Historical Background Of Change Of Sex And Modern Trends

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Abstract:

Allah has created human beings in three forms, men, women, and those who are born in wrong bodies. The third sex has always been facing several issues in spending their lives in normal ways in their societies. Different attempts were made to restore their original sex. At the same time some opportunists misused the scientific developments and got changed their original sex into opposite sex only to satisfy their inner desires. This article will highlight all the modern developments and attempts of sex change from the start till present days.

Key Words: Transsexuality, History of sex change, Gender studies, Transgenderism

Meaning and definition:
According to Oxford English Dictionary, the apparent change of sex by surgical means is known as change of sex. It is generally denoting an operating and permissible alteration of male into female or a female to male. Such people are considered transsexual.

Introduction:

Changing of one’s sex is not a modern concept. It has been documented since antiquity. This concept is also found in ancient Greek and Romans where sex-change myths male was transformed into women as punishment. One of such examples of Greek myth is Tiresias, a Theban soothsayer. According to the myth Tiresias came across two snakes mating. He killed the male snake. As a result, he was transformed to a woman as a punishment. But when she remarked as a woman “A woman’s pleasure during sexual intercourse was ten to man’s one he was changed back to a man”. In other myth it is written that males who pillaged and destroyed Venus Temple were subsequently changed into women.

The histories shows that the Transsexuals undergo surgeries to change their bodies into opposite sex even in the ancient cultures. They did it voluntarily. The penis, testicles and scrotum of adult male captives were forcibly removed to use them as slaves at homes. They were harmless as they were completely emasculated. Some people also shaped roughly to their external pubic area to be seen as girl’s vulva. None knows when such surgeries started. The history shows that ancient Greece and sexually permissive ancient Romans were also aware of the transsexual surgeries. These surgeries were unsafe as they were performed by the non-technical people or unqualified people, as a result many of them lost their lives.

Research Method

This study is based on qualitative approach with description. This study highlights the historical background of latest issue “Change of sex.” The data is obtained from the libraries and concluded it accordingly. The change of sex year by year is described to know different aspects of the changing and behavior of the world.

19th and 20th centuries:

The concept of auto castration and genital mutilation was also found in American Indian tribes, Indo European and Asiatic cultures. These surgeries were termed “Hijra Style Surgeries. These surgeries gave way to the modern sex reassignment surgeries (SRS). Some diagnosis showed that concept of Transsexuality is started in 1880 in Germany. First of all, Dr. Richard Von Krafft-E Bing, a German doctor, started working on “The prevalence of gender divergence among the homosexual population”. Later, he devised a terminology “Gynandry” to describe such cases. Then he used another term “Metamorphosis Sexualis Paranoia” regarding to Transsexuality in 1902. He said that homosexual believed that they are opposite sex. He believed that homosexuality is purely a delusion and a form of mental illness. Although Dr. Krafft-Ebing was the first who touch the topic of transgender, yet physician is the true pioneer in the field of transgender. He coined two famous terms “Trans sexulism” and “Transvestiten” to describe “transgenderism.”
said that such people believe that they were born in wrong sex. (10) Later, he wrote a book “Die Transvestiten: Ein Unter-suchung Ueber den erotischen verk leidungstrieb mit um fangreichein casuistischem und historischem Material” in 1910 in 2 volumes. In which he wrote the biographies of numerous people with abnormal sex. Now a days they are called Transsexuals. In the same year i.e., 1910, he started exploring the idea of the solution of transsexual people through surgery. He also started working along with Eugen Steinach, a Vienna physician. He had experimented with gonadal transplantation for the treatment of sexual disorder from homosexuality to transvestism. He was the founder presenter of the theory that sex glands have secretion which are the cause of men acting as men and women as women. In 1912, the first FTM (female to male) sex reassignment surgery was made in Berlin, Germany. (11)

