Immune Disorder

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The human body is protected by a defensive or protective mechanism called the immune system. This system is in-build in every human body and has the capacity to fight the bacteria or viruses that cause various diseases in the body. However, it can become weak with the passage of time if it has to "over-work" and the body has to fight against a lot of disease-causing agents, especially in a hostile environment. Such a condition can cause a number of disorders in the immune system and decrease the body’s ability to fight invaders, increasing the vulnerability to infections.

Immune system disorders are also commonly known as Autoimmune disorders. In this condition, the body starts attacking and damaging its own tissues. Autoimmune disorders can be caused due to a number of reasons; the body may start producing antibodies that instead of fighting with the infectious agents, start attacking the body’s own cells and tissues (Antonelli, et al., 2015). The treatment of this kind of disorders usually focusses on reducing the activity of the immune system.

There are many kinds of autoimmune diseases but some of the most common disorders are Rheumatoid arthritis, Systematic lupus erythematosus, Inflammatory bowel disease (IBD), Type 1 Diabetes Mellitus, Multiple sclerosis (MS), Guillain-Barre Syndrome and Graves’ Disease. One of the most common autoimmune disorders, Inflammatory Bowel Disease (IBD) is a group of disorders in which the intestines of the patient become inflamed. It is further divided into sub-categories; Ulcerative Colitis and Crohn’s Disease. The common symptoms of IBD are abdominal cramps and pain, diarrhea (may be accompanied with blood), severe bowel movements, fever, weight loss, loss of appetite and iron deficiency (Neurath, 2014). The disease is diagnosed through blood tests, checking the complete blood count, radiological tests and stool examination. Although nothing beats self-care in avoiding a disease, IBD is also treated by the oral intake of anti-inflammatory drugs like balsalazide (Colazal), mesalamine (Asacol, Apriso, Lialda, Pentasa), olsalazine (Dipentum), and sulfasalazine (Azulfidine).

**References**

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