A Systematic Review on Multiple Sclerosis with its Pathophysiology and Drugs for Treatment

Shriniwas Mohanrao Jadhav[1]*, Dr Ashish Jain[2], Dr Akhlesh Kumar Singhai[3]
[1,2,3] School of Pharmacy, LNCT University, Kolar Road, Bhopal, M.P. (India)
Email: jadhavshriniwas@gmail.com

Abstract
A chronic neuroinflammatory disease of the brain and spinal cord termed Multiple Sclerosis (MS) afflicted about 2.5 million people globally. This is a general cause of severe physical disability in young adults, particularly in women. A major personal along with socioeconomic burden is posed by it and 30 years is the disease onset's average age. Around 50% of patients need everlasting use of a wheelchair after diagnosis. An observational study has presented genetic and environmental influences via an underlined pathophysiology, which is broadly believed to be autoimmune in nature, while the exact etiology of the disease is unfamiliar. Inflammatory lesions that cause (a) neuronal demyelination, (b) axonal damage, along with (c) subsequent neurological dysfunctions succeeding the multiple plaques generations in the white and grey matter of the spinal cord and brain are the underlying pathophysiology hallmarks. Hence, this study explained the drugs approved for MS's treatment, the pathophysiology of MS, MS with its types, and Therapeutic approaches centered on pathophysiological mechanisms in MS. The physical activity levels betwixt patients with MS, as well as MS prevalence by race and ethnicity, are also examined by this work.

Keywords: Multiple sclerosis, Central Nervous System, Pathophysiology, Drugs and Demyelination.

1. INTRODUCTION

As per the National MS Society, it is observed that over 2.8 million populace are living with MS [1]. From two hallmark characteristics of this disorder, namely 1) "multiple" affected areas of the brain and spine that produce "multiple" different symptoms and disability, and 2) highly characteristic "sclerosed" areas (scar-forming) in the brain and spine, also called lesions, the term "multiple sclerosis" was derived [2]. Major autoimmune-associated neurological diseases, which mostly impair the Central Nervous System (CNS) are termed MS [3]. MS involves CNS inflammation's recurrent bouts, which result in damage to both the axons themselves along with the myelin sheath surrounding axons, early in the disease course [4]. Although MS can occur at any age, the majority of people with MS are diagnosed betwixt 20 and 50 years of age; also, the records examined that females' attacks double than males' attacks. When analogizing with men, it has the topmost incidence rate in women [5]. Several people develop an irreversible disability even though the course is highly variable, and in young adults, MS remains a leading cause of neurological disability [6]. In MS disease, the myelin sheath, which is regarded as the nerve fibers' protective covering, is attacked by the body's immune system; thus, communication issues betwixt the brain and

other body parts rise. Eventually, the disease results that the nerves damaging or deteriorating themselves partially, and at times they are permanently damaged [7]. The differences betwixt the healthy nerve and the nerve affected by MS are described in figure 1.

