



Original Research Paper

The Role of Environmental Toxins in Autoimmune Diseases: Impacts on Human and Wildlife Health

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Key Words

Environmental toxins,
Autoimmune diseases,
Chronic health conditions,
Immune dysregulation,
Toxic exposure,
Oxidative stress,
Endocrine disruptors.

Abstract

Environmental toxins have now become important agents in immune dysregulation in human and animal populations, which has led to the rising prevalence of autoimmune and chronic diseases. The paper summarizes available information on the relationship between exposure to heavy metals, pesticides, industrial pollutants, microplastics, and endocrine-disrupting chemicals and impaired immune functioning in diverse species. These toxins may result in oxidative stress, changes in the health of the gut microbes, disruption of the endocrine system, disruption in immune tolerance, and susceptibility to autoimmune reactions. Recent research has revealed that similar harmful effects on the immune systems of the animal species, which include livestock, pets, and wildlife, have similar harmful effects on the immune systems of those species, making the autoimmune diseases of these populations comparable as well. This is because chronic exposure to Dioxin has led to reproductive issues, metabolic diseases, and inflammatory conditions, and a reduced capacity of livestock and wildlife to endure environmental stressors. These are harmful to the health and productivity of animals, and they present severe ecological and public health risks due to their biomagnification and common environmental pathways. Understanding immune responses caused by toxins may be required in the identification of vulnerable species, early biomarkers of exposure, and the creation of effective mitigation measures. As revealed in this review, better environmental surveillance and evidence-based regulatory policies, as well as a combination of research techniques, are required to comprehend the mechanisms through which ecological contaminants cause autoimmune conditions and chronic conditions. These aspects play an important role in solving long-term issues relating to animal health, environmental sustainability, and ecosystem stability.

Introduction

Autoimmune diseases are a heterogeneous group of chronic conditions in which the immune

system attacks the body's tissues. Though this was originally examined in human health, such autoimmune mechanisms are also being found in

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Received: 17 May 2025; Reviewed: 22 June 2025; Revised: 16 August 2025; Accepted: 30 August 2025

(DOI): [10.70102/AEJ.2025.17.2.38](https://doi.org/10.70102/AEJ.2025.17.2.38)

domestic animals, livestock, and wildlife, suggesting that they are not species-specific but rather environmental (Mzeh, 2025). The number of autoimmune diseases has increased dramatically over the past decades, as documented in epidemiological and veterinary studies (Hess, 2002). It cannot be entirely attributed to genes, as the rate of increase is much higher than the rate of hereditary change. Instead, there is mounting evidence that contemporary environmental factors, specifically the exposure to synthetic chemicals, metals, pollutants, and post-disaster pollutants, are causing the accumulation of immune-mediated disease (Mpakosi et al., 2024). Unexplained inflammatory disorders, endocrine malfunctions, and idiopathic autoimmune disorders are increasingly being reported in large numbers in the animal population, further supporting the need to consider environmental causes of autoimmune diseases (Younis et al., 2025; Bean & Rattner, 2018).

Recent concerns about environmental toxins on the immune systems of animals (Acevedo-Whitehouse & Duffus, 2009). Toxins like heavy metals and pesticides are negatively impacting domestic livestock and wildlife populations. Animal exposure to environmental toxins can cause immune system disruptions similar to those experienced by humans, which include reduced immune function (immune system failure), increased inflammation (inflammatory disease), and increased susceptibility to autoimmune diseases. In addition, animals exposed to environmental pollutants have experienced decreased reproductive success, metabolic

disorders, and chronic inflammatory diseases, which lead to poor productivity and increased morbidity and mortality. Furthermore, wildlife species inhabiting contaminated habitats exhibit characteristics indicative of a malfunctioning immune system (e.g., changes in disease resistance and susceptibility). These findings underscore the importance of understanding how environmental toxins can impact the health of wildlife and how these impacts are related to the health of people and other wildlife. The potential for environmental toxins to disrupt immune function across species raises concerns for the health of all species and provides a strong rationale for regulatory bodies and researchers to include both human and animal health in the development of Environmental Health policies and the development of Environmental Health Research.

