

## Autoimmune disorders: a brief appraisal

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### Brief Communication

In general, a majority of diseases disrupting the normal system of human are essentially caused by bacteria or viruses. They somehow enter the human body and slowly erodes the functioning of the overall system. It is no surprise that sometimes our own cells may become enemies for us. They may cause severe disruptions in the normal function of the body. This particular aspect is categorised as autoimmune disorder. This disorder occurs when our body's immune system becomes hyperactive. It then attacks the healthy body tissues by mistake, wreaking havoc on our body. The immune system of our body helps protect us against harmful invasion of hazardous substances which include bacteria, viruses as well as toxins. These harmful substances are considered as foreign to the body. It does so by producing antibodies which destroy these harmful substances. When we have an auto immune disorder, as a result, the infected body can not differentiate between healthy body tissues and foreign substances.

As a result, the body sets off a reaction that destroys the normal tissues. We can have a glimpse at the existing autoimmune disorders. We know how to avoid Type 2 diabetes. Those with type 1 diabetes however do not get much of say. Normally, the pancreas in our body contain cells that produce insulin. This insulin keeps our blood sugar levels in check by converting glucose into energy. On the other hand, those with type 1 diabetes have an immune system destroying these cells. In those patients, diminution as well as obstruction of insulin production happens. This leads to uncontrollable handling of glucose without the aid of insulin. As a result, chronic spikes in blood sugar levels can occur, potentially leading to blindness, nerve damage, kidney failure, heart disease, stroke and even death.

Gravis disease is an autoimmune disease of the thyroid. It occurs when antibodies induce the thyroid to secrete too much thyroid hormone, which can lead to tremors, red skin, and an irregular heartbeat. Thyroid hormones control how our body uses energy, so they affect nearby. Thyroid hormones control how our body uses energy spanning exhale-inhale operation leading to heartbeats. Apart from this, multiple sclerosis can be referred to as another potential autoimmune disease. Here itself, the central nervous system, brain optic nerve, spinal

cord are invaded by this disease. One can easily apprehend how much impactful these diseases can be once they are diagnosed in a patient body. More importantly, there must be rigorous tests before coming to conclusion. Few prominent symptoms such as muscle spasms, problematic vision, changes in brain system need mention. As these diseases are not curable, as such only strategy is to lessen them from happening via special special medics and rehab.

In the same way, we can cite another autoimmune disorder known as Lupus. This disorder is not easy to diagnose. However, after long research, specialists refer distinctive rashes resembling wings of butterfly occurring in both cheeks of diagnosed patient. However, the diagnosis becomes more difficult as two persons diagnosed with same Lupus do not show similar symptoms. Additionally, being a chronic disease, it has the potential of damaging any part of the body thus aggravating its chances of rapid diagnosis. Patients suffering from Lupus are found to have a mild case of episodes. This is often referred to as flares where all the symptoms worsen for a while. Surprisingly, these symptoms are found to vanish after a while even in some cases.

Another significant disorder includes Rheumatoid Arthritis which generally affect one in every 100 people around the world [4-5]. The system of the affected person mistakenly directs antibodies to the lining of joints which results in inflammation as well as sourness of the tissues between joints. Chronic inflammation impacts the neighbouring bones and cartilage. Cartilage bears a significant role as it basically cushions the joints. When there is excess erosion due to this disorder, patient suffer from acute pain during movement. With the passage of time, situation more aggravates making it difficult for the patient to run, walk or bend or put any weightier object on joints.

Precisely, autoimmune diseases are impacted by genetic and environmental factors. These two factors in turn impact the susceptibility to autoimmunity in couple of stages. In essence, we can mention that these genetic and environmental factors have long lasting impression on the responsivity of the immunity system at large as well as target tissues [1-2]. There is no getting around it; autoimmune disorders are complicated, and

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they are serious. In such cases, it has to be met with diligence. Once we get any chronic symptoms, it is better to approach the physician immediately before matters take a grave shape.

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