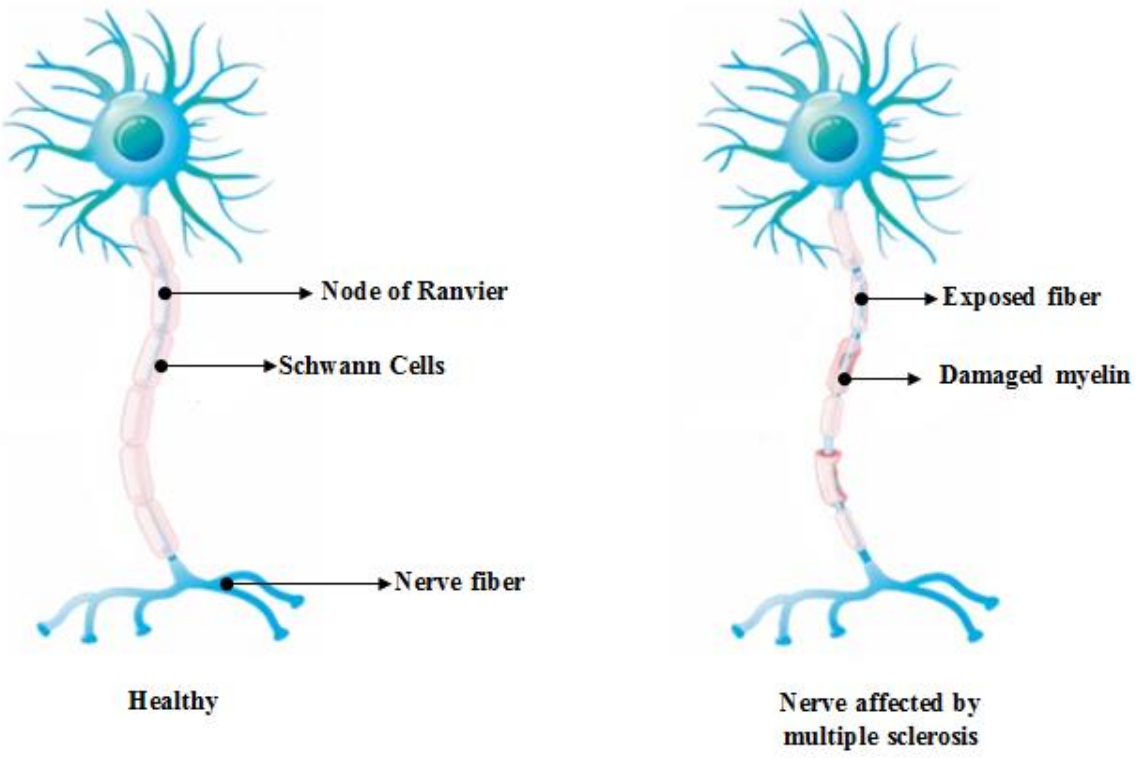

Figure 1: Differences between the healthy nerve and the nerve affected by MS

Centered on the extent of nerve damage and the specific function of the nerves affected, MS symptoms differ [8]. Beginning with MS disease, the Centers meant for Disease Control, along with Prevention has begun a model for collecting data on neurologic conditions. A few of the essential trends and risk factors are identified by the experts [9, 10]:

- **Age:** Mostly, MS is identified betwixt the ages of 20 and 50; in addition, it shows that it can take place in youth and elder people.
- **Gender:** The study showed that a major role was played by hormones and MS was general in women more than 2 to 3 times.
- **Ethnicity:** Amongst white people with northern European ancestry, MS is more common.
- **Geography:** In a location within limits of the equator, MS is very general. However, it cannot be stated that the people living in the same location are at risk equally.

MS is regarded as a considerable disease and MS prevalence is centered on different latitude gradients in various countries [11]. General physical impairments led by MS comprise decreased walking, increased variability, muscle weakness, spasticity, along with reduced balance and coordination, which was the problem [12].

The remaining part of the survey work is structured as follows: the survey on MS with its pathophysiology along with the present knowledge of the drugs for treatment is described in

section 2, the findings and analysis are indicated in section 3, and in section 4, the work is wrapped up.

2. LITERATURE REVIEW

People having MS live with a huge disparity in (a) symptoms, (b) impairments, along with (c) functional constraints. For the person living with MS, an acute burden was exhibited by the unpredictable course of MS and the related impairment and limitations. Mostly, in most persons with MS, it is depicted that the disease is neurologically active even though there might be long periods of time with few or else no symptoms. Here, section 2.1 depicts the survey on MS; section 2.2 elucidates the survey on the pathophysiology of MS; section 2.3 explains the survey on the drugs approved for MS treatment.

2.1 SURVEY ON MS

CNS's chronic inflammatory disease that causes focal lesions in the white matter of the brain along with the spinal cord, which is considered by key demyelination with axonal loss's variable extent is termed MS [13, 14]. Genetically susceptible individuals' neuroimmunological systems might be modulated by microbial agents even though infectious etiology evidence remains inconclusive as MS cause in humans [15, 16].

Jagannath, et al. [17] elucidated the vitamin D meant for the management of MS. Randomized Controlled Trials (RCTs) was searched for MS treatment. As per the diagnostic criteria of Schumacker, participants of around 18 years of age or else older were identified with MS diagnosis. As per the evaluation, irrespective of the form and dose wielded, vitamin D supplementation gave no apparent benefit for people with MS. However, for managing MS, the present data associated with Vitamin D was limited.