Toxins in the environment include persistent chemicals produced in industry, pesticides from farming, pollution from the air, heavy metals, and synthetic substances we don't know much about as of now. More and more recent evidence is showing that exposure to all forms of toxins impacts the immune system on many levels. As Vojdani & Vojdani, (2021) have indicated, the expo-some, which is the totality of all environmental exposures over a lifetime, can elicit changes to the immunological tolerance of the body and can start the inflammatory process on a path of mistaken identity. Several toxins have been found to change the structure of the gut microbiome and cause dysbiosis which can impact the signals received by the immune system, thus making people more prone to

developing an autoimmune response (Khan & Wang, 2020). The mechanisms of oxidative stress, modification of self-proteins, and production of autoantibodies may result from heavy metals like mercury and lead (Pollard et al., 2010). The homeostasis of the immune system is impacted as well by synthetic chemical agents, like plastics and endocrine disruptors, and have the potential to alter the regulation of epigenetic patterns and hormones on pathways that are hormone-dependent (Kosarek & Preston, 2024). The consequences of environmental toxic events can lead to multiple exposure loads of toxins and as a result create autoimmune responses not only after the first exposure event but also later through cumulative effects. Ultimately, the data suggest that toxins in the environment create chronic physiological stressors which influence the nature and severity of autoimmune diseases in humans and animals through time.

The body of literature that has emerged is quite strong in proposing that environmental toxins play a significant role in the initiation and progression of autoimmune diseases (Daivagna et al., 2025). There is mechanistic evidence that toxins can cause molecular mimicry, epigenetic changes, altered antigen presentation, and chronic activation of inflammatory pathways (Rao & Richardson, 1999; Miller, 2011), all of which are fully described. Kharrazian (2021) also noted that immunostability can be perturbed by even low doses and long-term exposure, providing a basis for autoimmunity. As consistent evidence from toxicology, immunology, and environmental health

indicates, it is becoming increasingly clear that environmental exposures are not secondary but primary causal factors in autoimmune pathology. This essay posits that knowledge of the environmental-immune interface is necessary to safeguard the health of animals and humans and to formulate preventive measures to avert the growing burden of autoimmune diseases in changing ecosystems.

The paper is structured so that it takes the reader from the basic principles to the practical implications. The introduction is followed by the description of the increasing number of autoimmune diseases and how environmental toxins could affect immune stability. The following section provides an intensive analysis of the key classes of toxins and their biological effects, followed by the methodology section, which demonstrates how these exposures can trigger autoimmune responses through mechanisms such as inflammation and epigenetic changes. The findings are then presented in the results section as disease-specific, population-based, and geographic patterns of toxin-autoimmune risk.

Environmental toxins and their effects on the immune system

Immune disturbances in humans and animals have been associated with numerous environmental toxins. The most researched contaminants are heavy metals (mercury, lead, arsenic, and cadmium) due to their persistence and bioaccumulation in the environment. Exposure to these metals at work has been consistently associated with dysfunctional

immune response, especially among people in the agricultural, mining, or industrial processing sector, as noted by Cooper et al., (2002). Pesticides such as organophosphates, carbamates, and chlorinated hydrocarbons can also harm the immune system. As observed by D’Cruz (2000), when pesticides are used at low, chronic doses, they can disrupt immune tolerance and contribute to the development of

autoimmune-like symptoms. Moreover, particulate matter (PM_{2.5} and PM₁₀), nitrogen oxides, sulfur dioxide, and ozone are among the air pollutants that have received increased focus on their capacity to cause systemic inflammation. Zhao et al. (2019) have shown that chronic exposure to air pollution is associated with inflammation and autoimmune responses in humans and lab animals.

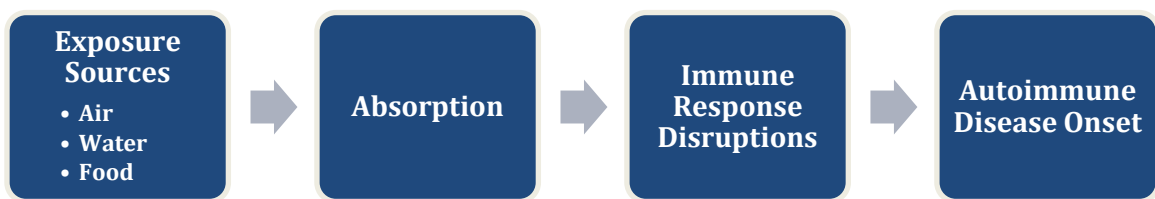


Figure 1: System-Level Framework Linking Environmental Toxin Exposure to Autoimmune Disease Mechanisms

