



## *Patient's Diary:*

### **Trans sexualism, transvestism and castration complex**

We asked a 72-year old patient for sex change to answer questionnaires prepared by Dr Pramod Kumar.\* The patient was happy to note that these questionnaires will be published along with his answers.

*Question 1.* What are your educational qualifications?

Ans. BSc (Hons), MBHS (Homeopathy Diploma).

*Question 2.* What is your professional experience?

Ans. In a private mining sector at various capacities like geologist, mining manager, assistant chemist, office manager and representative from 1952 to 1995. Since 1995, I am working as science teacher (High school). I am also practicing Homeopathy (Casual) since 1970.

*Question 3.* When did you develop desire for sex change? What were the causes for sexual deviation in your opinion?

Ans. I developed stammering and stuttering following typhoid fever at the age of 6 year. This made me feel that I was not normal. Later, at the age of 8 year, I was psychologically upset by the death of my father. I was brought up by mother and sister, which might have attracted to femininity. I am the 8<sup>th</sup> child and was born when my mother was expecting a female child.

As I have gathered, I started showing signs of exhibitionism as early as at the age of 6 year. I took female folk by surprise by being joyful during my ear lobe piercing ceremony and continued to wear earrings till 12 years of age. I remained quite ignorant of sex stimulus even at 19 year. I took to cross dressing in private at 21 year. I used to have photos in both eastern and western style dresses. The liking for the attractive dresses lead to the disgust for the male attire.

Trans sexualism peeped in when I was only 6 year of age. In my opinion environmental factors, feelings of the mother and inferiority complex were the causes for my sexual deviation.

*Question 4.* How is your family life? Did you notice any change in relationship with your family members after you first expressed your desire to undergo surgery?

Ans. My wife took my behavior by surprise immediately after my marriage (1955; 25 year of age). My masculinity is established by the fact that my wife had miscarriage in 1956, abortion in 1961, and later three children (male 1968, male 1972, female 1974). I am bodily male and mentally female.

Being a victim of trans sexualism, transvestism and castration complex,

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first time when I went to consult doctors at NIMHANS at Bangalore, My wife accompanied me. My family members though objected and hated me in the beginning, now keep mum on the advice of doctors (Being a chronic problem, it may take an unpleasant turn, if objected). I am still willing to undergo sex change operation even at this age (72 years). My wife is reluctant to give her consent. I am always in female dresses at night and frequently during daytime. I feel viewers take it easy as transvestism is a harmless antisocial behavior to others but bringing complete satisfaction to the concerned. I am quite sure my friends and relatives will welcome me even after sex change.

*Question 5.* What are the measures you are taking to cope with this problem? What is the response to these measures?

Ans. Physiotherapy, psychotherapy and behavior therapy have been tried without much desired results.

*Question 6.* Would you like to tell something to the medical world about your experiences with this problem and prevention of such problems in others?

Ans. The remedies are only few for flexible minded, but not for the firm minded people. Change in mind can be brought only when the desire is not deep seated. Change in life can be

brought about by changing believes, expectations, attitudes, performance and behaviour.

*Question 7.* Do you read literature pertaining to your problems? When did you start taking interest in such literatures? How do you feel after reading such literatures?

Ans. I started reading psychological magazines when I was a student of Intermediate (PUC, Std. XI-XII) at the age of 17 year. Passion for reading on any subject is moving at a regular speed with the time.

*Question 8.* Would you like to tell anything more?

Ans. I can say that every one is born divine. Environment more than the heredity plays a dominant role in making the personality (Character and conduct). Nothing is impossible if persuaded till the end. Develop positive thought and attitude.

As you think so you become. Be good and do well.

Every thing is you and you alone, as you are only a speak of the creator (Supreme).

Parents are first teachers and teachers are second parents. Doctors are visible gods.

Lastly I can quote: Be familiar with all, intimate with a few. Love only one, but hate none.

(Patient Dr AMVR alias Ameeta)

The most fruitful result of sincere effort to develop personality can be achieved during early childhood. The most pinching fact is that the child does not know this, friends are equally immature, most of the parents either do not have time or are ignorant, poorly paid teachers of primary schools are not properly trained to deal with the child's psychology and in many instances the government seems to be apathetic. To contribute in developing a strong character and pleasing personality of a child is not as easy as it appears to be. Introducing and emphasis on relevant portion of the psychology in form of moral stories and civics in early child hood and school syllabus may help us to achieve the goal in long term.

Editor