Hans, et al. [18] elucidated the pathogenic mechanisms related to diverse clinical courses of MS. As per white matter lesions, MS-specific soluble factor drove the demyelination and neurodegeneration; also, it persuades tissue damage directly or else indirectly via microglia activation. But, the attained values were limited.

Stefanie, et al. [19] examined the inflammation in MS. Shifting the immune cell repertoire as of a pro-inflammatory in an anti-inflammatory phenotype was the goal of MS therapies. As per the findings, a huge augmentation of dietary supplements was depicted as add-on therapies. MS disease was affected since potential supplements were presented by coenzyme Q10.

Massimo, et al. [20] identified progressions in MS with the new perspectives. Defining biomarkers for the identification of MS progression was the goal. As per the propitious findings, in the clinical setting, a few factors hamper its usage by the best role of Positron Emission Tomography (PET), particularly for recognizing MS pathophysiology. However, there was a lack of longitudinal assessment, which documents various lesion kinds' dynamic evolution that spans as of early relapsing to late progressive stages.

Gisela, et al. [21] elucidated fresh insights into MS's burden and costs in Europe. Data, which might be fused with other evidence, was offered by the European burden of illness study. As per the evaluation, in (a) mild, (b) moderate, along with (c) severe disease, the Mean costs were 22,800€ PPP, 100€ PPP, and 57,500€ PPP, respectively; where, healthcare accounted for 68%, 47%; 26%, 95%, as well as 71% of participants reported fatigue and cognitive challenges.

2.1.1. Types of MS

An unpredictable disease of the CNS, which disrupts the information flow within the brain, and betwixt the brain and body, is termed MS [22]. There were '4' categories in MS. The NMSS defined the '4' categories, which were dependent upon the medical community hugely; in addition, it engenders a usual language to diagnose and treats MS [23]. MS kinds are termed as the way the disease acts on the body over time. Relapsing-Remitting MS (RRMS); Secondary Progressive MS (SPMS); Primary Progressive MS (PPMS) along with Clinically Isolated Syndrome (CIS) are the sorts of MS [24]. The works on types of MS with their results and limitations are elucidated in table 1.

Table 1: Works on types of MS with its results and limitations

AUTHOR NAME	TYPES OF MS	FINDINGS	LIMITATIONS
Maria, et al. [25]	PPMS	Analysis showed that with an accuracy within one point in 38, long-term disability change was predicted by linear regression technique out of 49 patients (77.6%).	An assessment of ambulation and cognition was not encompassed in the clinical analysis.
Bruno, et al. [26]	SPMS	Results showed that when analogized to the depicted MS, SP form was related to an augmented cognitive impairment frequency, along with severity.	The healthy subjects' control group wasn't encompassed.
Floriana, et al. [27]	SPMS	Analysis as of the pre-specified per-protocol populace at 24 weeks advised that opicinumab enhanced remyelination in the human CNS.	Mechanisms underlying MS were not properly analyzed.
Stefan, et al. [28]	RRMS	Analysis indicated that in annualized relapse rates, there was a constant reduction in annualized relapse rates and fewer recurrent Expanded Disability Status Scale (EDSS) progression along with augmenting periods devoid of relapse when contrasted with '3' index	However, efficacy data is paucity afar 3 years of treatment.

		periods.	
Yaou, et al. [29]	CIS	Results showed that in MS (P = .007), diminished functional connectivity like (a) occipital, (b) temporal, together with (c) frontal cortices; also, the insula was detected; in addition, a similar yet smaller component was observed in CIS (P = .032).	The research was cross-sectional in design; also, it couldn't exhibit how functional brain networks reorder dynamically as MS sustains to advance.
Bonaventura, et al. [30]	SPMS	Analysis indicated that worsening of disability was not experienced by no patients with RRMS, 60% depicted a Sustained Reduction in Disability (SRD)	The information diagnosis part was very few.
Yuli, et al. [31]	CIS	Results showed that with more than 85% of the subjects, CIS was a solid disease identity with CIS progressing diagnosis to RRMS.	Estimation wasn't centered on a "true" model.
Gloria, et al. [32]	CIS	Analysis indicated that erum NfL was enhanced in patients with a recent relapse and gadolinium-increasing lesions at baseline MRI.	Important covariates processes including MRI were not much focused.

