

Reducing the Hypothyroidism of a Middle Aged Patient with Ill Effects on Diabetes and Mental Health through Donkey and Bull Testicles via Deafer (Flax and Chia Seeds): A Brief Report

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Abstract: **Background:** Pathologies in hormone growth results in over secretion or under secretion. The Under secretion produces a mass on the front side of neck (Graves' disease) which is hypothyroidism. This Hypo thyroidism makes myxedema coma which includes fatigue, feeling cold, weight gain, dry skin, sleepiness & also slow deterioration in mental disorder. Thyroid can increase the chance of diabetes mellitus in which body doesn't produce insulin and makes insulin resistant body. Hypothyroidism and pre diabetes later diabetes and type 2 diabetes makes obesity, hypertension, and bull eyes. **Case Presentation:** A middle-aged Indian man with hypothyroidism is brought to the emergency-room frequently with the symptoms of diabetes and mental disorder. Further examinations of patient showed bowx of vocal cords; penetrated gap; hoarseness of voice; hypoglycaemic symptoms & psychic disorder. Therefore, TS was diagnosed with coexistence of diabetes and psychiness. Medication for hypothyroidism, diabetes and mental illness were continued. With these treatments in addition with donkey/bull testicles along with chia/ flax seed in diet with fine examination made the patient recovered from all ill effects and improved his health. **Conclusions:** In severe cases of diabetes & psychic disorder the presence of TS should be examined and imparting diet and early treated makes patients with better health condition.

Keywords: hypothyroidism; diabetes; mental disorder; testicles; flax seeds; chia seeds and middle- aged person

1. Introduction

Thyroid is a metabolic hormone that burns calories and sugar. If the sugar is not burned; it rotates in the body & blood stream producing inflammation effecting pancreas and generating diabetes mellitus. Staying away from glutin, jaggery, honey and having plenty of green leafy vegetables with good regular exercise reduces insulin resistance, also mix of cardio and strengthening exercise prevents diabetes and thyroid. [1] Hypothyroidism and type 1 diabetes give Graves' disease can also contribute to u thyroid or hypo thyroid. Some of the supplements including chromium and berbarim are good for insulin resistance, alpha lipolic acid, omega 3 fatty acid helps to prevent diabetes [2]. [3] Improper diagnosis effects the endocrine system. Thyroid disorder will also increase with age. In this case we present a rare middle- aged man with TS and ill effects.

2. Case Description

A 44-year-old man who had a history of hypothyroidism from 2003 and suffering from Mood swings, Sadness, irritability is brought to the clinic. The patient is diagnosed for TS, diabetes and mental illness. It was found that because of irregular usage of diabetes medications, the patient is completely affected and even his mental condition was altered. Thyronorm is used for his hypothyroidism treatment.

3. Treatment and Outcomes

We have incorporated donkey/ bull testicles along side with flax/ chia seeds Fig. 1 in the diet and kept fine examination due to repeated disorders since 2017. After that, a thorough examination is performed the laboratory results [5-55] for blood test revealed that thyroid stimulating hormone, 2.74 mIU/L [normal range: 0.4 – 4.2 mIU/L]; free T3, 1.32 ng/dL [normal range: 0.8 – 2.0 ng/dL]; free T4, 8.71 µg/ dL [normal range: 5.1 – 14.1 µg/dL]. Glycosylated Haemoglobin- HbA1c, 7.88 % [normal range: 7.01 – 8.0 Fair Control]. The patient's medical history showed good results so we insisted regular medicine usage rather than irregular usage and incorporated again Tablets Tab. Istamet for diabetes and stopped thyroid medicine along side with special diet changes. Due to irregular usage of medicine, we have started psychic medicines Tab. Arpizol, Tab. Roparx, Tab. Astiro Tab. 1& 2. After the usage of special diet plan, we insisted only Tab. Istamet and removed all the medicines.

Table 1: Effect of Hypo thyroidism on ENT; Diabetes & Mental disorder

Guidelines	Problem	Medication
2017 Guide-lines for the diagnosis & management of ENT for the patient M Anil Kumar of age 38	Voice problem; bowx of vocal cords; penetrated gap; hoarsness of voice	Tab. Improvion
Eye sight since 2022	Blurrness in vision	Spectacle usage
2019 T2DM since 8 months	Watch for hypoglycemic symptoms; tremors in hand fingers and leg cough	Tab. Reclide xr
2022 T2DM since 3.3 years	Watch for hypoglycemic symptoms; giddiness; increased hunger	Tab. Gluconorm
2024 T2DM since 5.1 years	Watch for hypoglycemic symptoms; giddiness; increased hunger	Tab. Istamet
2024 Mental Illness since 2012	Mood swings; Sadness; irritability	Tab. Istamet

Table 2: During Clinical course progression of T3, T4 & TSH

Guide-lines	2019	2024
T3 (ng/ dL)	1.22	1.32
T4 (μg/ dL)	6.38	8.71
TSH (Thyroid Simulating hormone) (mIU/L)	3.52	2.74

**Figure 2:** Donkey/ Bull pickle made in the lab with finest powder flax/ chia seeds

4. Conclusions

It is life threatening if medications are stopped, diagnosis and treatments are delayed. A comprehensive clinical analysis with physical and lab tests revealed that the patient is mentally affected. Close attention with focused diet changes on patient helped him to prevent further deterioration in health. This also helps clinicians for multidisciplinary treatment in patients.

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