After 4 years in 1916, an article “Geschlechhtsumwandlumgestrieb” (The longing of someone to have their sex altered) was published by “Max Marcuse”. It further cleared some concepts about the change of sex. The time passed on till in 1919, the further development is seemed when the ever first sexological institute “Fuer Sexualwissenschaft” (For Sexology) was established in Berlin, Germany by Hirschfeld. (12) After one year of the foundation of this institute, in 1920, Hirchfeld referred the first ever case of conversion of a woman from man to surgeon Dr. Abraham. (13) In another case of FTM (Female to Male) a surgeon who worked with Magnus Hirschfeld at the Institute of Sexology in Berlin in 1920 and 1930s, he wrote that once a transsexual girl who was 16 years old came to them to remove her developed breasts. We declined to work since we thought that still her mental development was incomplete. A couple days after, she was brought back in this condition that she had lost lot of her blood because of the amputation by razor. (14)

The practice of surgery on SRS (Sex Reassignment Surgery) continued in Germany. The private doctors also started it. First, surgeon Dr. Gohrbandt took this step and started practice to the early forms of sexual reassignment surgery. (15) In 1923, Dr. Magnus Hirschfeld labeled “Psychis Transsexuality” in Die intewr sexuelle Konstitution Jahrbuch fur sexuelle Zwischenstufen. (“Psychis Transsexuality”, interwr sexual Constitution Yearbook for sexual intercourse.) This development took another step to such an extent that in 1928 “The World League of Sex Research” was instituted in Copenhagen by Doctor Norman Haire and Doctor Hirschfeld.

Two years later In 1930, Dr. Hirschfeld delivered a lecture on the issue of “Transsexualism” in “The Association for the Advancement of Psychotherapy.” All the attempts towards Sex Reassignment Surgery were still in initial stages and were incomplete. The doctors were still removing the sexual organs of the patients who wished to change their sex. This development gave the way to the concept of Vaginoplasty. In the beginning this surgery was performed with the skin grafting taking either from the legs or lower abdomens. (16) Now the doctors started taking practical steps for operating the patients who desired to change their sex. In 1930, for changing his sex through surgery the Dutch painter, Einar Wegener went to Germany. He was referred by Hirschfeld to Dr. Gohrbant in Dresden for sex reassignment surgery. He faced 5 operations in 2 years. The first one was performed under the supervision of Magnus Hirschfeld who was a sexologist in Berlin. Whereas the remaining 4 were performed by Dr. Kurt Warnekros in Municipal Women’s
Clinic in Dresden. Ultimately, he was changed to female and changed her name to Lili Elbi. But unfortunately, she could not survive long and died just 3 months after 5th operation because her body could not accept the donor uterus in UK. This was the first attempt of modern sex change operation. (17)

In the mid of 1930 the further operation was performed and thus Mary Edith Louise Weston, a British athlete turned to Mark. (18) In 1931, the first male to female complete surgery was performed by Dr. Levy-Lenz and Dr. Felix Abraham (19) who were the co-worker of Hirschfeld. The patient was Rudolph Richter. He underwent castration in 1922 with penectomy. She got the name Dorchen after the surgery. An artificial vagina was also constructed to her. According to Dr. Abraham in the same year 2 men also underwent sex reassignment surgery. (20)

The circumstances were changed in 1933. The development in the field of change of sex was stopped when “Magnus Hirschfeld’s institute for sexual science” was demolished by Nazis. And Dr. Hirschfeld was expelled and subsequently passed away just 2 years after his expulsion. His written work on sexology was also burnt down as well. The sexologists were also severely persecuted. Furthermore, the world league of sex research founded by Hirschfeld was also disbanded. (21)

Latter on performing therapeutic penectomies and castration was resumed by some clinics in Denmark and Norway. (22) This situation continued for about 2 years then the doctors continue their work. In 1933 Lili Elbe wrote his story as well. In 1935 again sex change surgery was performed and “Czechoslovakian” sprinter, Zdenka Koubkova, who was a female converted to male, Zdenek Koubkov (23) through sex reassignment surgery. Then in 1937 Elvira de Brujin, a cycling champion of Belgian after surgery became Willy de Brujin. (24)

With the practical work, written work was also in progress side by side. In 1940 a book by the title of “Sex and Life” was written by Eugen Steinach in which he wrote his 40 years biological medical experiments. This book proved helpful for further study in the field of Transsexuality. In the early years of world war 11 (1939-1945) a great medical achievement was seemed in Transsexuality. During this period the first estrogens was available in 1936. (25) Although many articles regarding to the transsexual people were written yet none of them got the public attention. Until in 1941 the stories of Edward Richards got the attention of people. He was the first person who took his case to the court and requested for the legally permission of changing his sex from male to female. He got the name of Barbara Ann Richards. (26) He also went to overseas for his sex change surgery. Meanwhile Michael Dillon was initially operated by Doctor. Harold Gillies, a British Surgeon in 1944-45. (27) Whose girlish name was Laura. He used Flap surgery technique that was used in war time. It proved a crucial advancement in female to male surgery.