Tilman, et al. [33]	PPMS	From the findings, it had been shown that in 54.4% of PPMS and in 43.0% of RRMS patients, positive MRZR-2 was found.	There was a lack of data concerning ethnicity.

Ralph, et al. [34] elucidated the siponimod and cognition in SPMS. EXPAND was wielded as a double-blind, placebo-controlled phase three trial encompassing 1,651 patients having SPMS randomized (2:1) to each siponimod two mg per d or else placebo. As per the evaluation, for including a 4-point continued degradation in SDMT score (Hazard Ratio [HR] 0.79 [0.65–0.96]; p = 0.0157), siponimod-treated patients were at considerably minor risk. Yet, demographic data like education or else common MS symptoms weren't gathered.

Jose, et al. [35] explained the prodrome in RRMS and PPMS. As per the outcomes, when analogized to other controls, just RMS showed several visits to dermatologists (31%) and orthopedic surgeons (28%). PPMS cases had 48% fewer dermatologist visits while the '2' MS phenotypes were evaluated. PPMS diagnosis was tedious; also, subsequent therapeutic options were constrained.

M.F. Elettreby, et al. [36] explored the simple mathematical model for RRMS. They were implemented for clarifying the demyelinating lesions disorder's concentric pattern. By minimizing the network efficacy, the clinical deterioration in MS patients with lengthier disease duration was escorted. However, the system has to be transformed into a discrete case; also, for deriving the bifurcation condition, an extensive mathematical study must be conducted.

Kristin, et al. [37] expounded on the neuro-filament light chain predicting disease activity in RRMS. By employing a single-molecule array assay, NF-L serum levels were evaluated; ELISA conducted CHI3L1; in the end, by employing mixed effect techniques, the estimation for the relation of clinical along with MRI disease activity was evaluated. As per the evaluation, in patients having T1 gadolinium-augmenting lesions (37.3pg/mL and Inter-Quartile Range [IQR] 25.9–52.4) together with T2 lesions (37.3 pg/mL and IQR was 25.1–48.5), NF-L levels were higher considerably.

2.2 SURVEY ON THE PATHOPHYSIOLOGY OF MS

The Pathophysiology of MS is restricted to the CNS [38, 39]. Usually, lesions don't vary considerably in MS's diverse classic forms previously detected regardless of dynamic alterations over time in MS pathology [40].

Zina, et al. [41] elucidated the fatigue's pathophysiological and cognitive mechanisms in MS. Overall, 4 important classes of the mechanisms of pathophysiology had been aimed. For treating fatigue in MS, clinical studies on fampridine efficacy were acquired mixed outcomes so far. To evaluate candidate tools' clinical use, prospective patient studies weren't offered.

Ettore, et al. [42] explained the extracellular vesicles' emerging role in MS pathophysiology. Clinical report depicting the MVs relations circulating in MS biological fluids with (i) clinical parameters, (ii) cell activation contributing to MS pathogenesis, together with (iii) the therapeutic response was noted. As per gathering evidence as of clinical and prevalently from preclinical outcomes, in the pathogenesis of MS, (A) multivesicular released as of endothelial

cells, (B) platelets, (C) leukocytes, (D) myeloid cells (monocytes or else macrophages or microglia), (E) astrocytes, along with (F) oligodendrocytes were encompassed.

Borros, et al. [43] elucidated the effect of B cells on MS pathophysiology. A considerable link was there betwixt B and MS. B cells act as an important plasma cell source; thus, antibodies were engendered; also, autoimmune processes along with T cell production were regulated. To evaluate the definite system, which underlies the relation betwixt specific B cell categories and MS, research was essential.

Simon, et al. [44] explained the PPMS from the pathophysiology to therapeutic strategies. No effects were provided on the percentage of brain volume alteration in any treatment arm, as per the preliminary outcomes depicted at the 2018 Congress of the European Committee for Treatment and Research in MS (ECTRIMS). But, the result metrics were heterogeneous; also, it doesn't depict treatment effects on disease production frequently.

Mariarosa, et al. [45] described MS fatigue's pathophysiology, assessment, and management. The key (A) pathophysiological hypothesis, (B) fatigue assessment scales, along with (C) management was elucidated. As per the outcomes, in the therapeutic trials, the assessment scales' large heterogeneity was deployed; also, it was liable for uncertain results. However, there was constrained reporting on the example characteristics; for instance, disease-changing treatment groups, adverse events, along with patient compliance with treatment.

