



Guest Editorial

Beneficial vs Adverse Role of Food in Autoimmune disease: A ControversyMuhammad Imran¹¹University Institute of Diet & Nutritional Sciences, Faculty of Allied Health Sciences, The University of Lahore, Lahore, Pakistan**Keywords:**

Nutrition, autoimmunity, Crohn's Disease, Celiac Disease

How to Cite:Imran, M. (2021). Beneficial vs Adverse Role of Food in Autoimmune disease: A Controversy. *Pakistan Journal of Health Sciences*, 2(01).<https://doi.org/10.54393/pjhs.v2i01.39>**Corresponding author:**Muhammad Imran
University Institute of Diet & Nutritional Sciences, Faculty of Allied Health Sciences, The University of Lahore, Lahore, Pakistan
mic_1661@yahoo.com**Article History**Received: 17th January 2021Accepted: 14th February 2021Published: 30th June 2021

Autoimmune diseases are elaborated as the failure of white blood cells (WBC's) auto-tolerance system thus, creating a loop of inactivity of immune response. Imbalance WBC's activation initiates the autoantigens production that leads to tissue damage in body. It is estimated that autoimmune diseases beat the prevalence of cardiovascular diseases along with cancer in all over the world. Women are more likely to suffer as compared to men. Some of the prevailing autoimmune disease includes rheumatoid arthritis, multiple sclerosis, Crohn's and celiac disease and several more. Autoimmune diseases have two main factors, non-modifiable such as age, gender, genetic history and past infection history. On the other side, modifiable factors are one that can be changed to cure or reduce the chances of autoimmune disease. Dietary patterns are one of the leading modifiable factors in autoimmune disease. It has been concluded that the type of food we consume, plays a huge role in occurrence or as a therapy to treat autoimmune disease. It all depends on the type of food we eat. Autoimmune diseases may cause dysbiosis, disturbed microflora, inflammation in intestine and systematic inflammation in the body.

Consuming excessive amount of vegetable oil, trans fats and hydrogenated oils results in the occurrence of autoimmune disease. However, omega-3 fatty acid enriched diet along with antioxidant supplementation, shields the body from lymphocytes disturbed mechanism in immune system. Emerging techniques in researches proofs that intake of whole and natural foods and following vegan diet, high fiber intake, gluten free diet with excluding processed food ultimately lowers the dysbiosis thus, reduces the chances of autoimmunity in tissue or organs. Similarly, consuming food with less arachidonic acid in diet or limiting arachidonic acid, upto 6 portions of fruits and vegetables daily and low sodium intake positively support intestinal functions and micro flora. These factors protect the body from etiology of autoimmune diseases. Autoimmunity of human body is one of the vast subjects and requires a lot of research to study the cause, treatment with its inter-related factors. Around 50 million people of US alone suffer from autoimmune diseases and women are more likely to develop autoimmunity as compared to men.

As previous data is not enough to conclude that which type of food is beneficial or harmful in the prevalence of autoimmune diseases, so it is necessary to conclude more researches, experiments and surveys to find out the sustainability of certain food in autoimmune disease. Environmental factors also play an integral role along with dietary factors. To understand the relation of food, type of food and its role in triggering the autoimmunity of tissues or organs, we need more researchers to figure out the nature of food components and their interaction with human body. Thus, we can introduce new and safe initiatives to cure autoimmune diseases.