In 1946 Michael Dillon wrote his story and got the public attention. The reconstructive surgery was also started with the passage of time. Especially Dr. Michael Dillon completed his series of operation to construct a penis. He got success in this field. He started this work in 1946 and done 13 successful operations. (28) According to another report, the terminology of transsexual had been
devised by an American Sexologist “Cauldwell” in 1949 to characterize an instance of a lady who desired to become a man. (29) In 1949 further development seemed and hormone therapy was used for the treatment of transsexual. This method was used by Dr. Benjamin. (30) Then in 1951 Sir Harold Gillies, father of surgery performed operation by vaginoplasty, and Roberta Cowell got this sex change operation. She was the first English transsexual (31) person of UK who also got changed her birth certificate. In 1952, first American, named by Christine Jorgensen got sex changed through sex reassignment surgery in Denmark, (32) because in USA the genital surgery was not performed yet. Surgeon Paul Fough-Anderson and Erling Dahl-Leversen performed this surgery in Copenhagen. In the same year on 1st December a story appeared in The New York Daily News that Ex-Gl becomes Blonde Beauty. Jorgensen’s case became the talk of the town and thus throughout the world the sex reassignment surgery started and the surgeons away from Europe started offering sex reassignment surgery.

Many notable clinics were opened in different places like Tijuana and Casablanca. In the latter clinic Dr. Georges started his practice on sex reassignment surgery. He was believed as the pioneer in penile inversion form of vaginoplasty. (33) This technique is still used in the world. In the mid late 60s such surgeries were unheard virtually in USA. Jorgensen case which also got publicity in USA received an intense pressure from religious groups. So many hospitals in USA framed their policies to stop sex reassignment surgeries in USA (34) The doctors were hesitant to do operations concerned to sex change as they had the fear of the civil as well as criminal prosecution. In these days it was considered as a medical mayhem crime. (35) Moreover, in 60s the Transsexuals were considered severely psychotic by the medical community of USA. They were not ready to accept them biological miss gendered. The y forcefully sends the Transsexuals to the mental institutions where they had to face electroshock and aversion therapy to cure.

In 1958, a Transsexual lady was surgical operated by a group of doctors from UCLA named by “Robert Stoller”, “Harold Garfinkel” and “Alexander Rosen.” (36) Again in 1958-60 Dr. Burou successfully transformed female’s impersonators Coccinelle, Bambi and April Ashley from Paris and France. (37) Returning to USA where in late 50s and early in 60s many extremely transsexual girls castrated themselves so that they may become more feminine, and they bypass the restrictions imposed by the hospitals and remove testicles from “Intact males” during their sex reassignment surgery. In the mid of 1960 the complete medicalization of Transsexuals in America began when Johns Hopkins University Hospital that was aided by a private grant, opened the first official gender identity clinic in America and started accepting applications for surgical sex reassignment. (38) In 1962 in USA Aleshia Brevard was able to get sex change at the age of 23. (39) Dr. Benjamin helped her in this matter. Latter in 1965 Phillip Wilson undergo the first sex reassignment surgery in USA. (40) She got the name of Phyllis Wilson. He took permission from Baltimore Court. Next year “The Transsexual Phenomenon” was published by “Dr. Benjamin” in 1966 and thus he laid the foundation of “The Harry Benjamin International Gender Dysphoria Association (HBIGDA). It is even working now a days with the new name “The world professional association for transgender health” (WPATH). It is devotionally working for the understanding and treatment
of the gender syndrome and publishing ethical guidelines to the professional caring of the transsexual patients. Hence, these are proving as the first comprehensive treatment guide for transsexualism. (41) This development gave the way to the MTF SRS (male to female sex reassignment surgery). It was started in John Hopkins Medical center in 1966 on a limited level. They adopted the method of Dr. Burou. (42) This helped in opening the floodgates and within the couple of years many universities started opening gender clinics for example Northwestern, UCLA, Stanford, and University of Minnesota. To such an extent that the Stanford clinic renowned because of its pioneering work of sigmoid colon resection vaginoplasty and the advancement in the techniques of phaloplasty. (43)