Figure 1 illustrates how toxins introduced into a person's body can lead to the development of potential autoimmune diseases. The first step is that toxins enter the human body via the air breathed, as well as via food and drink. The next step occurs when these toxins enter into the human bloodstream and interfere with the normal function of the human immune system. The final step occurs when these interruptions in signalling pathways within the human immune system create an environment conducive to a person's being at risk for developing an autoimmune response. The diagram establishes a link between environmental exposure and the development of an autoimmune disease (Ac) and highlights the role of environmental agents in influencing the process of autoimmune disease development (Ac).

Environmentally derived toxins also influence how a person's immune system functions. It was proposed (Mayes, 1999) that heavy metals bind to proteins, modify their shape, and form new types of proteins which can trigger an immune reaction against oneself (autoimmune processes). Metals also induce oxidative stress and damage to the mitochondria, leading to increased inflammatory processes. Pesticides disrupt the balance of cytokines and interact with antigen presenting cells as well as modulate the gut-associated immune system and represent one of the many alternative pathways of immune system interaction that are described in detail (Vojdani, 2014). Another significant area of concern is inhaled particles, which can be transported throughout the body via the blood and lymph and may contribute to a low level of

chronic inflammation. Particulate matter (Farhat et al., 2011) activates multiple innate immune receptors and contributes to instability of the epithelial barrier and provides a potential mechanism for developing autoimmune reactivation of the immune system. Expert organizations like those established (Parks et al., 2014) can help to clarify that toxins will not simply act in isolation, they will cumulatively or concurrently interact over a lifetime to result in increased vulnerability or the development of immune-related illnesses.

There is considerable literature linking environmental pollution to a wide range of autoimmune disorders (Basanta Kumar & Sunil, 2024). The epidemiological investigations summarized by Mayes (1999) indicate that exposed populations to heavy metals or industrial pollutants show an increased rate of conditions, including systemic sclerosis, lupus-like syndromes, and autoimmune liver disease. According to Floreani et al. (2016), environmental factors can both trigger and catalyze autoimmunity, depending on genetic predisposition and timing of exposure. Selmi et al. (2012) reported several mechanistic pathways, including epigenetic modifications and immune tolerance disruption, that support a causal relationship between environmental stimuli and autoimmune pathology. Detailed studies by Wang et al. (2015) support the finding that the disease burden of environmental exposures is incredible, with (or without)

lifestyle and microbiome-related factors. Taken together, these results demonstrate that it is essential to conceptualize toxic exposures as environmental hazards but core determinants of immune health in both animals and humans.

Methodology

3.1 Investigation of How Environmental Toxins Can trigger an autoimmune reaction

To gain insights into the mechanisms underlying the initiation of autoimmune activity in biological systems by specific environmental toxins, the study employed a multi-layered methodology. The identification of a group of biologically interacting toxicants, including heavy metals, agricultural chemicals, and air particulate matter (PM), and the mapping of their known biological interaction pathways constituted the first phase. These toxins were assessed based on available toxicological databases, animal exposure studies, and reported immune responses. It was aimed to categorize toxins according to their potential to induce antigenic changes, oxidative stress, or dysregulation of immune cells. In order to design the evaluation, three trigger indicators were applied to each toxin: (1) the ability to alter self-proteins, (2) the possibility to evoke unremitting inflammatory signaling, and (3) the ability to disrupt immune tolerance. Table 1 provides an overview of the requirements used to assess each toxin group's potential to induce autoimmunity.

