**Alopecia Areata:** This autoimmune disease attacks the body hair. By body hair I mean, hair anywhere on the body, from head to toe. It is classified into different types according to the area it has affected. The extreme type of alopecia areata known as 'alopecia areata totalis'. First symptoms of alopecia areata are small, round, bald patches on the affected area.

**Addison’s Disease:** It is a disease caused by the disorder of adrenal glands. It is also known as chronic adrenal insufficiency and hypocortisolism and is caused when the adrenal glands fail to produce the required amount of steroids, for the body. It may occur in a person of any age group and some of its symptoms are fatigue, dizziness, vomiting, muscle weakness, anxiety, weight loss, sweating and mood and personality swings. Addison's disease is usually treated through the oral dosages of hydrocortisone tablets which replaces the missing cortisol that is responsible for all these problems.

**Ankylosing Spondylitis:** It is a suspected autoimmune disease that affects the spine and the sacrum. Initially it was known as Bechterew's disease and is a type of arthritis which causes the fusion of vertebrae in the spine. The common symptoms of Ankylosing spondylitis are peripheral joint pain, fatigue and nausea. In some cases inflammation of the eye (iritidocyclitis), is associated to this disease, it causes eye pain and photophobia.

**Antiphospholipid Antibody Syndrome (APS):** APS causes blood clots in the arteries and the veins of the person suffering from it. It also leads to complications in pregnancy. This disease happens when the body starts producing antibodies against phospholipid, which is a cell membrane substance. The basic symptoms of the disease are deep vein thrombosis, stroke. This disease is mostly treated by using analgesic and anticoagulants like aspirin and warfarin.

**Autoimmune Hemolytic Anemia:** It is an autoimmune disease where, the body attacks its own red blood cells, leading to their destruction and hence resulting into anemia. The symptoms of this disease depends on the type of hemolytic anemia a person has, but the most basic symptom is fatigue. Other symptoms include dizziness, breathlessness, pale skin and in serious cases: chest pain.

**Autoimmune Hepatitis:** Autoimmune hepatitis is a disease in which a person's immune responses attack the liver cells leading to the inflammation of the liver and the destruction of the liver cells. The basic symptoms of autoimmune hepatitis are enlarged liver, jaundice, skin rashes, vomiting, nausea, loss of appetite, etc. It is diagnosed through blood tests and liver biopsy and is treated with daily doses of corticosteroids which suppress the overactive immune system.

**Bullous Pemphigoid:** This is a chronic autoimmune disease which causes skin disorders like blisters, called bullae. Its symptoms include itching, rashes, mouth sores and bleeding gums. Its treatment includes the prescription of anti-inflammatory medicines called corticosteroids. These are prescribed both orally and in the form of skin cream, depending on the severity of the disease.

**Coeliac Disease:** It is also known as celiac disease and is the disorder of the small intestine. It is a genetic disorder and is found in all age groups. The symptoms of coeliac disease are diarrhea and fatigue. In children, this disease is diagnosed when a child shows symptoms of FTT i.e., Failure to Thrive. The most common treatment for coeliac disease is a permanent diet consisting of gluten free foods.

**Chagas Disease:** Chagas disease is a parasitic disease and is suspected to be an autoimmune disease. It is caused by flagellate protozoan Trypanosoma cruzi, in short T. Cruzi. Chagas disease has been divided into 2 stages, acute and chronic. The acute stage is the first one, which
generally shows no symptoms but one very common symptom that it shows is the Romaña's sign, which includes swelling of the eyelids. There are some other mild symptoms like fever, fatigue, body aches, headache, rash, loss of appetite, diarrhea, and vomiting which are not unique to this disease. The symptoms of the chronic stage include damages to the nervous system, digestive system and the heart.

### Crohn's Disease
Crohn's disease is a disorder of the intestine. And by intestine I mean the complete gastrointestinal tract. Its common symptoms are abdominal pain, diarrhea, vomiting and weight loss. It is also known to cause some general problems like skin rashes and arthritis and sometimes inflammation of the eyes also. As of now, there is no cure for Crohn's disease. Only the symptoms and the relapse can be controlled and suppressed using the medication.

