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**\*Correspondence**

Ahed J Alkhatib  
**Email:** ajalkhatib@just.edu.jo

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## Multiple Sclerosis (MS): Review of the Literature and Personal Therapeutic Experience

Ahed J Alkhatib<sup>1,2,3\*</sup>

<sup>1</sup>Department of Legal Medicine, Toxicology and Forensic Medicine, Jordan University of Science & Technology, Jordan.

<sup>2</sup>International Mariinskaya Academy, department of medicine and critical care, department of philosophy, Academician secretary of Department of Sociology.

<sup>3</sup>Cypress International Institute University, Texas, USA.

**Abstract:**

Multiple sclerosis, sometimes known as MS, is a disease that affects the central nervous system (CNS) and is both chronic and progressive. It affects around 2.5 million people all over the world. The primary purpose of this research was to conduct a current literature review on MS. Several aspects of MS, including our experience with treatment for this disease, have been covered here. MS can be caused by a combination of genetic, environmental, and immune system factors. A timely diagnosis and treatment can slow the progression of MS and improve the quality of life. MS can be treated with medication, physical therapy, and alterations to one's way of life. It's possible that psychological treatment can help MS patients' mental health.



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## INTRODUCTION

Multiple sclerosis, sometimes known as MS, is a disease that affects the central nervous system (CNS) and is both chronic and progressive. It affects around 2.5 million people all over the world. It is characterized by the demyelination of nerve fibers, which interrupts the normal transmission of nerve impulses and leads to a wide variety of neurological symptoms. This condition is known as multiple system atrophy (MSA). Multiple sclerosis is a complicated disease with a multifactorial etiology, which means that the disease is caused by a combination of hereditary and environmental factors. In this article, we will talk about the pathogenesis, clinical presentation, diagnosis, and therapy of multiple sclerosis (MS), as well as the influence that MS has on patients' quality of life (Reich *et al.*, 2018; Thompson *et al.*, 2018).

### Pathophysiology

The etiology of MS is not completely known, although it is thought to be an autoimmune condition that is mediated by T cells. In this disorder, the immune system assaults and damages the myelin sheath that surrounds nerve fibers in the central nervous system (CNS) (Gold *et al.*, 2006; Lassmann and Bradl, 2017). Plaques and lesions can then develop in the white matter of the brain, spinal cord, and optic nerves as a direct consequence of this process. The process of demyelination causes disruptions in the normally occurring transmission of nerve impulses, which can result in a wide variety of neurological symptoms (Olsson *et al.*, 2017).

MS is a neurodegenerative disease that is characterized by several pathological characteristics, one of the most important of which is axonal loss (Zamboni *et al.*, 2023). In MS, the myelin sheath that covers and insulates axons is attacked by the immune system, which results in demyelination. Yet, it is now known for a fact that axonal loss can take place even in regions where myelin is not damaged. This finding lends credence to the theory that axonal damage is the major cause of impairment in multiple sclerosis (Lassmann, 2013).

In MS, axonal loss can be caused by several reasons. Some of these variables include inflammation, oxidative stress, and excitotoxicity. Other factors include mitochondrial dysfunction, decreased axonal transport, and altered calcium homeostasis. These elements have the potential to set off a chain reaction of processes that, in the end, will cause axonal degeneration and neuronal death (Criste *et al.*, 2014).

Newer research that made use of more sophisticated imaging techniques offered additional evidence of axonal loss in multiple sclerosis. Diffusion tensor imaging (DTI), for example, can detect changes in the integrity of white matter tracts, which are composed of axons. Functional magnetic resonance imaging (fMRI), on the other hand, can reveal changes in brain activity that is linked to axonal loss. Both of these imaging techniques are extremely useful (Filippi *et al.*, 2016). In general, these findings highlight how important it is to research and develop new treatments for multiple sclerosis (MS) that can protect axons and stimulate their regeneration. These medications may help to slow down or even stop the advancement of the disease, which in turn may enhance patients' chances of recovery (Zamboni *et al.*, 2023).

There is evidence of neuronal malfunction as well as synaptic disruption in patients with MS, in addition to the loss of myelin and axons. It is believed that this is because of the chronic inflammation that takes place in the CNS, which leads to the activation of microglia and astrocytes, two types of glial cells that play essential roles in the immune response and the operation of neuronal networks (Liddel and Barres, 2017). The persistent stimulation of these cells results in the generation of cytokines that promote inflammation, reactive oxygen species, and other toxic chemicals, all of which have the potential to cause damage to neurons and synapses (Machado *et al.*, 2016).

