

Guillain-Barre Syndrome- A Review

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Abstract :

Guillain-Barre syndrome (GBS) is a potentially life-threatening post infectious disease. It is a rare but serious autoimmune disorder in which the body's immune system attacks healthy nerve cells of the peripheral nervous system. It causes symmetrical muscle pain, weakness, loss of reflexes, and numbness or tingling in arms, legs, face, and other parts of the body and can eventually cause paralysis and lead to death in severe condition. The precise cause of Guillain-Barre syndrome is unknown, but it is typically triggered by infectious illnesses like the gastrointestinal infection or a lung infection or a sore throat. Initially it is very similar to those of other neurological disorders and difficult to diagnose at first. The electromyography (EMG) and lumbar puncture (spinal tap) tests are used to confirm GBS. Treatment consists of it may include physiotherapy (in mild condition) or high-dose intravenous Immunoglobulin therapy or plasmapheresis (in severe condition). Most people (approximately 85 percent) fully recover within 6 to 12 months. This review summarizes the clinical features and diagnostic criteria for GBS, and discusses its pathogenesis, treatment and prognosis.

Keywords : Guillain-Barré syndrome, peripheral nervous system, neurological disorders, infectious illnesses, physiotherapy, high-dose intravenous Immunoglobulin therapy, plasmapheresis.

Introduction :

In 1916, the French neurologists Guillain, Barre and Strohl examined two soldiers having acute paralysis with areflexia that spontaneously recovered.¹ They reported the combination of increased protein concentration with a normal cell count in the CSF (Cerebrospinal fluid), and albuminocytological dissociation, which differentiated the condition from poliomyelitis.¹ Despite the fact that Landry had already reported similar cases in 1859,² the combination of these clinical and laboratory features became known as Guillain-Barre syndrome (GBS). As there is no specific disease-causing agent involved in GBS, it is called a syndrome rather than a disease. A syndrome is a medical condition characterized by a collection of symptoms (what the patient feels) and signs (what a doctor can observe or measure). Guillain-Barre syndrome is a disorder in which the body's immune system attacks part of the peripheral nervous system which is the portion of the nerves system that is outside the brain and spinal cord. Still now, GBS has remained a descriptive diagnosis of a disorder for which there are no specific diagnostic tests. GBS can develop over a period of hours, days or weeks. The precise cause of it is unknown but most often follows a viral