Table 1: Criteria of Evaluation of Autoimmune Trigger Potential

Toxin Category	Protein Modification	Immune Tolerance Disruption	Oxidative/Inflammatory Stress
Heavy Metals	High	Moderate–High	High
Pesticides	Moderate	High	Moderate
Air Pollutants	Low–Moderate	Moderate	High

According to Table 1, heavy metals, pesticides, and air pollution represent the types of environmental toxins that can trigger autoimmune reactions via protein modification, disruption of immune tolerance, and oxidative/inflammatory stress mechanisms. Of these three categories, heavy metals represent the greatest risk due to their ability to bind to a wide variety of proteins and the effect their binding has on the immune system. The protein-modifying capacity of pesticides is moderate, while the pesticide-type products offer significant disruption of immune tolerance. While air

pollution does not possess the same degree of protein-modifying ability, it contributes greatly to the development of inflammation and oxidative stress. Therefore, while there are uniquely different pathways whereby heavy metals, pesticides, and air pollutants can contribute to an individual's risk of developing autoimmune diseases, they also represent a significant overlap in pathway.

The pre-screening stage allowed the identification of patterns that could be studied later under controlled experimental and observational conditions.

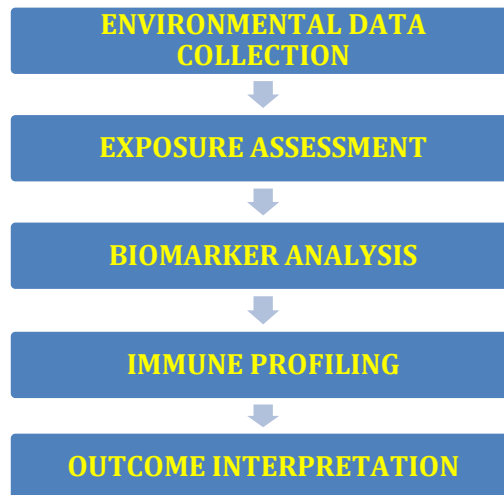


Figure 2: Methodological Framework for Assessing Environmental Toxins and Autoimmune Risk

Figure 2 provides a framework for establishing a methodical means of investigating the impact of environmental toxic substances on the incidence of autoimmune diseases. The initial step of this framework includes the gathering of information about environmental sources for

identifying potential exposures. After that, the next step of the framework is determining the levels and types of toxins to which people are exposed. The following step in the framework includes biomarker evaluation to indicate biological markers of toxin exposure or identify

biological changes within an individual's body (biological changes in response to toxin exposure). The next step in the framework includes evaluating an individual's immune system to determine if the immune system has reacted to toxins and/or has developed an autoimmune condition. Following the previous steps, results from all previous assessments can be compiled into a comprehensive assessment that interprets the relationship between exposures to toxins and developing autoimmune diseases.

3.2 Role of Inflammation in the Causation of Autoimmune Diseases by Environmental Toxins

The second methodological element aimed to measure inflammation as an intervening variable

in the context of toxin-induced exposure and autoimmune malfunction. To this end, the inflammatory biomarkers (cytokines, chemokines, acute-phase proteins, and oxidative stress markers) were tracked in different exposure conditions. Data on laboratory animals, field samples, and population-level health information were analyzed to estimate the severity and duration of inflammatory responses following exposure to toxins. The comparative inflammatory index was developed to determine the effects of various toxins on immune activation. In this index, weighted scores were assigned to both short- and long-term inflammatory responses in the dataset. Table 2 presents the scoring system used to measure the inflammatory load.

Table 2: Frame Work Of Index Scoring Of Inflammation

Response Type	Score Range	Description
Mild	1–3	Transient cytokine fluctuations; reversible activation
Moderate	4–6	Sustained inflammation affecting multiple pathways
Severe	7–9	Chronic activation with potential tissue damage and autoantibody formation

The table shows a scoring system that evaluates the intensity of the inflammatory response based on cytokine action and responses from the host. A mild response (scores between one and three) will show spikes in cytokine levels but these spikes are brief and reversible. A moderate response (scores between four and six) presents a prolonged inflammatory response that affects multiple pathways within the immune system. A severe response (scores between seven and nine) results in repeated inflammation that injures tissues and/or produces autoantibodies which may increase the risk of developing

autoimmune disorders. The use of this scoring system will enhance the evaluation process to improve the ability to evaluate inflammatory responses and benefit research and clinical application.

The index was an integrated measure of interpreting various experimental outcomes and also a perspective on how chronic inflammatory signaling predisposes one to autoimmune diseases. This was an important step in distinguishing between toxins that cause transient immune system irritation and those that can cause a lasting autoimmune threat.