### Clinical Presentation

The clinical manifestations of MS can vary greatly depending on the location and severity of the lesions that have developed in the central nervous system (CNS). Fatigue, sensory

abnormalities, muscular weakness, visual impairment, and cognitive dysfunction are the most often experienced symptoms of MS (Thompson *et al.*, 2018).

The most frequent symptom of MS is fatigue, which can impact as many as 80 percent of individuals. It is characterized by a continuous feeling of tiredness that is not eased by rest or sleep. This condition is also known as chronic fatigue syndrome. Sensory problems like numbness, tingling, and burning sensations are also frequent in MS, affecting up to 50% of patients. These feelings can be caused by several different things (Lublin *et al.*, 2014).

One other prevalent symptom of MS is motor weakness, which can impact as much as fifty percent of individuals. It may present itself in the form of ataxia, spasticity, or weakening of the muscles. Vision impairment is another typical complication, affecting up to half of all patients. Either double vision or optic neuritis, which is an inflammation of the optic nerve, might be the first sign of this condition (Kale, 2016).

Cognitive dysfunction is another typical symptom of MS, affecting as many as half of all patients. It is possible for it to emerge as difficulties with memory, attention, and the pace at which information is processed. Furthermore, despair and anxiety are prevalent symptoms of MS, affecting up to fifty percent of patients (Peres *et al.*, 2022).

### Diagnosis

The clinical radiographic and laboratory data are taken into consideration while making a diagnosis of MS. The diagnostic criteria for MS have progressed throughout time, with the 2017 McDonald criteria representing the most recent iteration (Thompson *et al.*, 2018). In order to establish a diagnosis of MS, there must be a minimum of two clinical manifestations of central nervous system dysfunction that are distinct from one another both in terms of time and location (Montalban *et al.*, 2018). The molecular diagnostics within the clinical diagnostics industry is constantly expanding (Iqbal *et al.*, 2021).

### Treatment of MS

Several therapeutic approaches have been proposed to treat MS including:

1. Disease-modifying treatments (DMTs): DMTs are drugs that are designed to modify the course of the illness by reducing the frequency and severity of relapses and slowing down the progression of multiple sclerosis (MS). There are numerous forms of DMTs available, such as injectable pharmaceuticals, oral meds, and infusions. Some people prefer infusions.

2. Symptom management: There are many different drugs and therapies that can be used to manage a person's symptoms; the medications and therapies that are utilized depend on the symptoms that the person is experiencing. For instance, muscle spasms can be treated with muscle relaxants and urinary issues can be treated with medicine or catheterization. Other conditions can be treated in a similar manner.

3. Rehabilitative therapies, such as physical therapy, occupational therapy, and speech therapy, may be beneficial in the management of multiple sclerosis symptoms and the improvement of quality of life. Mobility, coordination, communication, and other elements of day-to-day life can all be improved with the help of these therapies.

4. Complementary and alternative therapies: Acupuncture, massage, and mindfulness meditation are some examples of complementary and alternative therapies that may provide symptom alleviation for some persons living with multiple sclerosis (MS). It is essential to discuss with a healthcare provider before attempting any alternative therapies to guarantee that the treatments are both safe and successful.

5. Modifications to one's lifestyle: Those who have multiple sclerosis may benefit by adopting a nutritious diet, maintaining a regular exercise routine, and learning to better manage their stress. These lifestyle adjustments can help improve overall health and well-being, and they may also assist in managing symptoms of multiple sclerosis (Mayo Clinic, 2021; Multiple

Sclerosis Trust, 2021; National Center for Complementary and Integrative Health, 2021; National Multiple Sclerosis Society, 2021a).

Those who have multiple sclerosis may benefit from participating in the following complementary therapies:

1. A procedure that is used in traditional Chinese medicine called acupuncture involves inserting very thin needles into certain places on the body. This is done in order to treat a variety of conditions. Those who suffer from multiple sclerosis may find relief from their symptoms of pain, weariness, and depression through the use of acupuncture, as demonstrated by several studies (National Multiple Sclerosis Society, 2021b).

2. Massage treatment: Massage therapy is the practice of manipulating the soft tissues of the body to promote relaxation, reduce pain and stress, and improve circulation. Those who have multiple sclerosis may benefit from massage therapy by having fewer muscle spasms and experiencing an overall improvement in their quality of life, according to the findings of some research (American Massage Therapy Association, 2023).

3. Techniques of the mind and body: Techniques of the mind and body, such as meditation, yoga, and tai chi, are useful in lowering stress levels and enhancing mental well-being in people who have multiple sclerosis (MS). In addition, the use of these techniques can assist in the improvement of flexibility, equilibrium, and general physical function (National Multiple Sclerosis Society, 2021b).