### Dermatomyositis
Dermatomyositis is a disease of connective tissue and is related to polymyositis. Its characteristics are the inflammation of the muscles and the skin. The symptoms of dermatomyositis consist of skin rashes and pain in the muscles. The pain may be anything between mild and severe. This disease doesn't have any cures. Only the symptoms can be relieved using medications like prednisolone and methotrexate.

### Diabetes Mellitus Type 1
A person suffers from diabetes mellitus type 1 when his body's immune system, attacks the insulin producing beta cells in the pancreas. This type of diabetes can be lethal if not detected early and unless the person is not administered with insulin injections. Its symptoms are frequent urination, nausea, vomiting, dehydration and weight loss. The treatment usually consists of insulin injections and monitoring of diet.

### Endometriosis
Endometriosis is a suspected autoimmune disease. It is defined by the growth of the cells, that are similar to the ones that grow inside the uterus, but in some location other than that. Most of the time, endometriosis doesn't have any symptoms but sometimes when it has, it shows symptoms like, infertility and pelvic pain. It is treated using both medication and surgery, depending on its severity and the area it has affected.

### Guillain-Barré Syndrome
It is an autoimmune disorder which affects the peripheral nervous system. It is normally initiated by some acute infection. The characteristic of this disease is the weakness which starts with the lower limbs and rapidly grows in the ascending order. In this disorder, failure of the respiratory system is of the highest concern, hence, the treatment mostly starts with the intubation of the patient. Once the patient is stable, the treatment mostly includes of immunoglobulins.

### Graves' Disease
Grave's Disease is an autoimmune disease related to the thyroid gland. It causes the thyroid gland to grow twice the original size, leading all the other problems related to thyroid and hormones. It is a genetic disorder in most of the cases. Its symptoms are exophthalmos, edema, hypothyroidism, fatigue and muscular weakness. Graves’ Disease is treated using anti thyroid drugs which help in reducing the activity of the thyroid gland. Another medication is the radioactive iodine.

### Goodpasture's Syndrome
Goodpasture's syndrome is a disease characterized by glomerulonephritis and hemorrhage in the lungs. Its initial symptoms are fatigue, nausea, difficulty in breathing or paleness. With time, the person may show symptoms like blood in cough and burning sensation while urinating. Sometimes blood is also observed in the urine. It is treated using corticosteroids and immunosuppressants, like most of the autoimmune diseases.
**Hashimoto’s Disease:** It is also known as Hashimoto thyroiditis and is an autoimmune disorder in which the body’s T cells attack the thyroid cells. Hashimoto’s disease was the first disease to be classified as an autoimmune disease. So, logically this should have topped the list of autoimmune diseases, but practically we are following the alphabetical order. This attacking of the thyroid cells finally leads to hypothyroidism. The symptoms of Hashimoto’s thyroiditis includes muscle weakness, fatigue, depression, mania, sensitivity to cold, constipation, memory loss, migraine, infertility, etc. It is treated by the replacement of the thyroid hormone with some agents like levothyroxine.

**Kawasaki Disease:** Kawasaki disease is the inflammation of the medium-sized veins and is suspected to be an autoimmune disease. It is also known as lymph node syndrome, mucocutaneous node disease, infantile polyarteritis and Kawasaki syndrome. The inflammation in the veins affects multiple organs like skin, blood vessel walls, lymph nodes and even the heart. This disease often starts with a very high fever and is known to be non-responsive to general paracetamol. Other common symptoms include conjunctivitis, chapped lips, strawberry tongue, joint pain, irritability, etc. The very common and standard treatment for Kawasaki disease is giving intravenous immunoglobulin.

**Lupus Erythematosus:** It is also known as a connective tissue disease. It is basically an inflammatory disease and occurs when the body attacks its own tissues. Lupus erythematosus can affect various parts across the body like joints, skin, kidneys, heart and lungs. Its treatment includes oral medication of steroids and application of high SPF sunscreen lotions. It also includes therapy for joints and muscles.

**Narcolepsy:** Narcolepsy is the disorder of the sleep and is most often confused with insomnia. It is defined by the disturbed sleep cycle, like being sleepless in night and feeling extremely drowsy in the day. One other problem faced by people suffering from narcolepsy is cataplexy, which is a type of muscular weakness. Daytime sleepiness is mostly the first and the most common symptom of narcolepsy followed by cataplexy, automatic behavior, sleep paralysis and hypnagogic hallucinations.