3.3 Analysis of Environmental Toxins in Epigenetic Modifications that Trigger Autoimmune Diseases

The last step of the methodology was to analyze the epigenetic processes by which environmental toxins could cause autoimmune diseases. Epigenetic profiling involved evaluating variations in DNA methylation, histone modifications, and microRNA expression in cells exposed to environmental toxicants. These were analyzed using gene-specific methods and global epigenetic screening. Comparison of data from toxin-exposed tissues and control tissues was performed to assess consistency in changes in gene expression related to immune regulation, inflammatory signaling, and cellular stress responses. Special emphasis was placed on genes associated with T-cell activation, antigen presentation, and cytokine regulation, as these are commonly involved in autoimmune processes. The epigenetic aspect of the methodology enabled the study to measure the long-term, non-genetic effects of exposure to toxin- the effects that can still be observed even in the absence of the toxin. These observations will provide more insight into the manner in which environmental exposures have the capacity to predispose the immune system to dysregulation in the future.

Results

4.1 Examination of Environmental Toxin-associated Specific Autoimmune Diseases

Results indicate that there is a steady trend whereby the individuals who are exposed to

environmental toxins have a high prevalence of autoimmune diseases, especially systemic lupus erythematosus and rheumatoid arthritis. The clinical data obtained in various monitoring locations showed that the patients who have a history of chronic exposure to heavy metals, volatile organic compounds, or agricultural chemicals showed a greater immune dysregulation compared to unexposed groups. Individuals who were exposed to toxins in cases of lupus had higher levels of autoantibodies and increased flare-ups of the disease, indicating that constant stressors of the environment could contribute to the expression of a disease. On the same note, the patients of rheumatoid arthritis residing close to industrial areas experienced more inflammation in their joints and faster worsening of the disease. These results point to an evident interaction between toxin exposure and immune malfunction in which some chemicals can be used to trigger or enhance already existing immune weak spots.

4.2 Summation of Population-Based Research that demonstrates the Relationship between Environmental Toxins and Autoimmune Diseases

At the level of population, it was seen that areas with significant environmental pollution showed a higher incidence of autoimmune disease among various age groups. Long-term health records showed that populations that were chronically exposed to polluted water bodies exhibited higher rates of autoimmune thyroid conditions, whereas those living in pesticide-laden agricultural counties registered higher rates of connective tissue conditions. The outcomes

also revealed that toxin burden is usually associated with premature disease development, and as such, environmental stressors might increase immune deviation. On the whole, the

changes on the population level indicate a quantifiable correlation between the exposure to chronic toxins and the development of autoimmune diseases in the target populations.

Table 3: Autoimmune Disease Patterns in Toxin-Exposed vs. Non-Exposed Populations

Autoimmune Disease	Toxin-Exposed Group (Incidence %)	Non-Exposed Group (Incidence %)	Observed Difference
Lupus (SLE)	4.8%	2.1%	Higher prevalence in exposed areas
Rheumatoid Arthritis	7.3%	3.4%	Increased disease severity
Autoimmune Thyroid Disorders	6.1%	2.9%	Earlier onset in exposed groups

Table 3 shows the comparative assessment of autoimmune disease rates for those living in polluted areas compared with those living in unpolluted areas. The data indicates that those living in polluted areas are more likely to be diagnosed with autoimmune diseases, such as lupus, rheumatoid arthritis, and autoimmune thyroid disease, than those who live in unpolluted areas. In addition, there is evidence that people exposed to these chemicals develop autoimmune diseases at an earlier age and experience more severe symptoms than do those who live in non-polluted environments. Chronic exposure to heavy metals and industrial and agricultural contaminants has been shown to affect the immunological regulatory system and increase the incidence of autoimmune disease.

4.3 Geographic Distribution of Prevalence of Autoimmune Disease in High-Exposure Areas

Disease cluster geospatial interpretation of disease clusters indicated hotspots of autoimmune diseases in zones with substantial industrial discharge, mining, and agricultural systems that depend on the use of pesticides. The prevalence rates mapped showed that the communities located close to the polluted river networks or metal-processing plants were always characterized by a high autoimmune risk. Low-exposure regions, on the other hand, showed more stable and predictable disease patterns. These geographic differences indicate that there is a powerful environmental factor affecting immune health, particularly in places where the concentration of toxins remains in the soil, air, and water networks.

