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Autoimmune disorders

An autoimmune disorder is a condition that occurs when the immune system mistakenly attacks and destroys healthy body tissue. There are more than 80 different types of autoimmune disorders.

Causes

Normally the immune system's white blood cells help protect the body from harmful substances, called antigens. Examples of antigens include bacteria, viruses, [toxins](#), [cancer](#) cells, and blood or tissues from another person or species. The immune system produces [antibodies](#) that destroy these harmful substances.

In patients with an autoimmune disorder, the immune system cannot tell the difference between healthy body tissue and antigens. The result is an immune response that destroys normal body tissues. This response is a [hypersensitivity reaction](#) similar to the response in [allergic conditions](#).

In allergies, the immune system reacts to an outside substance that it normally would ignore. With autoimmune disorders, the immune system reacts to normal body tissues that it would normally ignore.

What causes the immune system to no longer tell the difference between healthy body tissues and antigens is unknown. One theory is that some microorganisms (such as bacteria or viruses) or drugs may trigger some of these changes, especially in people who have genes that make them more susceptible.

An autoimmune disorder may result in:

- The destruction of one or more types of body tissue
- Abnormal growth of an organ
- Changes in organ function

An autoimmune disorder may affect one or more organ or tissue types. Organs and tissues commonly affected by autoimmune disorders include:



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- Blood vessels
- Connective tissues
- Endocrine glands such as the thyroid or pancreas
- Joints
- Muscles
- Red blood cells
- Skin

A person may have more than one autoimmune disorder at the same time. Examples of autoimmune (or autoimmune-related) disorders include:

- Addison's disease
- Celiac disease - sprue (gluten-sensitive enteropathy)
- Dermatomyositis
- Graves disease
- Hashimoto's thyroiditis
- Multiple sclerosis
- Myasthenia gravis
- Pernicious anemia
- Reactive arthritis
- Rheumatoid arthritis
- Sjogren syndrome
- Systemic lupus erythematosus
- Type I diabetes

Symptoms

Symptoms of an autoimmune disease vary based on the disease and location of the abnormal immune response.

Symptoms that often occur with autoimmune diseases include:

- Fatigue
- Fever
- General ill-feeling (malaise) and muscle pain or ache



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Exams and Tests

The health care provider will generally do a thorough physical exam. Signs depend on the type of disease.

Lab tests that may be done to diagnose an autoimmune disorder may include:

- Antinuclear antibody tests
- Autoantibody tests
- CBC
- C-reactive protein (CRP)
- Erythrocyte sedimentation rate (ESR)

Treatment

The goals of treatment are to:

- Reduce symptoms
- Control the autoimmune process
- Maintain the body's ability to fight disease

Type of treatments used, depends on the specific disease and your symptoms.

Some patients may need supplements to replace a hormone or vitamin that the body is lacking. Examples include thyroid supplements, vitamins such as B12, or insulin injections.

If the autoimmune disorder affects the blood, you may need blood transfusions.

People with autoimmune disorders that affect the bones, joints, or muscles may need help with movement or other functions.

Medicines are often prescribed to control or reduce the immune system's response. They are often called immunosuppressive medicines. Such medicines may include corticosteroids (such as prednisone) and nonsteroid drugs such as azathioprine, cyclophosphamide, mycophenolate, sirolimus, or tacrolimus.



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Outlook (Prognosis)

The outcome depends on the disease. Most autoimmune diseases are [chronic](#), but many can be controlled with treatment.

Symptoms of autoimmune disorders can come and go. When symptoms get worse, it is called a flare-up.

Possible Complications

Complications depend on the disease. Side effects of medications used to suppress the immune system can be severe, such as infections that can be hard to control.

Homeopathic Approach for Autoimmune Disorders

Homoeopathic management involves using natural remedies taken from plants, minerals, and animals. Autoimmune disease is not only extremely complex, but also highly individualized. Due to this factor, this gentle approach using natural remedies provides maximum benefit to the person with minimum side effects. Synthetic medications seem to alleviate the symptoms in the short term, but the body may be unable to restore itself due to the side-effects. At times, the body is unable to recognize from 'self' and 'non-self' and the immunity is compromised, resulting in further aggravation of the primary concern and in lot of cases secondary conditions manifest itself.

Our experience in using natural remedies to treat various auto-immune diseases such as Celiac disease, Rheumatoid arthritis, Hashimoto's thyroiditis, Reactive arthritis, Sjogren syndrome, and Systemic lupus erythematosus offers the patients alternate options for management of autoimmune diseases.

Please visit our website: www.dynamichcenter.com to learn about Homeopathy and the benefits it offers for your health and well-being.

In addition, our medical team members are available for diagnosis and recommendation on what options are available either through conventional or homeopathic management or combination that improves your well-being.