

## EXISTENCE OF DOPING AND THE VARIABLES IN CURRENT SCENARIO: ANALYTICAL APPROACH

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### ABSTRACT

*This paper aims to conceptual approach of the doping and its effects. Drug are life-saving as well as life-threatening chemicals. They are used by sportspersons to improve their performance, named as doping in sports, performance-enhancing drugs are banned in sports. These drugs have an effect but have dangerous side effects. International Olympic Committee (IOC) only natural sources of diet for sports performance. These drugs are named as doping or ergogenic aids.*

*KEYWORDS: Doping, Effects and Scenario.*

### INTRODUCTION:

Performance is considered unethical by most international organization, including the In competitive sports doping refers to the use of banned athletic performance-enhancing drugs by athletic competitors, where the term doping is widely used by organization that regulate sporting competitions. The use of drugs to enhance International Olympic Committee. The reasons for the ban of these drugs mainly the health risk as they might harm the health of athletes and might be fatal.

There are various types of doping substance or methods such as:-

- ▣ Stimulants such as Amphetamines, Cocaine, Ephedrine and Mesocarb.
- ▣ Narcotics such as Morphine, Opium, Codeine, Heroin.
- ▣ Steroids such as Testosterone, Estradiol, Anabolic Steriod.
- ▣ Growth Hormone ( GH) such as Somatrophin, Peptide Hormone.
- ▣ Beta-Blockers such as Beta-adrenergic, Blocking agents, Beta antagonist, Beta-adrenoreceptor antagonist.
- ▣ Diuretics such as Acetazolamide, Aspirin.

- ▣ Blood doping such as Erythropoietin (EPO).

#### DOPING: THEIR MISUSE IN SPORTS :

STIMULANTS:- Stimulants are the substances that act directly on the central nervous system to speed up parts of the brain and body.

Adrenaline is an example of a naturally occurring stimulant in the body.

Some athletes may use stimulants in an attempt to increase alertness, reduce tiredness and increase their competitiveness and aggressiveness.

Example:- Amphetamines, Cocaine, ephedrine and merocarb etc.

NARCOTICS:- A narcotic is an addictive drug that reduces pain. These drugs make people slow and sleepy. These are used during training period to remove the feeling of restlessness and tiredness and for long endurance activities. These drugs have certain side effects such as slow response, loss of concentration, nausea and vomiting etc.

- ▣ Example:- Morphine, Opium, Codeine, Heroin etc.

#### STEROIDS

- ▣ These are used up by the sports persons during training period to promote growth and healing process. They are effective for speed, power, strength increasing heart rate, body temperatures, body weight, blood circulation etc. They effect the body leading to heart attack, causes cancer of kidney or liver, infertility in females, decrease in sexual power, uncontrolled emotions etc.

- ▣ Example:- Testosterone, Estridid, Anabolic Steriod etc.

#### GROWTH HARMONE

- ▣ These are used for increasing the muscle mass, height and size of the body these are usually used by body builders, jumpers etc. These cause postural deformities, bones may be defected and may lead to overweight along with unbalanced height and size.

Examples:- Somatotrophins, Peptide hormone etc.

### BETA-BLOCKERS

They fight against anxiety and act as muscle relaxant. They lower the heart rate and reduces tremors. Some peoples, usually musician during public performances and auditions. They reduces heart rate, body temperature lowers there are generally used by shooters, ski-divers causes health affect in later age.

Examples:- Beta-antagonist, Beta-adrenoreceptor etc.

### DIURETICS

These are the drugs that increase the rate of urine flow and sodium excretion to adjust the volume and composition of body fluids. They are often abused by athletes, diuretics have been included on the world Anit-Doping Agency's (WADA) list of prohibited substances. They are abused by athletes to excrete water for rapid weight loss. Reduces natural appetite, leads to malnutrition, under-nutrition are the adverse affects of diuretics. They are generally used by wrestlers, judo and boxing players.

Examples:- Acetazolomide, Aspirm.

### BLOOD DOPING:

It is practice of boosting the number of red blood cells in the bloodstream in orders to enhance athletic performance. This method is used by long distance runners, cause great loss to health like dehydration, heart attach etc. The common method of blood doping is through blood transfusion or by injecting erythropoietin ( EPO).

### HARMFUL EFFECTS OF DOPING:

#### A. STIMULANTS

- a. Insomnia
- b. Involuntary shaking or trembling.
- c. Problem with co-ordination and balance.
- d. Heart attack or a stroke.
- e. Irregular heart rate.

#### B. NARCOTICS

- a. Weakened immune system.
- b. Suppressed respiratory system.
- c. Less concentration.
- d. Vomiting and Constipation.
- e. Less abilities in balance and Co-ordination.

#### C. STEROIDS

- a. Baldness.
- b. Mood Swings.
- c. Decrease in sperm production in males.
- d. Enlarged clitoris in females.
- e. Abnormal menstrual cycles.

#### D. GROWTH HORMONE

- a. Protruding forehead, brow, skull and jaw.
- b. Enlarged heart resulting in high blood pressure.
- c. Heart failure.
- d. Damage to liver, thyroid and vision.
- e. Crippling arthritis.

#### E. BETA-BLOCKERS

- a. These causes serious health problems in late age.
- b. Addictive effects.
- c. Expensive.

F. DIURETICS

- a. Dehydration.
- b. Muscle Cramps
- c. Cardiac Disorders.
- d. Dizziness
- e. Drop in blood pressure.

G. BLOOD DOPING

- a. Heart Failure
- b. Stroke
- c. Kidney damage
- d. High blood pressure.
- e. Threat of AIDS through sharing of needles / syringes.

4. Doping TESTS:-

Doping test is an activity that is strictly specified in the International standard for testing and investigations. Urine, blood or both are collected as test samples. Doping test takes place both at competitions and outside of them. Main purpose of doping test is to detect the presence of performance enhancing drug or prohibited drugs in sports.

TYPES:

There are two types of doping tests:-

- i. In-competition tests.
- ii. Out-of-Competition tests.

An athlete can be summoned to testing at any time and anywhere, either on their home country or abroad.

PROCEDURE:

1. Samples of urine, blood, hair or saliva is taken from the athlete who is called for drug test.
2. The collected sample is divided into parts sample A and Sample B and sealed by Athlete.
3. Sample A is sent to registered laboratory for drug test.
4. If sports enhancing drugs are found in this sample, then athlete is notified in specific period.
5. Now sample B is tested in the presence of athlete or coach.
6. If both the sample A and B are positive i.e. sports enhancing drugs are used then relevant sports organization is notified.
7. It is now the responsibility of sports organization to decide the penalties to be imposed over that athlete.

The body which controls the drug abuse in sports is named as world Anti-Doping Agency (WADA).

#### WADA:-

1. This agency checks and controls doping in sports.
2. Provides technical and financial help for testing.
3. Regulates doping rules and regulation.
4. Educates athletes regarding harmful effects of drugs.
5. Provides list of banned substances in sports.

WADA works in co-ordination with International Olympic Committee (IOC) .

In India, the controlling body under the WADA is named as National Anti-Doping Agency (NADA).

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