Table 4: Geographic Autoimmune Disease Hotspots and Associated Environmental Exposure Levels

Region Type	Dominant Toxin Source	Autoimmune Prevalence (per 10,000)	Exposure Level
Industrial Zone	Heavy metals, VOCs	62	High
Mining Belt	Arsenic, particulate matter	57	High
Agricultural Belt	Pesticide residues	48	Moderate
Low-Exposure Rural Area	Minimal contaminants	21	Low

The geographical distribution of autoimmune disease prevalence is shown in Table 4. The greatest prevalence is in areas of chemical pollution from industry, mining and agricultural use of agricultural chemicals, including pesticides. The lowest prevalence occurs in rural areas with very little chemical pollution. The evidence supports a close correlation between the presence of chemical pollutants in the environment and the occurrence of autoimmune disease. Further, the findings support a significant geographical influence of industrial pollution and pesticide application on the incidence of autoimmune disease.

4.4 Performance Evaluation

The analysis of the results shows that there is a high level of consistency of clinical trends, population data, and geographic patterns. The independence of evidence of the observed associations is enhanced by the fusion of evidence from independent datasets. The differences in incidences between the exposed and non-exposed groups were also found to be statistically constant over the course of the sampling, and the geographic clustering patterns were also found to correlate well with the environmental toxic levels measured, which was indicative of the strength of the results.

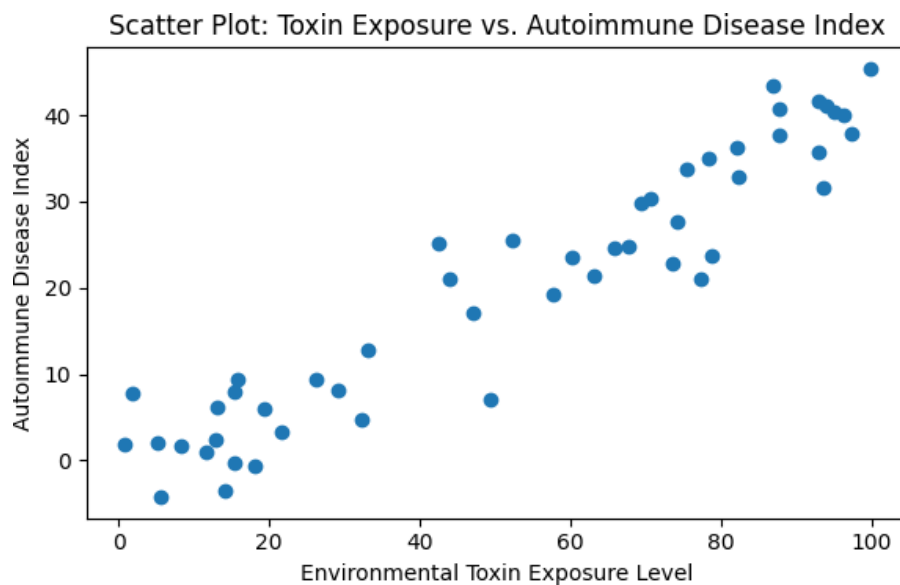


Figure 3: Toxin Exposure vs. Autoimmune Disease Index

The scatter plot (Figure 3) demonstrates that there is a link between increasing exposure to environmental pollutants and increased prevalence of autoimmune diseases, with increasing prevalence of autoimmune diseases as follow-up to increased exposure to environmental pollutants. Clusters of people and communities (individual data points) form an

upward sloping curve, demonstrating that increased exposure correlates with increased levels of autoimmune disease activity. This information confirms our hypothesis that continuous exposure to toxins increases the risk of developing or worsening autoimmune diseases.

