moment. Take this opportunity to relax and regroup.

■ **GEMINI:** Try not to be too fixed in your attitude today, Gemini. Realize that you may have to give a little in order to work comfortably with the people around you. It's important that you be slow and reserved in your moves, especially in matters of the heart. Be open and receptive. Try not to scare anyone away with abrasive words or insisting that you're always right.

■ **CANCER:** There's a loving tenderness in the air that you'll find very comforting, Cancer. Ground your sensitive emotions and make room for love to enter the picture. It could be that you're feeling indecisive when it comes to matters of love and romance. The best thing for you to do is stabilize your emotions and then make the effort to connect intimately with another. The decisions will flow naturally from there.

■ **LEO:** You may need to slow down a bit after the hectic pace of the last couple of days, Leo. It's essential that you take a more reserved and sensitive approach, especially with matters having to do with the heart. Try to ground and center yourself. Instead of thinking about conquering someone, try simply sitting back and receiving their appreciation.

■ **VIRGO:** You should notice a boost of energy today, Virgo, and your self-confidence should be revitalized. In matters of love and romance, everything is running smoothly. Your emotions are stable and grounded. Love and harmony are in the air. Take this opportunity to move toward the object of your desire with certainty and affection. Romance is in the cards for you tonight.

■ **LIBRA:** Take it easy today, Libra, and work to digest some of the input you've received over the past couple days. This is a day to contemplate and plan. With matters of the heart, you may find that a sensitive, grounded approach works best. This isn't always your favorite mode of operation, but it's one that will provide you with the balance to counteract your usual frenzied pace.

■ **SCORPIO:** Anything having to do with love and romance is likely to go well today if you play your cards right, Scorpio. See what you can do to ground your fluctuating emotions. Try your best to bring them into balance. Take a practical approach and slow down. Communicating with groups of people will be extremely rewarding. Come out of your shell and show your sensitive side to the world. It will be greatly appreciated.

■ **SAGITTARIUS:** Don't be surprised if you run into a few emotional roadblocks today, Sagittarius. People could be quite stubborn and difficult to deal with. You may exacerbate the situation by trying to get a rise out of someone with your boisterous attitude and dramatic flair. If your efforts don't yield positive results, back off. Keep your energy to yourself and share it another time.

■ **CAPRICORN:** The planets align to make this a great day for you, Capricorn. You should find that your mood is excellent and your mind focused. Romance will thrive in the nice, stabilizing atmosphere, and you should feel free to take center stage. If you've been suffering from any doubts lately, now is the time to take control of the situation and go for it.

■ **AQUARIUS:** Try to bring things down to reality today, Aquarius. This is a good day to consolidate and organize. When it comes to matters of love and romance, try not to be so fickle. You may be giving someone the runaround just to test his or her devotion. This is an important time for you. You should probably work to ground and solidify instead of keeping things so light and ambiguous.

■ **PISCES:** Your sensitivity will be greatly appreciated today, Pisces, and you'll find that there is a great grounding force that will help balance your extreme emotions. Try not to be too stubborn, especially with things having to do with love and beauty. A fixed attitude will most likely run into a great deal of opposition. If a certain someone gets uptight, you'll have a difficult time getting your point across.