2.1.1 Therapeutic approaches based on pathophysiological mechanisms in MS

The MS pathophysiology's present view recommended that several potential targets along with modes of therapy meant for MS were delineated. Interventions focused to secure betwixt cell-cell as well as cell-endothelial signaling via interference in adhesion molecules along with chemokine techniques [46, 47]. For therapeutic antiadhesion molecule antibodies and anti-chemokine, an inviting target is provided [48]. The therapeutic methods based on pathophysiological mechanisms in MS are described in table 2.

Table 2: Work on the therapeutic methods based on pathophysiological mechanisms in MS

AUTHOR NAME	THERAPEUTIC METHODS	PROCESS	FINDINGS
Lorna, et al. [49]	Antiviral therapies	Blood Brain Barrier (BBB) Disruption	Results demonstrated that in initial myelinating cultures, which reproduce CNS's functional complexity, a functional antiviral response could be initiated by various lipid-reactive IgM monoclonal antibodies (mAb).
Samira, et al. [50]	Integrin inhibitors	Cell recruitment	The analysis showed and proved that in critical and normal conditions, anti-coagulant therapy was more beneficial.

Maxime, et al. [51]	MMP (matrix metalloproteinase) inhibitors	Cellular CNS invasion	In various clinical trials, neutralizing antibodies or else small molecule inhibitors meant for CCR1 together with CCR2 was analyzed in MS instead of disappointing as these agents depicted no or else just modest efficacy.
Kristina, et al. [52]	Immunosuppression	Humorally-mediated injury	Analysis indicated that due to infection (29.2%), 24.7% patients died. 94.6% and 82.2% were the cumulative survival at 5 and 10 years.
Didonna, et al. [53]	Gene therapy	Implicated process	The analysis detected 1,961 non-MHC autosomal regions, which encompassed 4,842 presumably statistically independent single nucleotide polymorphisms (SNPs)
Robert, et al. [54]	Free radical scavengers	Injury mechanisms	Results showed that the neuroprotective effects of Minocycline hydrochloride were achieved through multiple mechanisms
C. Lubetzki , et al. [55]	Leukemia inhibitory factor	Remyelination	Analysis showed that the human brain's capacity to self-regenerate demyelinated lesions has opened and proven for specific fields aimed at fostering this endogenous potential

Laura, et al. [56] delineated that regulatory T cells endorse remyelination in MS murine experiential autoimmune encephalomyelitis system after a human neural stem cell transplant. The University of (A) California, (B) Irvine Institutional Animal Care, along with (C) Use Committee approved the experimentations. As per the outcomes, a specific Treg response was elicited by the hNSCs transplantation, which causes diminished neuroinflammation and augmented remyelination.

Bert**, et al. [57]** elucidated the experiential autoimmune encephalomyelitis in the usual marmoset as a translationally associated technique for MS. In preclinical research,

Experimental Autoimmune Encephalomyelitis (EAE) was often wielded. In marmosets sensitized in contradiction of MOG34-56, along with extensive demyelination in the white along with the grey matter of the brain as well as spinal cord, 100% EAE incidence was observed.

Andreas, et al. [58] examined the antigen-specific immune tolerance in MS. In clinical trials, various tolerization and diverse methodologies associated with MS were wielded. The significance of electing the optimal stage for the mentioned different tolerization techniques was highlighted by the trial. In the clinical trial, the effect was tedious to verify.

2.3. SURVEY ON THE DRUGS APPROVED FOR THE TREATMENT OF MS

Enormous drugs are now sold with fast augmentation in effective MS therapeutic drug development [59]. FDA (Food and Drug Administration) accepted only some drugs even though several drugs are wielded for treating MS in the clinic [60]. The list of drugs approved to treat MS with its findings and limitations are elucidated in table 3.

