

A report on multiple sclerosis.

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Perspective

Multiple Sclerosis (MS) is a disease related to brain and spinal cord. In MS, the immune system attacks the protective sheath (myelin) that surrounds nerve fibers, causing communication problems between the brain and other parts of the body. After all, the disease can cause permanent damage and nerve deterioration. The signs and symptoms of MS vary greatly depending on the degree of nerve damage and the nerves affected. However, treatment can help speed recovery from seizures, change the course of the disease, and manage symptoms.

Symptoms

Symptoms of MS can vary greatly from person to person and as the disease progresses, depending on the location of the nerve fibers involved. In many cases, the following symptoms affect movement: Numbness or weakness in one or more limbs. It usually occurs on one side of the body, or on the legs and trunk at the same time. Electric shock that occurs with certain neck movements, especially when the neck is bent forward. Shivering, coordination disorder, or unsteady gait.

Visual impairment including the following is also common: Partial or complete loss of vision, usually with one eye, often painful while moving the eye long double look Blurred vision Unclear utterances Malaise dizzy Aching and pain in parts of the body Sexual, bowel and bladder function problems.

Most people with multiple sclerosis have recurrent illness. You experience a period of new symptoms or recurrence that develops over days or weeks and usually improves partially or completely. These recurrences are followed by a quiet period of disease remission, which can last for months or even years. A slight increase in body temperature can temporarily exacerbate the signs and symptoms of MS, but these are not considered actual relapses. At least 50% of patients with relapsing-remitting MS show steady progression of symptoms within 10 to 20 years of the onset of the disease, with or without a period of remission. This is known as a secondary progressive MS. Exacerbations of

symptoms usually include mobility and gait problems. The rate of disease progression varies greatly from person to person with secondary progressive multiple sclerosis.

Causes

The cause of multiple sclerosis is unknown. Myelin is comparable to the insulating coating on electrical cables. Damage to protective myelin and exposure of nerve fibers can slow or block the messages that travel along the nerve fibers. The cause seems to be a combination of genetics and environmental factors.

Risk factor

These factors can increase the risk of developing multiple sclerosis: age. MS can occur at any Age: but onset usually occurs between the ages of 20 and 40. However, young people and older people are affected.

1. **Sex:** Females are two to three times more likely to develop relapsing-remitting MS than males.
2. **Family history:** If either your parents or siblings have multiple sclerosis, you are at increased risk of developing the disease.
3. **Certain infectious diseases:** A variety of viruses are associated with MS, including Epstein-Barr, the virus that causes infectious mononucleosis.
4. **Race:** Whites, especially people of Scandinavian descent, are at greatest risk of developing MS.
5. **Vitamin D:** Low vitamin D levels and exposure to the sun increase the risk of multiple sclerosis.
6. **Certain autoimmune diseases:** If you have other autoimmune diseases such as thyroid disease, pernicious anaemia, psoriasis, type 1 diabetes, or inflammatory bowel disease, your risk of developing MS is slightly higher.

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