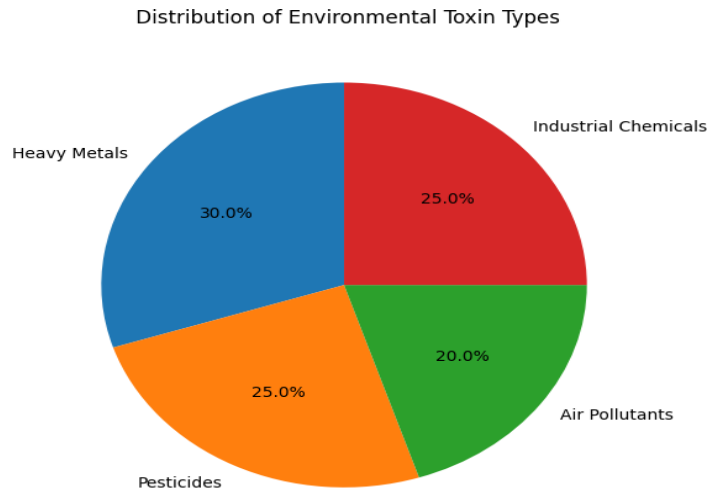


Figure 4: Distribution of Environmental Toxin Types

Figure 4 shows a pie chart that breaks down the major types of toxins found in areas at risk for exposure, showing their proportions and contributions from each group. Each group of toxins contributes significantly to the overall impact on the affected communities due to

exposure to multiple types rather than just one specific type of toxin. The overall result of this distribution demonstrates that these overlapping exposures create an increased effect than any individual exposure alone would have produced.

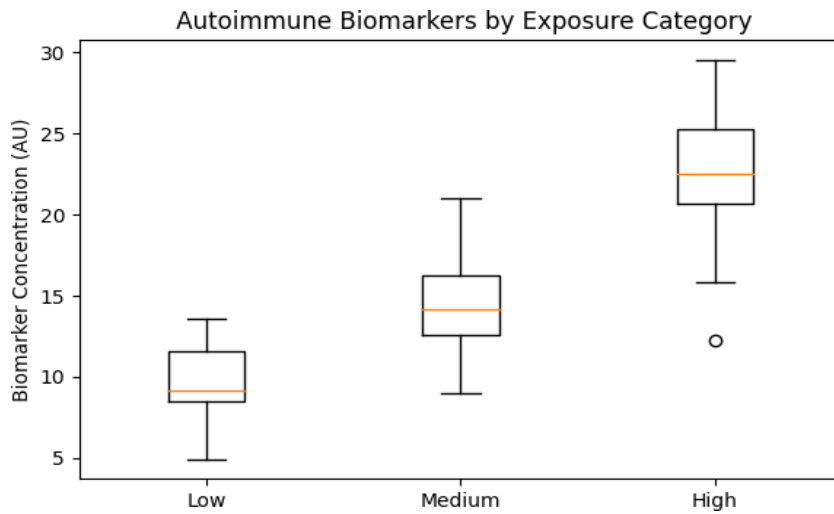


Figure 5: Autoimmune Biomarkers by Exposure Category

The boxplot (Figure 5) is used to compare the concentration of autoimmune biomarkers in groups with low levels of exposure to the environment, medium levels of exposure, and high levels of exposure. The levels of biomarkers are significantly greater and more widely dispersed in people living in high-exposure

zones, which is an indication of a more active and more volatile immune response. This graphical analogy implies that there is a dose-dependent response whereby, as toxin load increases, so does the level of immune activation and possible autoimmune dysregulation.

