Seasonal Prominence of Diabetes Mellitus

*Dr. Lakhan Singh**

Case description:-

A 29 year Male Patient from a village of Bhojpur District came to OPD Bhojpur Hospital in the last week of Falgun 2039. He was complaining of :

- (a) Burning micturition for five days,
- (b) Cramp in calf muscles during rest,
- (c) Weakness for a week,

On taking history he had no fever, no loss of appetite, no cough. On Examination, the patient was not anaemic, BP -normal, Chest - clear, Abdomen - soft NAD, CVA - NAD.

Urine sample - sugar +,

Stool - ova of Trichuris trichuria,

Blood - WBC count was within normal range (TC, DC).

Hb - 14 gm.%, ESR - normal

The patient was treated with M.V (Becosule) and advised for sugar restricted diet, sufficient of water & green vegetable intake. The patient came after seven days with urine sample which revealed no sugar and he had improved symptomatically.

Just after one year in the same month of Falgun 2040, the Patient came with same complaints and his urine sample showed Sugar+++. He was again treated with B₁+B₁₂+B₆ (Neurobion Forte) as advised previously. This time he could not improve considerably and was referred for Blood Sugar estimation at the Zonal Hospital. Blood Sugar estimated was 158 mg% which confirmed Diabetes Mellitus. He was treated with chlorpropamide. The patient continued the medicines for two weeks only.

In 2041 again in the 1st week of chaitra, the patient had severe complaints and Blood sugar was 170 mg.% he was again given B-complex and chlorpropamide as before.

Conclusion

Taking the past history of the patient, he was suffering from same complaints for four year in the same season. Family History for Diabetes Mellitus was negative. This case showed there was seasonal prominence of the symptoms of D. Mellitus. So can I say it as "seasonal Diabetes Mellitus." ?

* Senior Medical Officer (Act.) Jumla Hospital.