

Immune System and Stress

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Abstract: *Stress and the immune system have a complicated and nuanced relationship. The immune system can be significantly impacted by stress, whether it is acute or chronic. As part of the "fight or flight" reaction, stress might temporarily actually strengthen some immune responses. Cortisol and other stress hormones have the ability to momentarily boost immune cell function. On the other hand, long-term stress might eventually damage the immune system. Long-term stress may impair the body's capacity to control inflammation and fend off infections, increasing a person's susceptibility to disease. Furthermore, stress dysregulates the immune system, which can lead to a number of health problems, including autoimmune illnesses. It may also hinder the body's capacity to mend and recover from infections or wounds. Recognizing the intricate relationship between stress.*

Keywords: Immune system, stress, Health, Stressors, immune response

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