



Effect of doping in sports

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Abstract

Doping is now a global problem that follows international sporting events worldwide. International sports federations, led by the International Olympic Committee, have for the past half century attempted to stop the spread of this problem, with little effect. It was expected that, with educational programs, testing, and supportive medical treatment, this substance-abusing behavior would decrease. Unfortunately, this has not been the case. In fact, new, more powerful and undetectable doping techniques and substances are now abused by professional athletes, while sophisticated networks of distribution have developed. Professional athletes are often the role models of adolescent and young adult populations, who often mimic their behaviors, including the abuse of drugs. This review of doping within international sports is to inform the international psychiatric community and addiction treatment professionals of the historical basis of doping in sport and its spread to vulnerable athletic and non-athletic populations.

Keywords: Doping, sport, blood doping ,steroids, adolescents, performance enhancement.

Historical Overview Of Doping

Performance-enhancing drugs are not unique to modern athletic competition. Mushrooms, plants and mixtures of wine and herbs were used by ancient Greek olympic athletes and Roman gladiators competing in Circus Maximus dating back to 776 BC. Various plants were used for their stimulant effects in speed and endurance events as well as to mask pain, allowing injured athletes to continue competing.

What is doping?

When humans compete against one another, either in war, in business, or in sport, the competitors, by definition, seek to achieve an advantage over their opponent. Doping is the intake of drugs i.e. chemical substances and adopting of methods which enhance the performance of sports persons To avoid fatigue and to enable the body to reach the utmost limits, the sport persons can use Antalgies cardio-respiratory analeptics, central nervous system stimulants several of which are strong anti-depressants and stimulants. In sports where body features or size, whether tall or short, are important such as in body building , shape of the body can be modified by hormonal manipulation.

Various drugs are used to fight stress, facilitate sleep.

Maintain good physical features.

Such as benzodiazepine derivatives.

Amphetamines cannabinoids alcohol or beta-blockers.

Methods of doping include blood doping.

Pharmacological, chemical or physical manipulation, manipulation such as drinking a lot of water or taking probenecid before the tests to dilute the effect of the banned substance.

Doping in Sports

Doping' is the word used in sport when athletes use prohibited substances or methods to unfairly improve their sporting performance. The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall impact of sport. Drug misuse can be harmful to an athlete's health or to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance. To achieve integrity and fairness in sport, a commitment from athletes is critical, but the fans watching their favorite athletes competing also need to demand that athletes succeed.

Blood Doping

Blood doping is a very intense type of doping. The reason for blood doping is to increase

your red blood cell mass and thereby delivering more oxygen to muscle. The procedure in blood doping begins with between one to four units of a person's blood being taken from them. The red blood cells are then separated and stored in a cold area. The blood is then reinfused back into the body about a week after the athletes' high endurance event.

Creatine

Creatine is a lighter form of doping in sports today. It is not as extreme as some of the other doping drugs. Most creatine out there is not illegal. Creatine is a compound that is made in our bodies. It can be taken as a dietary supplement. This supplement does many things to your body easily.

list of doping classes according to the International Olympic Committee (IOC)

Psychomotor stimulant drugs.

Sympathomimetic Amines.

Miscellaneous central nervous system Stimulants.

Narcotic analgesics.

Anabolic steroids.

Positive Effects Of Doping In Sports

The purpose of taking doping drugs is to increase an athlete's performance in her or his sport. There are a number of benefits as a result of taking doping drugs. The benefit is the doping drug that is used to help the athlete. An athlete's endurance is much better and will last much longer.

Blood doping

Anabolic-androgenic steroid

An athlete can become much quicker and faster.

Steroids

An athlete can become much stronger and much more explosive

Creatine

Anabolic-androgenic steroid

An athlete's recovery time can be much quicker and more effective.

Narcotics

Negative Effects Of Doping In Sports

Taking Doping drugs can have terrible effects on your body. The well known doping drug, steroids have a number of negative effects on the body. Steroids interrupt the normal development of hormones throughout your body. When this happens your body experiences changes that can not be irreversible. Changes such as sperm production, baldness, breast development in men, breast reduction for women and voice deepens for women. The negative effects on a

person's Cardiovascular System is it increases LDL, and decreases HDL. The risk of high blood pressure is higher. Also the risk of heart attacks are very high. If a person takes a large amount of steroids it increases irritability and aggression.

Guidelines For Coaches/Leaders

The coaches and leaders must know the guidelines for the athletes, increase his knowledge about doping to better be able to inform the athletes, and suit information to the different groups of athletes (age groups, level of education. etc.). plan and arrange teaching sessions about doping, develop a two-way communication system and open support in case of problems, stimulate contact with the athlete's surroundings, parents, and school. working place, etc.

Discussion

Blood doping is most commonly used by endurance athletes, such as distance runners,

skiers and cyclists. By increasing the number of red blood cells within the blood, higher volumes of the protein hemoglobin are present. Haemoglobin binds to and carries Oxygen from the lungs, to the muscles where it can be used for aerobics.

Conclusion

The doping drug, blood doping, causes much stress on the heart. The reason for this is that your red blood count increases which causes the blood in your bloodstream to be thick. The human heart is not used to pumping such thick blood. Which leads to different kinds of heart diseases. Because this method of doping is taken in by needles (usually shared needles) the person has the risk of AIDS. Narcotics are a street drug. Because this drug is a street drug, many people share needles.

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