Table 3: List of drugs approved to treat MS with its findings and limitations

AUTHOR NAME	DRUGS	FINDINGS	LIMITATIONS
Pavelek, et al. [61]	IFN-β-1a (Avonex), GA and IFN beta-1b (IFNb-1b)	The result showed that when comparing IFNb-1a (44 mcg), glatiramer acetate (GA) exhibited a considerable augmentation in relapse-free patient percentage.	There was a lack of paraclinical data, mainly MRI data, which are not present.
Naismith, et al. [62]	Tecfidera	Analysis indicated that owing to AEs, total treatment discontinuation was 14.9%; 6.3% and owing to gastrointestinal adverse events (AE) it was <1%, and gadolinium-enhancing lesions were decreased at week 48.	The way to access potential long-term safety and efficacy was constrained by the analysis.
Jonathan, et al. [63]	Daclizumab	Results indicated that for urine dextromethorphan to dextrorphan, the geometric mean ratio was 1.01, a 90% conference interval (0.76–1.34), which extended outside the no-effect boundary.	This evaluation's retrospective nature, constrained sample size, and variability in monitoring were the limitations.

Imer, et al. [64]	Fingolimod	Results showed that representatives of 3 independent experimentations, signified as % of control along with means ± S.D. (n = 3-4). ***p<0.001, ****p<0.0001 regarded important statistically while weighed against respective DMSO-treated control values.	Disease amelioration was still not clearly explained.
Andrew, et al. [65]	Siponimod	Analysis showed that the phase-three research recommended that siponimod could be helpful in secondary enlightened MS in patients with disease activity.	Unnecessarily, the first-dose observation period had been included.
Naismith, et al. [66]	Tecfidera	Analysis showed that when analogized to dimethyl fumarate (DMF), fewer patients had discontinued Diroximelfumarate (DRF) owing to AE (1.6% vs 5.6%) along with gastrointestinal adversarial events (0.8% vs 4.8%).	While patients self-assess GI events, there was a probable bias toward over-reporting.
Bryan, et al. [67]	Cladribine	Results showed that Cladribine depleted class-switched along with unswitched memory B cells to levels evaluative with alemtuzumab, yet devoid of the related primary lymphopenia	A vital component of relapsing MS was mediated by the memory B cells, which was not proved by the study.

Marinella, et al. [68]	Natalizumab	From findings, it had been found that after 24 administrations, there were no established guidelines concerning natalizumab treatment, since the therapeutic switches were not homogeneous.	Biomarker was not utilized as an effective therapeutic one

Mahdieh, et al. [69] expounded on the neutralizing antibody secretion in contrast to Rebif® along with ReciGen® in RRMS patients; also, its relation with the patient's disability. 71 RRMS patients' serum samples (34 in ReciGen®, 37 in the Rebif® group) were amassed. As per the evaluation, the augmentation in EDSS score was considerably superior in NAb+ patients when analogized to NAb− patients ($p \leq 0.05$) in ReciGen® and Rebif® groups.

Christine, et al. [70] examined the glatopa® (GA) development as the 1st FDA-approved generic disease-modifying therapy for deteriorating MS forms. With the expectation that the introduction of generic Disease-Modifying Therapies (DMTs), along with eventually biosimilar DMTs will cause upcoming enhancements in the affordability, the approval of Glatopa signifies and proved a significant milestone in the USMS-treatment landscape. Generic GA couldn't be distinguished from Copaxone by quantitative characterization.

Jessica, et al. [71] described alemtuzumab's effectiveness along with safety in patient's real-life cohort with MS. After alemtuzumab, data was collected grounded on age, sex, MS history, EDSS, relapses, together with Magnetic Resonance Imaging (MRI) parameters. As per the outcomes, in patients shifting as of a 2nd-line therapy ($p = 0.011$), the time to 1st relapse was shorter. 43.7% had no sign of disease activity over 2 years. The patients who were helpful to make deductions in efficacy; also, longer-term safety data were less.

Lidia, et al. [72] analyzed the stark meningo-/encephalitis subsequent to daclizumab therapy for MS. Retrospective cohort summarized 7 patients' (A) clinical, (B) laboratory, (C) radiological, along with histological findings. As per the evaluation, at the last follow-up (median (EDSS), insufficient therapeutic response along with a higher disability were exhibited by most patients; also, 2 patients died. However, due to the retrospective nature as well as the lack of biomaterials, reports were constrained.

