

## Editorial Note on Auto Immunity

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### EDITORIAL NOTE

Hypersensitivity Autoimmunity is the system of immune responses of an organism which attacks its own healthy cells, tissues and other normal components. Immune system which mistakenly attacks your own body is termed as "autoimmune diseases". Early symptoms of autoimmunity are such as aching muscles, hair loss, swelling, numbness in the hands and feet, skin rashes and fatigue. Some immune diseases can always have their own unique symptoms.

The pandemic has already shaken up the world, killing many lives. To add to it, winter is the time when your immune system gets weaker and you are at a higher risk of infection from contagious diseases, including common cold and flu. But, a properly balanced diet with some workout can make a lot of difference and improve your immune system.

1. Type 1 Diabetes mellitus: If the body does not produce insulin on its own, then it results in Type 1 Diabetes. Here, the immune system attacks and destroys insulin-producing cells in the pancreas. High blood sugar may result in damaging the blood vessels, as well as organs like the heart, kidneys, eyes, and nerves.
2. Rheumatoid Arthritis (RA): RA is a long-term autoimmune disorder that primarily affects joints. This attack causes redness, soreness and stiffness in the joints. This reduces red blood cell count, causes inflammation around the lungs and the heart.
3. Psoriasis/psoriatic arthritis: Normally skin cells grow and then shed when they're no longer needed but Psoriasis causes skin cells to multiply into more than usual. These extra cells build up and form inflamed red patches, commonly with silver-white scales of plaque on the skin.

**Treatment for Auto Immune Disease:** Although there is no permanent cure for Auto-immune diseases but they can control the overactive immune response and bring down inflammation or at least reduce pain and inflammation. There are also treatments are also available for symptoms like swelling, fatigue, and skin rashes. To reduce the damage caused by abnormal immune system functioning, doctors often prescribe Immunosuppressant drugs. Present, taking immunosuppressive medicines to treat autoimmune disease is considered as standard treatment, however, it is mostly associated with harmful side-effects and long-term use of these medicines can increase the possibility risk of developing deadly infections and cancers. In order to get control over these shortcomings of current treatment, new therapeutic interventions are emerging, which mainly focuses on inhibiting pathogenic cells involved in autoimmune reactions.

**Frequently rich in Role of Auto Immunity in COVID-19 patients:** Because these patients have an overactive immune system that attacks the body's joints or tissues as it thinks that they are foreign substances. To counteract this hyperactivity, patients often are prescribed immunosuppressive medications to decrease their immune systems over a period of time and stop the attack. These patients are recommended to take the foods which are high in Vitamin C, high in lean protein, fruits, vegetables, by following a diet that is low in carbohydrates, fat and sugar. Alcohol must be avoided throughout the period. fiber, vitamin B, vitamin C and antioxidants which promote immunity, improves skin and digestion. It also contains vitamin K which promotes a high level of immunity to the body.

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