

# Autoimmune Disorder An Overview

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**Abstract:** *Autoimmune diseases are a group of disorders characterized by the immune system erroneously attacking the body's own cells, mistaking them for foreign invaders. This maladaptive immune response, driven by the production of autoantibodies, results in tissue damage and dysfunction. Autoimmune conditions may target specific organs, such as the pancreas in type 1 diabetes, or manifest systemically, as seen in systemic lupus erythematosus (SLE). Currently, over 80 distinct autoimmune diseases have been identified, with their prevalence on the rise in industrialized nations.*

*The etiology of autoimmune diseases is multifactorial, involving genetic predispositions, environmental triggers, and potential infections. Common examples include rheumatoid arthritis, multiple sclerosis, and inflammatory bowel disease, though autoimmune mechanisms are also implicated in conditions like arteriosclerosis and schizophrenia. Notably, autoimmune diseases exhibit a pronounced sex disparity, disproportionately affecting females, likely due to hormonal and genetic differences. Understanding the shared pathogenesis and diverse manifestations of autoimmune diseases is critical to developing targeted treatments and addressing their growing global burden*

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