At last, in 1967 the Charing Cross hospital was allowed by the British law to start sex reassignment surgery (44) under the supervision of DR. Philip. After this the private clinics also started sex reassignment surgery. Especially in 1969 a surgeon doctor Stanley Biber became the first private practitioner of vaginoplasty in Trinidad, Colorado. (45) He performed many successful surgeries that he became a famous doctor in his field that several patients rushed to him. His fame can be judged by this fact that he performed male to female sex reassignment surgeries (MTF SRS) over 150 every year. And even till 2000 his patients reached to 4500 who had got their sex changed. (46) Later on, in this year the process of sex reassignment surgery was also decriminalized in Germany. In 1970, estimated 20 new gender identity clinics were opened nationwide in America in response to the rising numbers of individuals seeking sex reassignment surgery. (47) In the same year in 1970 Aleksander had undergone Male to Female surgery in Casablanca. In the following year GRAIL (Gender Research association International Liaison) was established a group is formed to campaign for equal rights for Transsexuals. (48)

Once again the situation became worsened in 1970 when Dr. Paul Mc Hugh, the chairman of Psychiatry department in Hopkins replaced Dr. Joel Elkes. Dr. Paul thought that SRS is unnecessary mutilation and planned to destroy this programme. He also appointed Dr. John Meyer to study the case of 50 Transsexuals who got changed their sex through surgery at Hopkins. He reported that SRS has not been achieving the set targets for the retrieval of the Transsexuals. Consequently “The Gender Identity Clinic of John Hopkins” was closed in 1979 (49). By sensing the political pressure, the gender programs running in other universities were also tapered off. Even some universities totally discontinued their programs.

The situation was changed to this level that Stanford’s was removed from the university. Which made it a non-affiliated and non-profitable foundation. In 1971 the first sex reassignment surgery was performed in Paris by Dr. Leon Perel at Saint Francois hospital. (50) Then The Erickson Educational Foundation sponsored Symposia on Gender Identity on international level. The series of the meetings were started. In 1969 the first meeting was held in London in this concern. The first one was held in London in 1969, after that different sessions were held in different places like in 1971 in Denmark, in Yugoslavia in 1973, in 1975 in Standford, in Norfolk in 1977. (51)
At last, in 1972, the American Medical association commission on Human Sexuality permitted the SRS as the treatment of choice for the diagnosed Transsexuals. In Stanford University medical school an Interdisciplinary conference was held in 1973 and Dr. Burou demonstrated on his Inventive surgical procedure. Since than many surgeons throughout the world adopted the technique of Dr. Burou. 

During 1977-1979, the meetings were held in which plan was made about the future of ISGE (International Society on Gynecological Endocrinology). It was converted to “Harry Benjamin International Gender Dysphoria Association” in 1979, under the guidance of Paul Walker. It provides its individuals a reliable standard for the treatment of transgender individuals. These guidelines were later known as “The Standard of Care”. This standard was revised years by years such as in January 1880, March 1981, January 1990, June 1998, and February 2001.

Sex change has been made legalized in Iran in 1979 by a fatwa issued by Ayatollah Khomeini. In 1978-2002, Assistant Professor Dr. Preecha Tiewtranon, MD made his own clinic “Chollada Clinic, Sukumvit soil.” In 1980, “The American Psychiatric Association” enlisted transsexualism as an official syndrome in DSM-III. Later, the analysis was changed to "Sex Identity Disorder" into DSM-IV. From late 1980s numerous surgeons started performing sex reassignment surgery. With the passage of time more innovations were made in this field for example, “Ascending colon vaginoplasty”, Utilization of Scrotal Tissue” for additional vaginal grafting and “Urethral Mucosal Flaps” for the purpose of lubrication.

