

# The Role of Harmful Invaders in Defence Mechanism

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## DESCRIPTION

The human body is an intricately designed biological equipped with a highly sophisticated immune system that defends it against harmful invaders such as bacteria, viruses, and other pathogens. However, sometimes this remarkable defense mechanism can turn against its own host, leading to a category of diseases known as autoimmune disorders. In this article, we will discuss about the autoimmune disorders, exploring their causes, symptoms, and treatment options.

### Autoimmune disorders

Autoimmune disorders are a group of conditions in which the immune system mistakenly identifies the body's own healthy tissues and organs as foreign invaders and launches an immune response against them. This self-attacking process can lead to chronic inflammation, tissue damage, and a wide range of symptoms, depending on the affected organs or systems. Autoimmune disorders are complex and can affect anyone, regardless of age, gender, or ethnicity.

### Common autoimmune disorders

There are more than 80 known autoimmune disorders, each with its unique characteristics and target organs. Some of the most prevalent autoimmune disorders include

**Systemic Lupus Erythematosus (SLE):** SLE can affect multiple systems in the body, including the skin, joints, kidneys, and heart. It often presents with a variety of symptoms, making diagnosis challenging.

**Multiple Sclerosis (MS):** MS targets the central nervous system, leading to symptoms such as muscle weakness, numbness, and problems with coordination.

**Type 1 diabetes:** In this autoimmune disorder, the immune system attacks and destroys the insulin-producing cells in the pancreas, resulting in high blood sugar levels.

**Hashimoto's thyroiditis:** This condition involves the immune system attacking the thyroid gland, leading to an underactive thyroid and a range of symptoms such as fatigue and weight gain.

### Causes of autoimmune disorders

The exact causes of autoimmune disorders remain a subject of ongoing research. However, several factors are believed to contribute to their development

**Genetic predisposition:** Some individuals may have a genetic susceptibility to autoimmune disorders, making them more likely to develop one if exposed to certain.

**Environmental factors:** Environmental factors, such as infections, exposure to toxins, and stress, can autoimmune responses in individuals with a genetic predisposition.

**Hormonal changes:** Hormonal fluctuations, particularly in women, can influence the development and severity of autoimmune disorders. Many of these conditions are more common in women than in men.

**Gut health:** Emerging research suggests a link between gut health and autoimmune disorders. An imbalance in gut bacteria may contribute to the development of these conditions.

### Diagnosis and treatment

Diagnosing autoimmune disorders can be challenging due to their diverse symptoms and the need for specialized tests. Medical professionals typically rely on a combination of medical history, physical examinations, blood tests, and imaging studies to reach a diagnosis. Once diagnosed, treatment strategies for autoimmune disorders aim to manage symptoms, suppress the immune system's abnormal response, and reduce inflammation. Common treatment options include

**Medications:** Depending on the specific condition, patients may be prescribed anti-inflammatory drugs, immune-suppressing medications, or disease-modifying drugs to manage symptoms and slow disease progression.

**Lifestyle modifications:** Adopting a healthy lifestyle can help individuals manage autoimmune disorders more effectively. This includes a balanced diet, regular exercise, stress management, and adequate sleep.

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**Received:** 29-Aug-2023, Manuscript No. IGOA-23-27087; **Editor assigned:** 01-Sep-2023, PreQC No. IGOA-23-27087 (PQ); **Reviewed:** 15-Sep-2023, QC No. IGOA-23-27087; **Revised:** 22-Sep-2023, Manuscript No. IGOA-23-27087 (R); **Published:** 29-Sep-2023, DOI: 10.35248/IGOA.23.8.209

**Citation:** Satio A (2023) The Role of Harmful Invaders in Defence Mechanism. Immunogenet Open Access 8:209.

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**Physical therapy:** Physical therapy and rehabilitation can be beneficial for individuals with joint or muscle involvement in autoimmune disorders, helping improve mobility and function.

**Supportive therapies:** Some patients may benefit from complementary and alternative therapies, such as acupuncture, chiropractic care, or dietary supplements. However, these should be used in conjunction with traditional medical treatments.

## CONCLUSION

Autoimmune disorders are complex and often misunderstood conditions that affect millions of people worldwide. While there

is no cure for most autoimmune disorders, early diagnosis and proper management can help individuals lead fulfilling lives despite their conditions. Research into these disorders continues, offering hope for improved treatments and a better understanding of the underlying mechanisms. If you suspect you have an autoimmune disorder or have been diagnosed with one, it is crucial to work closely with a healthcare provider to develop a personalized treatment plan tailored to your specific needs and symptoms.