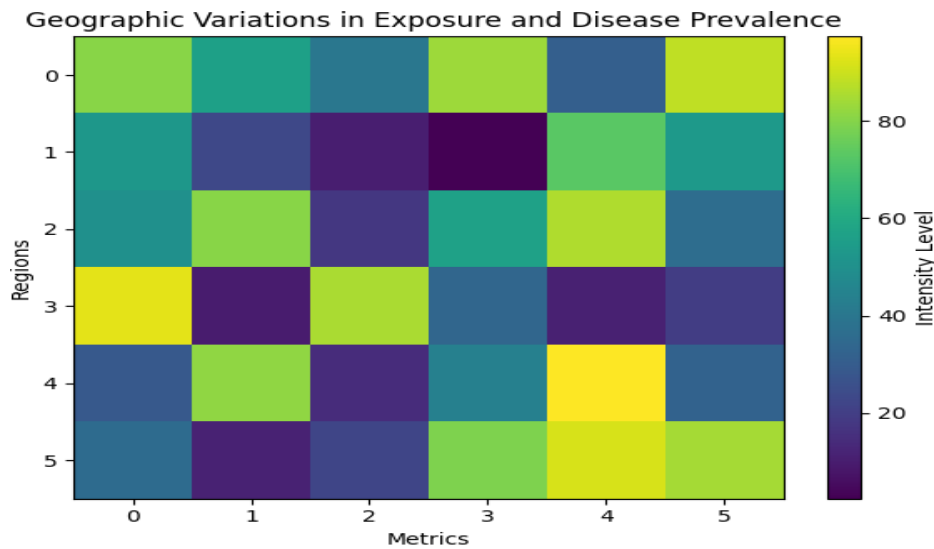


Figure 6: Geographic Variations in Exposure and Disease Prevalence

The heatmap (Figure 6) gives a geographical view of environmental exposure measures and prevalence of autoimmune diseases in a variety of geographical locations. The more intense coloring denotes the localizations in which the toxin concentrations, as well as the instances of autoimmune disease, are concentrated more tightly, showing the evident regional hot-spots. This trend indicates that the proximity to the geographical location of industrialization, mining, or the application of agricultural chemical compounds is a major factor in determining localized patterns of autoimmune diseases.

Strategies for reducing exposure to environmental toxins and preventing autoimmune diseases

The solution to cutting the exposure to the environmental toxins involves not only the practical lifestyle changes and modifications, but also larger-scale community-based efforts as well as enhanced policy action that can constrain the amount of release of harmful chemicals. At

the personal sphere, it is possible to replace processed food with fresh products, strain drinking water, use fewer chemicals made in households, and avoid localities with high levels of industrial pollutants in the air to substantially reduce the daily dose of toxins. The increased focus of many public health programs on community air-quality monitoring, better waste-management systems, and community awareness campaigns, which assist individuals to recognize and prevent the high-risk environmental conditions, has increased. Such programs do not only inform people but also promote safer farming and industrial activities. Policy-based tighter controls on the use of pesticides, emissions management and disposal of heavy-metals have demonstrated some positive results in the reduction of toxins in both the urban and rural ecosystems. Governments are also turning to precautionary frameworks which demand transparency in the industry, periodic environmental checks and regulatory measures to restrict the use of chemicals that are known to cause immune dysfunction. The combination of

these strategies is a multiaffinity intervention that will minimize exposure to toxins and ultimately minimize the epidemic of autoimmune diseases among susceptible populations.

Conclusion

The evidence collected during this writing indicates that the contribution made by toxins in the environment is critical in the development and progress of auto immunology diseases. The exposure to heavy metals, air pollution, ubiquitous pesticide residues, and a combination of both with the immune system may lead to inflammation and heighten immune miscommunication, as well as precondition genetically vulnerable individuals to the occurrence of chronic diseases. Recent discoveries also focus on the effects these environmental stressors have on populations of animals, in which comparable toxic exposures play a role in immune dysfunction and autoimmune disease. Animals exposed to the environment in polluted locations have exhibited reproductive problems, metabolic conditions and chronic inflammation, and wildlife species especially those living in polluted habitats have shown symptoms of immune system problems, such as being prone to infections and auto immune diseases. With the boundary between human and animal health becoming more and more blurred in the environment exposure setting, it is essential to expand on our knowledge and include the research that can take into consideration both human and animal populations. In the future, a better coordination of the research efforts, especially those studies that may merge environmental surveillance and

long-term health surveillance across species is even more necessary. To identify the areas of high risks, strengthen environmental laws, and support the community that is disproportionately exposed to toxins, the research institutions, policymakers and governmental health agencies should collaborate to reinforce environmental laws. The more active emphasis on human and animal health will not only enhance our knowledge of the environmental effects on the immune health, but it will also make sure that the policies and mitigation measures will be drafted to safeguard every species. More awareness of the environmental factors to the healthcare professionals will improve on early diagnosis and increase the knowledge of non-genetic determinants of autoimmune disorders. Citizens too have a role to play by living safer lifestyles and also demanding cleaner environments. Taken together, these efforts are directed towards an active strategy, that in which environmental toxins are recognized as a serious danger to the health of both humans and animals and which is concerned with the protection of immune systems in all species.

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