In 1980, Assistant Professor Dr. Preecha Tiewtranon MD and his colleagues established the pioneer sex reassignment surgery center in Bangkok, Thailand. The name of this center was “Preecha Aesthetic Institute”. This institute was renowned for the “Aesthetic surgery”, “Rhinoplasty”, “Breast augmentation”, “Breast lift”, “Breast reduction”, “Blepharoplasty”, “Tummy tuck”, “Face lift”, “Body contouring “and “Reconstructive surgery FTM, MTF and FFS”. The fame of this center spread, and the doctors had to perform several operations. They performed 4459 cases of MTF gender reassignment surgery with the help of “Penile Skin Inversion”, 975 cases of sex reassignment surgery by Sigmoid Colon, 1820 cases of female to male surgery were performed. All these operations were performed 1980-2009. The successful rate was 95%. It was a great success in this field.

In 1980, in Hong Kong the first sex change operation was performed in Margaret Hospital. In the same year 1980, Karen Frances Ulane who was a Vietnam pilot got her sex changed through operation. In 1983, sex reassignment surgery was banned in Malaysia by the National Fatwa Council. Then later in 1985, finally the sex change was allowed in Iran.
In 29, January 1988, the ever first male to female surgery was performed in Cairo, Egypt. Sayyid cAbd Allah was operated by surgeon clzzat Asham Allah Jibr’il. The patient complained that he was born in wrong body. The surgeon removed his penis, created a new urinal orifice and an artificial vagina. This operation was quite successful and cAbd Allah is living a happy life as a female named Sally. (63) In 1988, after a long discussion on this matter finally sex change reassignment surgery was allowed in Egypt. (64) In the same year i.e., in 1988 a man got his sex changed in woman in Cuba. Then in 1989 Kimberley Nixion, a Vancouver transsexual underwent sex change surgery.

The journey of the sex change continued and got fame throughout the world. Ultimately this concept reached in Japan. In 1998 the first sex reassignment surgery was performed in Japan officially. A female become a male through operation. This operation was performed in two stages. In this operation salpingo-oophorectomy, metoidio plasty, hysterectomy, colpectomy and mastectomy were performed. On the second stage a free flap phalloplasty with a deltid flap was planned. Again in 1999, another sex reassignment surgery was performed in Japan. In this operation a male was changed to female. In this surgery one-stage neovagino plasty was performed by the penile skin inversion technique with sensate pedicled neoclito plasty. (65) In 2007, a person born as a male name Leslie got his sex changed successfully and became female with the name of Helen. Later, she was married with another transsexual male named Felix laws. (66)

21st century:

In 2007, the government of Cuba lifted the ban on sex change operations. (67) This provides a chance to the surgeons to perform sex change surgeries in the country. In 2008, in Pakistan Lahore High Court allowed Naureen Aslam a female of 28 year to change her sex because she had a problem of gender disorder. (68) Again in 2009, Thailand imposed new legal restrictions on sex change operations. According to it the condition was that the one who wished to change his/her sex change he would have to produce 2 psychological evaluation and one year of waiting periods. The former president Thai Medical Council Mr. Lolekha spoke on these restrictions, “If we do everything that people want, without any regulation or control, we will be in trouble, and people won’t trust us.” (69)

In December 2009, a 16-year teenager’s sex was changed to female through surgery by a Spanish clinic through the permission from the judge. (70) In 2010, according to one report about 15 surgeries of sex change was performed in Cuba. (71) In the same year i.e., 2010 Felix Laws, who was born as female. Her name was Katy. She got sex change through chest liposuction, followed by 3 more chest lifts. Then he bore 10 hours operation of full hysterectomy. He also got constructed his penis by skin graft that was taken from his forearm. The major artery in his arm was also used to pump blood to his new organ. To make his manhood fully operational along with an erectile device fitted, he has further required 3 operations. (72)

