

## Commentary on Integrative Biology of Lupus Nephritis

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### DESCRIPTION

Lupus is an Incurable auto immune disorder in which body immune system attacks its own tissues or organs. It affects many parts of the body including Skin (Subcutaneous/cutaneous Lupus), Kidneys (Lupus Nephritis), Brain (Cerebral/CNS Lupus) etc., with several symptoms of Rashes (Malar, Discoid or photosensitive), Musculoskeletal Problems, Serositis, Anemia, Seizures and several many more. We can find several Diagnostic approaches for Lupus.

There is no cure for lupus, Yet many treatment options includes NSAIDS, Immunosuoversives, Malario therapy, Usage of Steroids along with life style modifications and healthy diet can reduce the risk of lupus effected patients.

Lupus Nephritis is mainly due to Autoimmune anti bodies. Some Anti bodies cross reacted with DNA of Glomerular cell membranes results in Lupus Nephritis (Figure 1).

### SYMPTOMS

- Symptoms of SLE which include Fatigue, Rashes, Fever
- High Blood Pressure
- High Creatine level in blood
- Swelling of Feet and Anklets

### DIAGNOSIS

- Renal Biopsy
- Serum Creatinine test
- Blood urea Nitrogen test
- Anti-Nuclear Anti bodies test

### TREATMENT

The goal of treating lupus nephritis patients is normalization of Renal Functioning

#### Hydroxychloroquine

This is an antimalarial drug. It can assist with keeping gentle lupus-related side effects for example, uniform, skin, and joint issues.

#### Corticosteroids

These solid mitigating medications can diminish aggravation. Specialists may recommend these until the lupus nephritis improves. Since these medications can cause an assortment of possibly genuine results, they should be observed cautiously. Specialists for the most part tighten the measurement once the side effects begin to improve.

#### Immunosuppressive Drugs

These drugs, which are identified with the ones used to treat malignant growth or forestall the dismissal of relocated organs, work by stifling safe framework action that harms the kidneys. They incorporate cyclophosphamide (Cytosan), azathioprine (Imuran) and mycophenolate (Cellcept).

#### Lupus nephritis with pregnancy

Anybody with lupus who is pregnant or wanting to become pregnant ought to address a specialist at the earliest opportunity. There is a danger of pregnancy misfortune or early conveyance if manifestations are dynamic.

Infrequently, a mother with lupus-related antibodies can give these to an unborn kid, who may then be brought into the world with neonatal lupus. Looking for clinical guidance and backing can assist with diminishing the danger of issues during pregnancy.

### PREVENTIVE MEASURES

Breaking point your time in direct daylight if sun introduction causes a rash. You ought to consistently wear a sunscreen with a SPF of 70 or higher that blocks both UVA and UVB beams.

Attempt to dodge prescriptions, if possible, that make you considerably more delicate to the sun. Trusted Source this incorporates the anti-toxins minocycline (Minocin) and trimethoprim-sulfamethoxazole (Bactrim), and diuretics, for example, furosemide (Lasix) or hydrochlorothiazide. Create pressure the executive's strategies. Think, practice yoga, or get rubs whatever helps quiet your psyche. Avoid individuals who are debilitated with colds and different contaminations.

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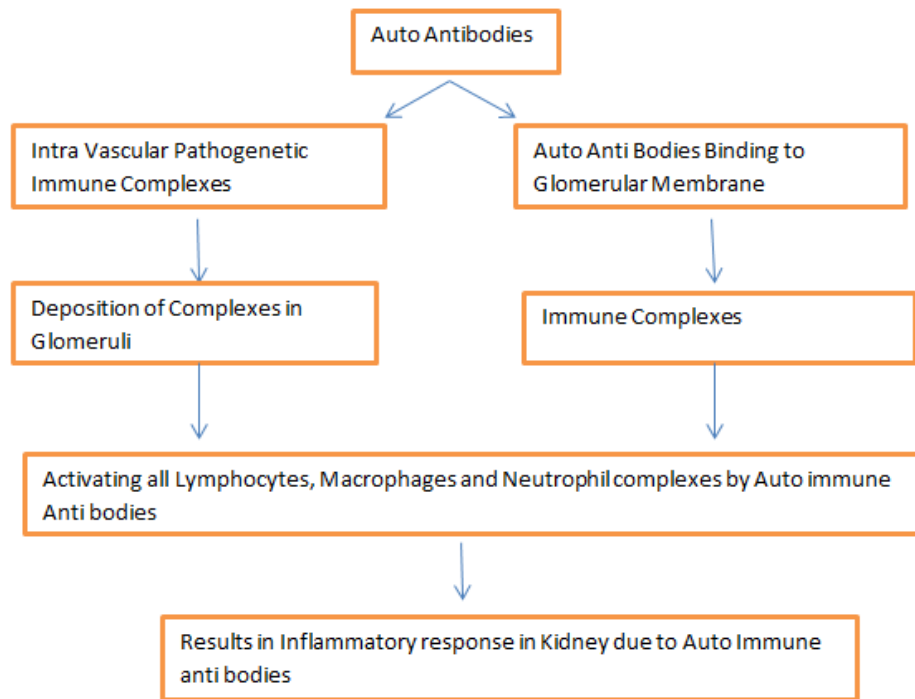


Figure 1: Showing pathogenesis of lupus nephritis.