3. RESULTS AND DISCUSSION

The physical activity level amongst patients with MS along with the MS prevalence by ethnicity and race in the Southern California location is described in this section. In usual activities, self-care, along with mobility, most patients with MS exhibited no problems. Nevertheless, they faced a few issues with discomfort levels or pains [73]. The graphical representation of physical activities levels amongst patients with MS is examined in figure 2,

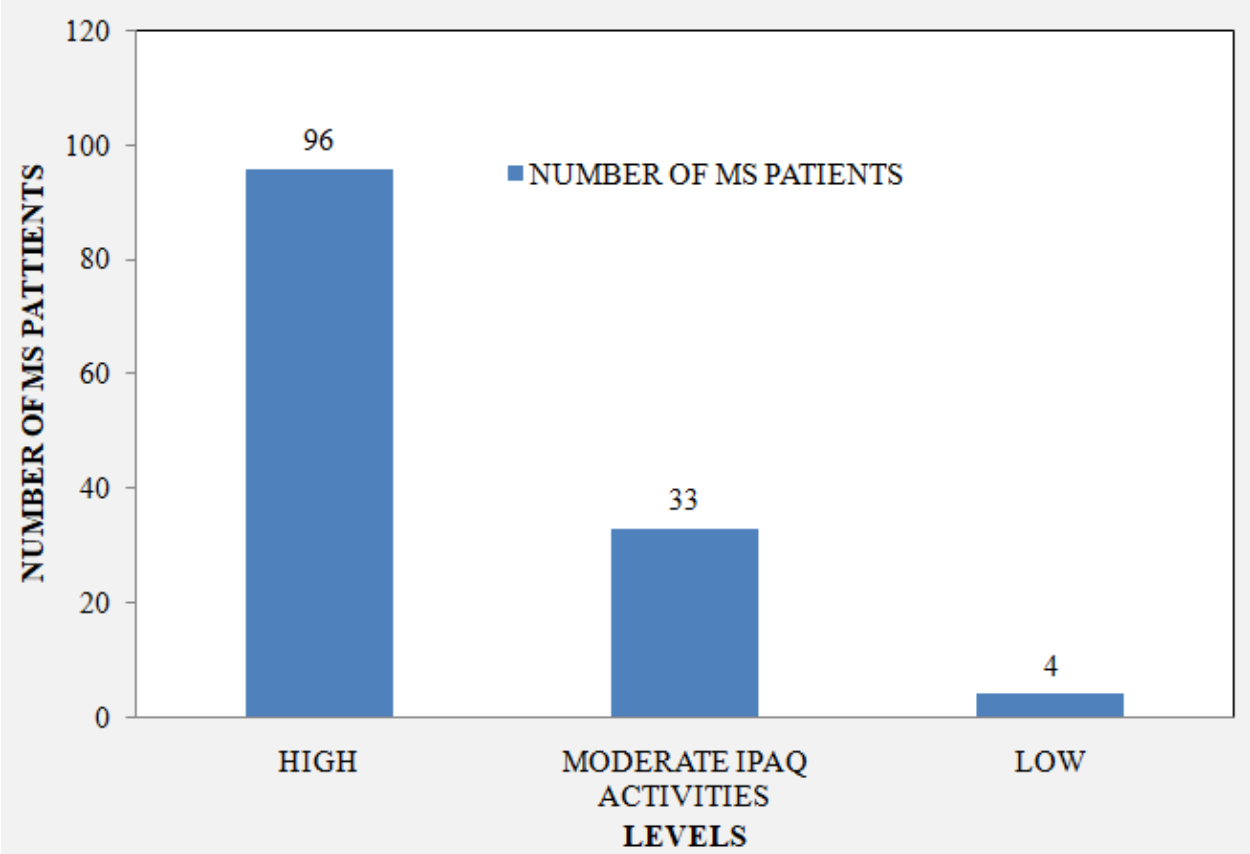

Figure 2: Graphical representation of levels of physical activities between patients with MS

Figure 2 exhibited that the levels were classified into three levels, namely high, moderate International Physical Activity Questionnaire (IPAQ) activities, and low. It displayed that among participants who carried out any physical activity level, most of them were involved in the high level (96) with 72.2%. A moderate level was displayed by 33 patients and a low level was signified by only 4 patients (3%) [74].

In addition, this approach examined the MS prevalence for sex-stratified analysis by race along with ethnicity in the southern California location. For classifying sections of the population, ethnicity, and race are utilized. Separating people into groups, often centered on physical characteristics, is termed race. In figure 3, the graphical representation for sex-stratified analysis in MS prevalence by ethnicity and race is described.