**Psoriasis:** It is a suspected autoimmune disease and is a disorder of skin. It is an "autoimmune disease that affects the skin and the joints”. It is a chronic recurring disorder and causes accumulation of skin around elbows and knees. It is also found in other areas of the body including fingernails. It has been divided into various types depending upon its severity and the area it has affected. There are a lot of treatments available for psoriasis but it is very difficult to successfully treat it as it is chronically recurring. It is generally treated using ointments, oral medicines and sometimes with exposure to ultra violet light.

**Primary Biliary Cirrhosis:** It is an autoimmune disease related to the liver. This disorder causes the destruction of the small bile ducts that are present in the liver. This process finally leads to the damage in the liver tissues. Its symptoms are fatigue, jaundice, itchy skin, cirrhosis and portal hypertension (hypertension in portal veins). There is no actual cure for primary biliary cirrhosis, all that can be done is slow down the progress rate of the disease and medication can help suppress and treat the symptoms.
Pernicious Anemia: It is a form of megaloblastic anemia and is caused due to the deficiency of vitamin B12. The symptoms that indicate towards pernicious anemia are fatigue, hypotension, brain fog, tachycardia, frequent diarrhea, pallor, jaundice and shortness of breath. The treatments that are currently in use majorly concentrate on the replacement of the vitamin B12.

Psoriatic Arthritis: It is suspected to be an autoimmune disease and mostly affects the people suffering from psoriasis. So, the one major symptom of psoriatic arthritis is psoriasis. It is a type of inflammatory arthritis.

Pemphigus Vulgaris: It is an autoimmune skin disorder which causes skin lesions that are often painful. It is mostly confused with impetigo and candidiasis. Its symptoms are skin blisters and skin disintegration. It is mostly treated with corticosteroids and other immunosuppressive drugs.

Rheumatoid Arthritis: It is an autoimmune disease and as the name suggests, is a form of arthritis. It mainly affects the joints which often leads to the destruction of all the cartilages and ankylosis of the respective joint. It is also known to cause inflammation in the lungs, pericardium, pleura and sclera which spreads outwards. Its symptoms include inflammation and immobility in the joints. The symptoms mostly differ from person to person and may also include inflammation in shoulders and other joints like hands, feet and the spine. A person who gets it suffers a lot of discomfort, pain and joint deformities. It also affects the lungs, kidneys and the heart, and causes related symptoms. The treatment for rheumatoid arthritis totally focuses on suppressing the symptoms and slowing down the process.

Scleroderma: It is a chronic autoimmune disease of the connective tissue. It occurs with the formation of fibrosis in the skin and the various organs of the body. It is classified according to the degree and the location of the skin affected. It is broadly divided in 2 groups, diffuse and limited. Scleroderma is found throughout the world and research has suggested that women are more prone to this than men. It mainly affects the hands, arms and face. Internally, it affects the small blood vessels of all the organs and causes damage to them. As the cause behind scleroderma is not known, the treatment is totally symptomatic and person-specific.

Stiff Person Syndrome: Stiff person syndrome is a suspected autoimmune disease. It is a neurological disease characterized by progressive rigidity in the muscles. There are various stages of stiffness associated with this disease and so are the symptoms. The stages vary from initial ones consisting of back pain to the extreme cases with complaints of skeletal fractures and muscular ruptures. Stiff person syndrome is also found in babies and is known as stiff baby syndrome. In babies, this syndrome is known to have been fatal in many cases.

Sjögren's Syndrome: It is an autoimmune disease, in which the immune system of the body attacks the exocrine glands that are responsible for the production of tears and saliva. Its main symptoms are dryness of mouth and eyes. This syndrome is known to affect organs like kidney, pancreas, lungs and even the blood vessels. Treatment for Sjögren's syndrome is not known and is very specific to the symptoms. In the case of dry eyes, tear glands of the patient are mostly supplemented with artificial tears to help the dryness. And for salivary glands, there are a lot of drugs available that help in providing some relief.

Ulcerative Colitis: This is an inflammatory bowel disease. It is a form of colitis, which is a disease related to intestine. It affects specifically the large intestine and causes sores and ulcers in the colon. This leads to diarrhea combined with blood. The person also shows signs of weight loss and blood from the rectum. The treatment for ulcerative colitis totally depends on the severity of the disease.