



Perspective

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## A Brief Overview of Auto-Immune Diseases, Prevention and Treatment

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### DESCRIPTION

When the body's immune system characterises healthy tissues as external and destroys them, the disease is known as autoimmunity. Inflammation is a common symptom of autoimmune illnesses, and it can affect several body areas. The physiological components affected vary depending on the type of autoimmune illness. Autoimmune illnesses appear in numerous forms.

#### Among the symptoms classified by disease are therefore

- Muscular aches and pains, joint discomfort, stiffness, and swelling, muscle weakness, and inflammation are all examples of joint and muscle diseases.
- Digestive disorders include bloating, constipation, abdominal discomfort, acid reflux, nausea, and food sensitivity.

**Skin diseases:** Rashes, itching, dry eyes, dry lips, inflammation, hair loss, and dry skin.

**Nervous Diseases:** Dizziness, headaches, anxiety and depression, confusion and difficulty thinking, blurred vision, insomnia, memory issues, migraines, breathlessness, neuropathy, and sensations are all symptoms of nervous system illnesses.

**Other diseases:** Fatigue, discomfort, fever, chest ache, swollen glands, weight gain or decrease, rapid or irregular heartbeat, shortness of breath, and temperature sensitivity

The cause is unspecified. Some autoimmune disorders, such as lupus, are inherited, while some cases may be induced by infections or other environmental causes. Celiac disease, type 1 diabetes, Graves' disease, inflammatory

bowel disease, multiple sclerosis, psoriasis, rheumatoid arthritis, and systemic lupus erythematosus are all examples of autoimmune disorders. It might be difficult to make a diagnosis.

Symptoms of autoimmune disorders are similar throughout the more than eighty various kinds. The location and kind of autoimmune response that develops determine the appearance and severity of these signs and symptoms. An individual may potentially have more than one autoimmune illness at the same time and exhibit symptoms from different diseases. Other variables, such as age, hormones, and environmental factors, can impact the signs and symptoms, as well as the disease itself. In general, the most prevalent symptoms are fatigue, a low grade temperature, and an overall sense of someone being ill (malaise), aches and pains in the muscles and joints, rashes on various regions of the skin. These clinical manifestations might arise and disappear, and when they do, it is referred to as remission. These complications may assist in diagnosis by correlating with the findings of biologic markers of autoimmune disorders. Here are some of the most prevalent places where autoimmune illnesses have an influence. Blood vessels, underlying connective tissues, joints and muscles, red blood cells, skin, and endocrine glands are examples of these locations (such as thyroid or pancreas glands).

These disorders have distinct clinical outcomes that distinguish them as autoimmune diseases. Damage or destruction of tissues when there is an abnormal immune response, changed organ development, and altered organ function, depending on the location of the disease, is examples of such characteristics. Some illnesses are organ-specific and affect just certain tissues, whereas others are systemic and affect multiple tissues throughout the body. Risk factors may differ depending on which of these categories a person's condition falls beneath.

### **Prevention**

Autoimmune disorders may not be preventable. However, some experts recommend that attempt exercising consistently, avoiding cigarettes, avoiding pollutants, eating a balanced diet, and limiting processed items from diet.

### **Treatment**

Autoimmune disorders have no treatments, although symptoms can be treated. Everyone has a unique immune system, genetics, and environment. That implies treatment must be a really. Some medications used to treat autoimmune diseases include pain relievers, anti-inflammatories, anti-depressant and anti-anxiety medications, insulin injections, sleeping medications, plasma exchanges, corticosteroids, rash creams and pills, intravenous immune globulin, and drugs that suppress (subdue) the immune system.