

# A Brief View of Autoimmune Diseases and Disorders

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## Introduction

An autoimmune disorder may be a condition during which your system mistakenly attacks your body. The system normally guards against germs such as bacteria and viruses. When it senses these foreign invaders, it lets out a military of fighter cells to attack them in order to protect our body. Normally, the system can easily detect the difference between foreign cells and our own body cells. In an autoimmune disease, the system mistakes a neighborhood of your body, like your joints or skin, as foreign. It releases proteins called auto-antibodies which attack the healthy cells present in our body. Some autoimmune diseases target only one organ. Type 1 diabetes damages the pancreas. Other diseases, like Systemic LE (SLE), affect the entire body.

Immune system disorders will cause abnormally low activity or over activity of our body's immune system. In cases of system over-activity, the body attacks and damages its own tissues (autoimmune diseases). Immune deficiency diseases decrease the body's ability to fight against the foreign invaders, causing vulnerability to infections. In response to an unknown trigger, the system may begin producing antibodies which instead of fighting infections, tend to attack the body's own tissues.

Certain autoimmune diseases, like MS and lupus, run in most of the families. Not every loved one will necessarily have an equivalent disease, but they inherit a susceptibility to an autoimmune condition. Because the incidence of autoimmune diseases is rising, researchers suspect environmental factors like infections and exposure to chemicals or solvents may additionally be involved.

## Immune System

Immune system disorders cause abnormally low activity or over activity of the system. In cases of system over-activity, the body attacks and damages its own produced tissues which were also mentioned as autoimmune diseases. Immune deficiency diseases decrease the body's

ability to fight invaders, causing vulnerability to infections. In response to an unknown trigger, the system may begin producing antibodies that instead of fighting infections, attack the body's own tissues. Treatment for autoimmune diseases generally focuses on reducing system activity. Autoimmune disease happens when the body's natural defense system can't tell the difference between your own cells and foreign cells, causing the body to mistakenly attack normal cells. There are quite 80 kinds of autoimmune diseases that affect an honest range of body parts.

The most common autoimmune diseases in women are: atrophic arthritis, a sort of arthritis that attacks the joints, Psoriasis, a condition marked by thick, scaly patches of skin, rheumatoid arthritis, a kind of arthritis affecting some people with psoriasis, Lupus, a disease that damages areas of the body that include joints, skin and organs, Thyroid diseases, including Graves' disease, where the body makes an excessive amount of hormone (hyperthyroidism), and Hashimoto's thyroiditis, where it doesn't make enough (hypothyroidism) of the hormone.

Symptoms of autoimmune disease could even be severe in some people and mild in others. "There are different degrees of autoimmune disease," says Orbai. "The symptoms a private gets likely relate to multiple factors that include genetics, environment and personal health."

One of the functions of the system is to protect the body by responding to invading microorganisms, like viruses or bacteria, by producing antibodies or sensitized lymphocytes (types of white blood cells). Under normal conditions, an immune reaction can't be triggered against the cells of one's own body. In some cases, however, immune cells make an error and attack the very cells that they're meant to guard. This can cause a spread of autoimmune diseases. They encompass a broad category of related diseases during which the person's system attacks his or her own tissue.

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