

Effect of Doping In Sports Performance

Mr. Satyajit Biswas: Research Scholar. Sai Nath University, Ranchi, Jharkhand

Introduction

The term doping refers to the artificial improvement of a competitor's performance through the use of drugs. It is interesting to note that the enhancement in performance dates back to ancient times also. Doping methods were used by the competitors to improve their performance by eating certain types of mushrooms even in the ancient Olympic Games. In the 19th century the doping problem reappeared as sports were becoming fashionable. In the 1920s and 1930s, doping was already a serious problem and has only become an important issue in the last few decades. A considerable attention was focused on the mounting problem of drugs and doping in sports.

In 1960, during the summer Olympic games at Rome, Danish cyclist Kurt Enemark Jenson unfortunately died during a 100 kilometers cycling event. Jenson and two of his teammates had taken amphetamines and Roniacol in the attempt to improve their performance in the 100 kms. Team trials. There has been considerable debate about whether the cause of death was actually as a direct result of having taken a drug or if it was a combination of dehydration and European bodies met in 1963 and discussed the problem of drugs in sports. From this meeting a doping definition came into existence and was adopted by the I.O.C. from October, 1964.

Doping

Definition:

"Doping is the administration to or the use by a competing athlete or any substance foreign to the body or any physiological substance taken in abnormal quantity or by an abnormal route of entry into the body, with the sole intention of increasing in an artificial and unfair manner his performance in competition".

List of Doping Classes

- Stimulants
- Narcotics
- Anabolic Steroids
- Beta Blockers
- Diuretics

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 stimulus, which may improve athletic performance.

Narcotics:

They are powerful analgesics and are mainly used for management of severe pain. They produce a sensation of euphoria or psychological stimulation, a false feeling of invincibility and illusions of athletic process beyond the athlete's inherent ability.

Anabolic Agents:

They are synthetic chemicals designed to have effects similar to a natural steroid produced in the body, the hormone testosterone. Natural testosterone provides anabolic and androgenic effects. Anabolic agents are misused in sports to increase muscle strength and bulk and to promote aggressiveness and as a result increases athletic performance.

Beta Blockers:

Drugs commonly used for heart disease to lower blood pressure and decreases 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 finger is important, beta-blockers might be used to slow the heart rate and steady the nerves.

Diuretics:

Diuretics have important therapeutic indications 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.

Effects of Doping on Sportsman

Winning in sports at all costs does not permit the philosophy of sports to degenerate merely into a competition amongst laboratories, scientists and athletes. Increased use of drugs in sports to gain an upper edge threatens the safety, health and longevity of athletes while preventing the original intent of sports.

Effects of Stimulants:

- Greater risk of injuries.
- Dehydration and decreased circulation.
- Increased heart rate and blood pressure.

Effects of narcotics analgesics:

- The narcotics analgesics may increase the pain threshold so that the athletes may fail to recognize it thus leading to more serious injuries.
- Can cause physical and psychological dependence leading to many problems associated with withdrawal.
- Those related respiratory depression.

Effects of Anabolic Agents:

- Musculinization among females.
- Increased aggressiveness, mood swings, depression, abnormal menstrual
- Cycles and excessive hair growth on the body, in females.
- Deepening of voice in females.
- Potential for kidney, liver dysfunction.
- Premature aging enlargement of prostate gland.

Effects of Diuretics:

- May cause dehydration muscles weakening and example.
- A drop in blood process.
- Cardiac irregularities caused by electrolytic imbalance.

Effects of Beta Blockers:

- Can cause heart failure
- Asthma
- Depression
- Sleep disorder.

Conclusion:

The use of drugs to enhance athletic performance poses tremendous potential risk in general and athletes in particular. The incidence of drugs usage by athlete is increasing and many athletes are turning to new drugs or alternative doping methods in an effort to avoid detection by extremely sensitive and reliable drug testing procedures. Future success in eradicating drug usage by athletes will only result from increased efforts directed at enhancement of athlete education, development of strict policies dealing with those athletes who used banned substances, and refinement of drugs testing procedures.

References:

- Anderson WA and Mc Keag DB “the substance use and abuse habits of college student athletes. National collegiate athlete association, June 1985.
- Ariel G “The effect of anabolic steroids up on skeletal muscles contraction force. Medicine and physical fitness, 13, 1973
- Dr. G P Gautam, Vikram Singh, “Compressive physical Education, 2001, 140-142.