

Effects of Doping on Sports Performance

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Doping is an old phenomenon. The prevalent aim of doping is to improve the physical as well as mental side of the sportsmen. Doping is the use of substance or the employer of means in an attempt to argument artificially the performance of an athlete during either participation or preparation. Theoretically doping is quite straight forward, but practical application is quite difficult often the dividing line between permissible forms of medical treatment and doping is extremely fine in athlete may report to the team physician complaining that he has difficulty in sleeping in a strange environment, it seems reasonable enough to prescribe a barbiturate sedative, yet traces of the drug may persist on the following day, with beneficial effects on the performance at an over excited competitor. There is growing tendency, in modern times of using 'Dopes' by the sports person to be super human being and to better one's performance on the sports field. Having adopted every known diet and physiological and psychological preparation in order to in as given event, it is perhaps inevitable that some athletes should then be tempted to seek a wonder drug that will give them a competitive edge over others. When particularly fine performance is achieved, there is also strong temptation for the less successful competitors to hint that some from of doping was responsible.

A strict control of drug usage is thus vital to the atmosphere on an international contest protecting the hard won victory from jealous criticism while at the same time ensuring punishment of dishonest participants.

The aim of this paper is to provide theoretical and practical knowledge to the sports man coaches, physical educator and loving sports people. So that more information related to doping and its effects on sports performance will be highlighted.

The word doping comes from the African kaffirs who used the local liquid called "Dop" as a stimulate.

There is growing tendency, in Modern times of using 'Dopes' by the sports person to be super human being and to better one's performance field. Having adopted every known diet and physiological and psychological preparation in order to excel in a given event, it is perhaps inevitable that some athletes should then the tempted to seek a wonder drug' that will give them a competitive edge over others. When particularly fine performance is achieved, there is also a strong temptation for the less successful competitors to hint that some from of 'doping' was responsible.

The procedure of taking of ergogenic aid can also be called as doping. Doping is an old phenomenon. The prevalent objective of doping is to enhance the physical performance of the

sportsman. Theoretically doping is quit forward, but practical application is quite difficult. Aften, the dividing the line between permissible forms of medical treatment and doping is extremely fine. A sportsman may report to the team physician complaining that he has difficulty in sleeping in a strange environment. It seems reasonable enough to prescribe a barbiturate sedative, yet traces of the drug may persist on the following day, with beneficial effect on the performance of an over excited competitor.

Concept of Blood & Oxygen Doping

It is synonymous to blood boosting, blood packing erythrouthemia. It is the administration of red blood cells to the athlete other than for medical treatment. But for the purpose of enhancing performance. The blood can be drawn from the or from different individual. Blood doping is done to temporarily increase blood volume and increase the number of blood cell containing a hemoglobin this over loading the blood with hemoglobin which increase the oxygen carrying capacity of blood and lead to an increased endurance performance.

Ergogenic effect of breathing oxygen prior to exercise, during exercise and during recovery from exercise have been studied.

Effect of Doping

Effect of Anabolic Steroids

Anabolic steroids are misused in sports to increase muscle strength and bulk and to promote aggressiveness and as a result increase athletic performance. Anabolic steroids act upon the central nervous system. It is generally believed that 75 percent or more athletes are using these drugs. Legally this can only be purchased with a written prescription of a physician and generally sold in drug stores under a variety of trade names in a table form this is also used to enhancing muscle mass and body weight. Anabolic steroids are mostly used by sprinters, throwers, body builders, weight lifters, tennis players, Marathon runners to gain strength and weight. However gains through steroids are grossly overestimated by most body building athletes and sportsmen. Steroids at the most add only 10% towards the ultimate achievement. In men steroids tend to suppress the body's normal production of sex hormones females show great potential for increasing body musculature with steroids and have harmful side effect. The drug should not be taken by healthy individuals for the sole purpose of joining advantage in sports because its use in the long term produces harmful effects both in physiological and psychological terms to an individual. Stanozolol, methyl, testosterone which are the anabolic steroids.

Effect of Stimulants:

Stimulants are drugs, which increase alertness and reduce fatigue and may increase competitiveness and hostility. They are used because they can produce a psychological and physical stimulant, which may improve athletic performance. Amphetamines, caffeine, cocaine are the stimulants.

Effects of beta Blockers:

This drug commonly used for heart disease to lower blood pressure and decrease the heart rate. They may also be used in the treatment of migraines and to tremors. In sports such as shooting or archer, where a steady arm or trigger fingers is important, beta-blockers might be used to slow the heart rate and steady the nerve. Acetenolol, metaprolol, etc. are the beta-blockers Effect of Narcotic Analgesics. They are powerful analgesics and are mainly used for management of sever pain. They produce a sensation of euphoria or psychological stimulants, a false feeling of

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invincibility and illusions of athletic process beyond the athlete's inherent ability ethylenorphine, morphine are the narcotics analgesics.

Effect of Diuretics

Diuretics have important the therapeutic indication for the elimination of excess body fluids from the tissues in certain pathological condition and for management of high blood pressure. Diuretics are sometimes misused by competitors for two main reasons, namely to reduce weight quickly in sports. Where weight categories are involved, & to reduce the concentration of drugs by passing urine. Acetazolamide, furosemide etc. are adulteries.

Ill effect of Doping on Sportsmen:

1. ***Effect of Stimulants***

Stimulants can lead to poor judgement, placing the individual at greater risk of injury, it also lead to aggressiveness, anxiety and tremors.

Dehydration and decreased circulation and increased heart rate and blood pressure.

2. ***Ill effect of Narcotics analgesics.***

The Narcotic analgesics may increases the pain threshold so that the sports person may fail to recognise it, thus leading to more serious injury. Can cause physical and psychological dependence leading to more serious problem associated with addiction withdrawal and does related respiratory depression.

3. ***Ill effect of anabolic agents:***

Masculinization among the females increased aggressiveness, mood swing, depression, abnormal menstrual cycle, excessive hair growth on the body in females, acne, reduction in the size of testicles in male, decreased sperm production, potential for kidney, liver dysfunction. Premature aging enlargement of prostate gland, these effects may be permanent with prolonged age. In adolescents, premature closure of growth centers of the long bones may occur, and resulting in stunted growth.

4. ***Ill effect of Diuretics:***

Diuretics may cause dehydration, muscle weakening, a drop in blood pressure and cardiac irregularities caused by electrolytic imbalance.

5. ***Ill effect of Beta-Blockers:***

Beta-Blockers can cause heart failure, Asthma, depression, Sleep disorders and sexual dysfunction.

Conclusion:

High commercial stakes have also lead to increasing resort to doping by sports persons to enhance their performance, reaching a peak in cowl Olympics with the fastest man on earth turned out to be a drugged man.

Winning in sports at all costs does not permit the philosophy of sports increased use of doping in sports to gain an upper edge threatens the safety, health and longevity of athletes while preventing of greater risk of injury.

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