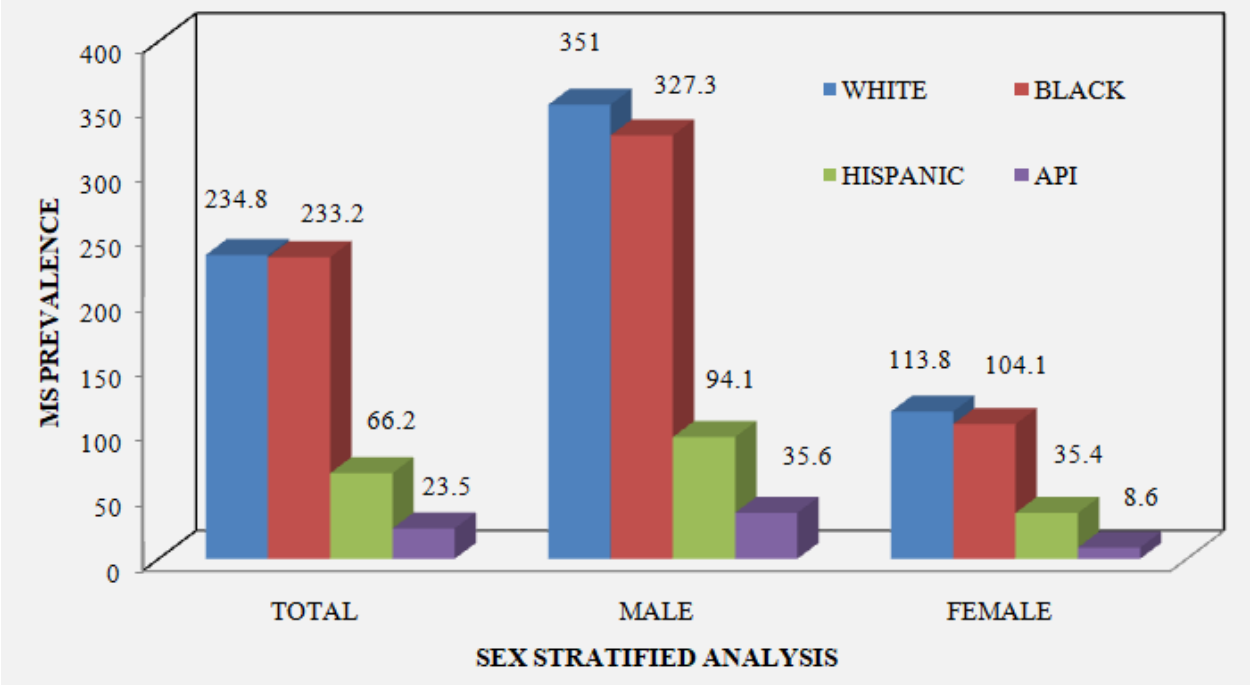

Figure 3: Graphical representation for sex-stratified analysis in MS prevalence by race and ethnicity

Individuals were classified into four types, namely Asian/ Pacific Islander (API) (orange), Hispanic (green), Black (black), and White (blue). Figure 3 exhibited that there were similarities betwixt high prevalence amongst White and Black individuals as well as lower prevalence amongst Asian/Pacific Islander and Hispanic individuals.

4. CONCLUSION

About the characteristics of MS's environmental effects, a lot is recognized. The most influential risk factor functions early in life; also, in ethnically homogeneous populations, geographical gradients were determined by it. A progressive disease with no treatment until now is MS. Although treatments are present for managing the disease course, they are just effectual partially. Owing to improvements in the recognition of the pathogenesis along with the course of the disease, spectacular progress has been made in MS treatment. Near-complete control of relapsing disease together with focal brain inflammation has been produced by the highly effectual therapies development. The MS pathology understanding has been added with various novel features of cellular and molecular immunity. For the idea that inflammation forces tissue injury and demyelination in all the disease's stages, the pathological data render strong support. Levels of physical activity betwixt patients with MS and MS prevalence by race and ethnicity had been examined in the findings. But, even though there were a number of treatments and therapeutic approaches, only their efficiency was regarded. Researchers should regard this limitation with safety and toxicity in the future.

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