

A Detailed Study on Autoimmunity **Ethan Fisher***

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Editorial Note

Autoimmunity is a situation in which the immune system of an organism attacks its own healthy cells, tissues, and other natural components. Autoimmune illnesses are caused by your immune system attacking your own body in the incorrect way. Early indicators of autoimmunity include aching muscles, hair loss, swelling, numbness in the hands and feet, skin rashes, and weakness. Some immunological disorders come with their own set of symptoms. The pandemic has already struck havoc on the world, killing hundreds of thousands of people. Furthermore, the immune system weakens during the winter, placing you at risk of infection from infectious diseases such as the common cold and flu.

A well-balanced diet paired with regular exercise, on the other hand, will considerably strengthen your immune system. The inability of the body to manufacture insulin on its own causes type 1 diabetes. Blood vessels, as well as organs such as the heart, kidneys, eyes, and nerves, can be harmed by high blood sugar. RA is a chronic autoimmune disease that mostly affects the joints. As a result of the assault, the joints become red, painful, and inflexible. This causes inflammation around the lungs and heart by lowering the quantity of red blood cells in the body. Skin cells ordinarily develop and subsequently shed when no longer needed, but Psoriasis causes skin cells to multiply at an abnormally high rate. These excess cells accumulate, resulting in inflammatory red spots on the skin, as well as silver-white plaque scales. While there is no permanent cure for auto-immune illnesses, medication can help to moderate the overactive immune system and reduce inflammation, if not completely eliminate it. There are also treatments for symptoms like edoema, weakness, and skin rashes.

Immunosuppressant drugs are frequently prescribed by doctors to reduce the harm caused by a malfunctioning immune system. Immunosuppressive drugs are now considered standard treatment for autoimmune disorders. However, it is primarily associated to unfavorable side effects, and long-term use of these treatments can increase the risk of infection and cancer.

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To address the inadequacies of existing therapy, which mostly focuses on suppressing pathogenic cells involved in autoimmune reactions, new clinical interventions are being developed. Although the distinction between systemic and organ-specific illnesses offers a conceptual foundation, human pathophysiology is far more complex than this simple classification suggests.

The function of auto immunity is commonly abundant in COVID-19 patients: because their immune systems are overactive, these patients' immune systems target the body's joints and tissues, mistaking them for foreign substances. Patients are frequently given immunosuppressive medicines to weaken their immune systems for a period of time in order to avoid an assault. Vitamin C-rich meals, lean protein, fruits, and vegetables are recommended for these patients, as well as a low-carbohydrate, low-fat, and low-sugar diet. Alcohol must be avoided throughout this period. Fiber, vitamin B, vitamin C, and antioxidants are all beneficial to the immune system, skin, and digestive system. It also contains vitamin K, which aids in the body's immune system's maintenance. Auto reactive T helper cells were identified to be the driving force for autoimmunity. An autoimmune disease is typically diagnosed by the presence of adaptive immune system-mediated disease produced by self-reactive antibodies, T cells, or both.