

Drug Abuse in Fitness & Sports

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Abstract: *Drug abuse occurs in many sports and fitness culture, as per competition, fitness levels and power consumption for particular event. Sport persons may lead to drug abuse for so many reasons. E.g. Performance, Mental illness, to deal with stressors, such as pressure to perform injuries, physical pain, age factor, and review examines the effect of different substances used for doping. Side effects of doping, types of steroids and medicines, there is variable evidence for the performance enhancing effects and side effects of the various Substances that are used for doping.*

Keywords: *Drug abuse, doping, steroids, mental illness, injuries, stress, Stimulants, Remedies etc.*

Introduction:

We must also be aware that drug abuse is common problem with sportsman now a day. Because a sportsman suffers from injuries, physical stress, mental stress etc. Drug abuse is severe problem among sportsman when they participate in various sport and fitness events and of intercollegiate or university and any other district, state, National or International level. They have a habit to take drugs/doping such as tobacco, alcohol, opium etc. researcher developed rapport with sportsman at the time of tournament. On drug habits of these sportsman. The sample consisted of 50 sportsmen from weight lifting, power lifting and body building. On the basis of informal interview the responses were collected.

The usage of various drugs including steroids, growth hormone, diuretics and various illegal stimulants are rampant in sports across the world. There are tremendous side effects to many of these substances and in some cases their use can even result in death.

Objectives:-

1. To focus on such problem.
2. To know the reasons of drug abuse.
3. To suggest remedies of improve this state.
4. To know stress-related illnesses.
5. To know physical stress.

Why sportsman addicted drug/doping?

- It gives the fame, the status and the name.
- It teaches you to fight, with all your might.
- It teaches you to win, but also accept if you lose.
- It channelizes you, I determines you.
- It shows you failures, to give success to you.
- Gives you what you are!!!!!!!!!!!!!!

Play the Game in the spirit of the Game but drug/doping is mailing the Game.

What is Doping?

Doping is total deviation from the rational use of steroids.

Doping comes from a Dutch word “doop” meaning a thick liquid or sauce, reminder that is originally referred to a South African drink. In days gone by, “dope” was something you drink to help you work hard, but only a short period of time. So, in English, “to dope” means to administer a drug, specifically as a stimulant.

Doping is defined as the use of an artifice, whether substance or method, potentially dangerous to athletes health. It is capable of enhancing their performances, or the presence in the athlete’s body of a substance, or the ascertainment of the use of a method on the list annexed to the Olympic Movement Anti-Doping Code.

Steroids:

Steroids are highly selective therapeutic indications in the medical practice which wage effects and side effects by medical fraternity.

Medicines Used:

Amphetamine, Android, Darbepoetin, Dhea, Erythropoietin, Human Growth Hormone, Insulin, Methamphetamine, Modainil, Nandrolone, Norandrosterone, Stanozolel etc.

POSITIVE EFFECTS:

The main reason for using anabolic steroids is unwillingness to put forth the effort to build mass and strength, and even then it is not acceptable. While steroids make the users look good very quickly: the long term dangers and effects outweighing the short-term benefits of steroids are very plain to see. The user gains mass, speed and strength very quickly football players. Some increase the alertness in the athletes and also allows them to recover faster from the exercise. Some boost the male sex hormone testosterone level in the blood.

The steroids boost the production of the red blood cells that carry oxygen to the muscles thus boosting an athlete’s endurance level.

NEGATIVE EFFECTS:

Steroids have serious and sometime long-term effects that can be life threatening. Many users have acne problems and dramatic mood swings, more violent demeanor, which can in some cases, cause heart attacks. When used by teen is can cause stunted growth. Other side effects include genital changes, water retention, yellow eyes, coronary artery diseases, ligament injuries, high blood pressure, and changes in cholesterol levels. Some of the ill effects of drugs are damage to the kidneys, liver and cause sterility, which means it can destroy the chances of ever producing children. Women that use steroids run the risk of male pattern baldness. Some people fall into Comas after injecting the drugs, some may even die from the injections.

HARMFUL EFFECTS:

- Brain cancer depression
- Yellowing of Eyes and Skin
- Bad Breath
- Severe Acne
- Deepening of Voice (women).
- Heart Attack Stroke
- Development of Breasts/Brest reduction in women
- Liver Tumors/Liver cancer
- Nausea & Vomiting
- Kidney Disease
- Abdominal Pain Diarrhea
- In Men Testicular Shrinkage Impotence
- In |Women irregular Menstrual cycles
- Bruising Infections (from Injections)
- Stunted Growth
- Weak Tendons

Why is drug abuse/doping prohibited?

- Doping is fundamentally against the Ethos of the spirit of Olympic Games: the fair game.
- The unfair advantage, which may be gained by sportsman who used prohibited substances or methods to enhance performance over others.
- The possible harmful side affects which some substances or methods can produce.

Factors of drug abuse:-

1. Personal factors.
2. Social factors.
3. Psychological factors.
4. Moral factors.

Affects on lifters:-

1. Personal image of lifters.
2. Identify of team and the respect of the country.

Remedies of drug abuse/doping:-

Variorum Multi-Disciplinary e-Research Journal
Vol.,-05, Issue-II November 2014

1. Though it's not the end in itself we can make new start with potential training which may be instill positive approach, optimism and skills like stress management.
2. We must therefore hope for the best and do better than before.

Finding:-

- It was found that gutka was used more by the power lifter than the weight lifter.
- Alcoholism was high among the bodybuilders.
- Drugs like opium, pain killers were high among the power lifter and weight lifter.
- Creatine was used more by body builders, weight lifters then the power lifters.

Conclusions:-

Many of the prohibited substances and methods are harmful to sportsman and can cause short and long term damages, they can also cause acute, sub acute and chronic manifestations which can be short or long term.

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