In 2010, Aisha, a 13-year-old girl of Hafiz Abad, Pakistan turned to boy name Usman by sex change surgery. It was performed by Dr. Zahoor Ahmad in DHQ hospital Hafiz Abad. He had to
face 2 successful operations and is healthy. Now in 3rd operations his urine duct would be repaired and connect to the reproductive organ. (73) 18 years girl Farzana of Rahim Yar Khan, Pakistan underwent a minor operation in Shaikh Zaid hospital Rahim Yar Khan and became Faizan Ali. (74) In the same year i.e., 2011 in Sikandarabad, Hunza, Pakistan Khanam a 17-year-old girl became a boy named Khadim Abbas. Dr. Shirin and Dr. Firdous performed her surgery in Sihat Foundation hospital in Danyore. (75) According to the report from Cuba the numbers of sex change operations reached 20 in 2012. (76) A unique case of sex change surgery from female to male occur in Rawalpindi, Pakistan where Lahore High Court allowed Sami Salim a 32-year man to change his gender from male to female through operation. (77) In 2012 a 17-year-old girl Rabia of Buner underwent a successful gender reassignment surgery (GR) at Parkash Medical Center Daggar, a tehsil of Buner and start a new life as a male Muhammad Umair. (78) In 2013, a married woman named Nagina Akram got a sex change surgery in a private clinic whose name was not mentioned and became a boy Usman Akram. Now he is looking a suitable girl to marry. (79)

In 2014, Nauman, a 16-year resident of Kamoki, Faisalabad converted to female after surgical operation. (80) Next year in 2015, a 20-year girl was operated at a local hospital in Kohat under the supervision of surgeon Dr. Shahzad and after the successful transition became a boy. (81) In 2016, according to the news the first ever UAE woman was permitted to change her sex as a treatment of gender dysphoria. (82) Last year in 2016 a Pakistani woman Shama Begham requested High Court to let her to change the sex of her daughter under the recommendation of the doctor who refused to performed surgery without the prior permission of the court. After hearing the case Chief Justice Syed Mansor Ali Shah adjourned the case till 24, November 2016 and advised Naseer Husain Sindhu, the advocate of the filer to provide all the medical documents. (83)

In 2018 one of the” Diamer’s” 18-year-old “Ghazala” converted to male and named as “Abdullah” through SRS. (84) ARY news channel break some news on 11th January 2019 that in “Pakistan’s first-ever dedicated center for treatment of indeterminate sex.” A thirteen years girl Kinza became Abdullah by operation performed by Dr. Afzal Shaikh.(85) A number of further cases of SRS are reported on daily bases.

**Modern trends:**

In modern time, medical science became enough able to help those people who are born in wrong body to rectify their gender through surgery. In developed countries they are not abused, taunted, rape to death on large scale than developed countries. In Indo-Pak, the print and social media, highlights news about the humiliation of transsexuals. Medical science can change their sex through penile inversion or vaginal construction. In 3rd world countries especially in Pakistan, people have religious mind, so they need the religious guidelines for surgical process in this regard. So, we present a glimpse of Shariah law. According to Mohd Al-Bakri. “In cases of khunsa musykil, surgery may be performed if so, advised by medical experts to help ascertain the khunsa’s true sex, so that the person can be designated a certain gender in order for him or her to be able to have a good life and be able to perform his or her duties as a Muslim.” (86)
An Egyptian pediatric, Dessouky (2001) described a Fatwa issued by scholars of Egypt, “All juristic religious opinions (fatwas) concerning the change of sex in a totally feminine or masculine human being with no physical abnormalities in his body (only due to the refusal of the person to accept his natal sex, i.e., in a transsexual) state that it is a religious doctrinal crime, as it changes ‘what God has created’.” He continues that these fatwas decreed that if both masculine and feminine characters are detected in a person (such as in a person with a DSD), the doctors should determine which characteristics are dominant and remove any other characteristic that may cause “suspicion” to achieve the best outcome for the person.” (87)

As Dessouky (2001), a pediatric surgeon from Egypt, states, “All juristic religious opinions (fatwas) concerning the change of sex in a totally feminine or masculine human being with no physical abnormalities in his body (only due to the refusal of the person to accept his natal sex, i.e., in a transsexual) state that it is a religious doctrinal crime, as it changes ‘what God has created’.” He continues that these fatwas decreed that if both masculine and feminine characters are detected in a person (such as in a person with a DSD), the doctors should determine which characteristics are dominant and remove any other characteristic that may cause “suspicion” to achieve the best outcome for the person. (88)

**Conclusion:**

Change of sex is not a new concept. It was performed in different ages, even it was performed unscientifically and with the passage of time, it was performed in modern ways through surgery. Now a days in modern and developed countries it is performed rapidly, even the undeveloped countries this concept is progressing. It has some ethical issues too which required further research.

Therefore, before taking this step it is necessary that surgeons must see the ethical aspects and the desire behind such surgery.

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