4. Dietary supplements: Some patients with MS may benefit from taking dietary supplements, such as omega-3 fatty acids, vitamin D, and probiotics. However, before taking any supplements, it is essential to see a healthcare expert to ensure that the supplements in question are both safe and effective (National Center for Complementary and Integrative Health, 2021).

5. Cannabinoids are molecules present in the cannabis plant that have been shown to have

anti-inflammatory and neuroprotective properties. Cannabinoids include THC and CBD, two examples of these compounds. Cannabinoids have shown promise in several studies as a potential treatment for multiple sclerosis patients seeking relief from pain and spasticity. Nonetheless, the medical application of cannabis products is still a contentious topic, and additional research is required to determine both their safety and efficacy (Multiple Sclerosis Society UK, 2019).

### The role of T cells in MS

The importance of B cells in pathophysiology has been highlighted by the detection of CSF oligoclonal bands, which are unique IgG fractions produced by an intrathecal clonal B cell population that target ubiquitous self-antigens; B cells seen in MS CNS lesions, most commonly in active lesions; and ectopic lymphoid follicle-like structures containing B cells. Although T cells have traditionally been thought to drive the autoimmune response to unknown target anti (Jarius *et al.*, 2017). According to the findings of this study, the humoral B cell response in multiple sclerosis may not be directed against a single antigen, but rather against a diverse collection of self and non-self antigens, which may differ from person to person (Sabatino *et al.*, 2019). The wide variety of targets may be the result of epitope dispersion as well as subsequent immune responses to central nervous system damage. The astounding effectiveness of medications that target CD20 in patients with multiple sclerosis has shed light on the critical role that B lymphocytes play in the etiology of MS. The clinical benefit of anti-CD20 B cell therapy in multiple sclerosis occurs prior to a reduction in total IgM and IgG levels. This suggests that the effect is not related to a reduction in humoral immunity but rather to decreased antigen presentation to T cells or a decrease in inflammatory cytokines such as IL-6 or TNF. In addition, the most successful treatments for multiple sclerosis involve obliterating or inhibiting the trafficking of B and T cells in the periphery. This results in a large reduction in the number of new CNS lesions and relapses. Research demonstrates that relapses of multiple sclerosis are associated with the

breakdown of the blood-brain barrier (BBB) as well as the migration of peripheral lymphocytes and macrophages into the central nervous system (CNS) (Sabatino *et al.*, 2019). As a consequence of this, the ineffective treatment of certain forms of multiple sclerosis, such as progressive MS, may be attributable to the abnormal immune response being hidden by the presence of a functional blood-brain barrier (Alkhatib, 2022).

### MS and intestinal microbes

MS has been linked to the gut microbiome, which is the population of bacteria that live in the intestines. These studies have suggested that the gut microbiome may have a role in the disease's genesis and progression. The rupture of the intestinal barrier and the activation of autoreactive immune cells that target myelin in the brain and spinal cord may both be factors in the development of MS, which may be caused by dysbiosis, also known as an imbalance in the gut microbiome (Alkhatib, 2022; Jangi *et al.*, 2016; Kadowaki *et al.*, 2019).

### The use of fresh potato juice in treating MS

There is a lack of conclusive evidence in the medical literature to support the use of fresh potato juice as a therapy for multiple sclerosis (MS). Although some people who have multiple sclerosis (MS) believe that drinking potato juice has helped relieve their symptoms, there have been no clinical trials that have been well-designed to establish the effectiveness of this treatment (Esposito *et al.*, 2018; Goodman and Gulick, 2008).

So, although some people who have multiple sclerosis (MS) may decide to try fresh potato juice as a supplemental therapy, it is essential to see a medical professional before doing so, and consumption should be kept to a minimum in order to avoid any potential adverse effects. It is also crucial to highlight that fresh potato juice should not be used as a substitute for traditional treatments for multiple sclerosis (MS), which have been shown to be successful in clinical trials (Brown *et al.*, 2004; Wahls *et al.*, 2019).

## CONCLUSION

MS is a complicated disease that can have many causes, such as genetic, environmental, and immune system factors. Early diagnosis and treatment of MS can help slow the disease's progression and improve people's quality of life. MS can be treated in several ways, including with medications, physical therapy, and lifestyle changes. MS can have a big effect on a person's mental health, and psychological treatments may help people deal with their symptoms and live better. MS is a very personal disease, and the best way to treat it will depend on the person's situation, symptoms, and personal preferences. Continuing research is needed to better understand the origins of MS, create more effective treatments, and improve outcomes for people with the illness.

## CONFLICT OF INTEREST

Author hereby declares that he has no conflict of interest.

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