

Commentary on Autoimmunity **Amjad Ali***

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An autoimmune disease is an illness that causes the system to provide antibodies that attack normal body tissues. Autoimmune is when your body attacks itself. It sees a neighbourhood of your body or a process as a disease and tries to combat it.

Autoimmunity is present altogether individuals; however, autoimmune disorder occurs only in those individuals in whom the breakdown of one or more of the essential mechanisms regulating immune tolerance leads to self-reactivity which will cause tissue damage. Autoimmunity is present to some extent in everyone and is usually harmless. However, autoimmunity can cause a broad range of human illness, known collectively as autoimmune diseases.

Autoimmune diseases occur when there's progression from benign autoimmunity to pathogenic autoimmunity. This progression is decided by genetic influences also as environmental triggers. The human system performs a surveillance function, identifying and removing antigens—materials like toxins or infectious microbes that it recognizes as foreign. This surveillance is run mostly by the white blood cells called lymphocytes, which recognize foreign antigens and either attack them directly or produce antibodies against them.

Autoimmune diseases vary greatly within the organs being limited to particular tissues being systemic or disseminated. Autoimmune diseases process through 3 stages such as Initiation, Propagation and Determination.

The failures of regulatory mechanisms are thought to be related to all effective stages of autoimmune disorders to revive the balance of effector and regulatory responses. There are quite 80 sorts of autoimmune disorders. The blood cells within the body protect against harmful substances. These substances contain antigens. Our body system produces antibodies against those antigens.

When a person with autoimmune disease, his body system can't differentiate between a healthy living tissue and harmful potential antigen. As a result, the cells of the host [self] are destroyed.

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A normal system makes proteins referred to as antibodies that recognize and stop foreign organisms [bacteria, viruses] from causing infection. One common sort of autoimmunity is when the system makes antibodies against normal cells and/or tissues of the body which are referred to as "autoantibodies." Sometimes these antibodies themselves are harmless but suggest the presence of an autoimmune disorder. In other autoimmune diseases, the cellular system can also react against a body's auto-antigens.

Autoimmune diseases can develop from a spread of things with no known definitive causes for the onset of the disease. Some suspected sources are;

Bacterial or viral infection

Effects from certain drugs

Chemical toxins

Environmental pollutants