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Drugs in sports

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Abstract

Sports competition is becoming highly professional. Through the drugs are banned yet doping cases are coming to light and the athlete are found guilty in certain sports competition. Drugs are substances that are either used as medicine or in the preparation of a medicine in sports. When drugs are used under the guidance of a qualified physician, they are extremely useful to mankind in the prevention and treatment of disease, and in sport it removing of suffering or pain, or improve their performance. The athlete take drugs (doping) for the sake of temporary enhancement of performance, power to win the game and medals to bring at national and international level. So, we can say that the sports men should, therefore, stay away from drugs as its misuse and abuse, when detected, damage the prestige of a country at national and international levels, and not only this, the sportsman is debarred for future competition.

Keywords: Drugs, sports performance, physical effects, psychological effects.

1. Introduction

A drug is a chemical substance that, when absorbed into the body, can alter normal bodily function. Many drugs have been banned in sport if they are deemed to provide an unfair advantage, pose a health risk, or are seen to violate the 'spirit of sport'. The use of banned drugs by athletes is referred to as 'doping'. The use drugs which was banned for enhancing performance in sports is commonly referred to as doping, particularly by the organizations that regulate sporting competitions. The use of drugs to enhance performance is considered unethical by most international sports organizations, including the I.O.C, although ethicists have argued that it is not different from the use of new materials in the construction of suits and Sports which can also aid performance and give competitors an unfair advantage. Athletes use drugs for many reasons. Some use drugs for medical need. Some use proscribed drugs inadvertently, while others use drugs deliberately - either on their own initiative or at the behest of coaches or officials - to cheat, to try to improve their performance artificially and to improve their chances of winning. Finally, some sports people use drugs, including illegal drugs, recreationally. It is possible to take a different view of each of these forms of drug use. For athletes taking a drug for medicinal purposes, it may be important for them to make the medical condition known to testing authorities well in advance of any test being performed. For the inadvertent user, there is a need for more education so that the rules of competition, as they relate to drug use, are well known and understood. For the recreational user, including the use of anabolic steroids by non-competitive body-builders, the issues are those which apply to drug abuse in general. The person who seeks to cheat faces testing, detection and sanctions. Whether the person initiates the cheating or follows instructions from a coach or from officials does not matter - detection leads to a report to the relevant sporting association and to the imposition of sanctions. The reasons for the ban are mainly the health risks of performance-enhancing drugs, the equality of opportunity for athletes, and the exemplary effect of drug-free sport for the public. Anti-doping authorities state that using performance-enhancing drugs goes against the "spirit of sport". Drug use in sport continues to change. The drugs favored by coaches and athletes are subject to fashion and to efforts by the unscrupulous and sophisticated to avoid detection. While testing has become more rigorous (including out of competition testing), new forms of undetectable doping have appeared. The use of blood doping and some hormones, e.g. human growth hormone and erythropoietin, is believed to be increasing. Research efforts have intensified to develop tests for these substances. Blood doping, defined as the administration of blood or related blood products to an athlete for other than legitimate medical treatment, is an area of concern. It usually involves an athlete removing some blood several weeks before a competition and then re-infusing the blood close to the competition (the process of antilogous blood transfusion).

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The resultant increase in oxygen carrying capacity is thought to provide an increase in stamina and endurance. There are moves to conduct blood tests of athletes in order to detect blood doping, but the reality is that analytical procedures do not exist to detect antilogous blood transfusion. Finally, it is becoming obvious that the tightening of doping policies to prevent legal challenges is just as important as the development of new testing and analytical procedures. The cases of Australian cyclist Martin Vinnicombe, German sprinter Katrina Krabbe and American 400m runner Butch Reynolds have demonstrated that positive drug tests can signal the beginning of lengthy legal battles over their interpretation and status. Unfortunately, litigation is a resource-intensive process and one which will increasingly become a problem for sporting organizations and testing agencies. As a matter of urgency, processes must be implemented which minimize the possibility of litigation as a result of positive drug tests and other doping practices.

2. Drugs Uses in Sports

2.1 Increasing Performance

In sports athletes take drugs to enhance their physical performance in an attempt to prevent them falling behind other competitors, even if it does mean damaging their health and risking their sports careers. Other athletes may use drugs to help them wind down and relax, to cope with the pressures and stress associated with a constant battle to win all the time, to boost their own self-esteem and confidence, to mask the pain of certain sports injuries, to control and reduce weight, and to hide the use of any other banned substances.

2.2 The Rapautic Use of Drugs for the Treatment of Medical Conditions

Athletes are generally in peak physical condition. However, some athletes may have long-term conditions, such as asthma, that require medical intervention. Additionally, athletes, like any member of the general population, are not immune to short-term conditions such as coughs and colds. Drug treatment for any of these conditions requires vigilance in relation to athletes.

2.3 Social and 'Recreational' Use of Drugs

Drugs are used widely within society, throughout the world, for social and recreational purposes. These drugs range from caffeine, a constituent of many beverages, through to illegal drugs of abuse, such as cocaine. As members of society in general, athletes may follow these trends towards social or recreational use of drugs Alcohol is a drug that is legally consumed in many cultures, worldwide. Some athletes take such drugs in a social environment, without intent to enhance performance. However, in addition to these drugs having potential performance- enhancing properties, an athlete who is under the influence of such drugs may pose a danger to fellow competitors.

3. What types of drugs and methods are used by athletes to enhance performance?

Lean mass builders are used by athletes to increase the growth of muscle and lean body mass, to reduce recovery time after an injury, and are sometimes used to reduce body fat. Examples of lean mass builders include anabolic steroids, beta-2 antagonists, and various human hormones (human growth hormone, high). Stimulants are used by athletes to increase alertness, improve concentration,

increase aggressiveness, decrease fatigue and shorten reaction time. Painkillers are often used by athletes in order to mask the pain of an injury and so as they can continue to compete and perform beyond that of their normal pain threshold. The use of narcotics is banned in sports as they impair athlete's judgment where dangerous situations cannot be detected. Relaxants are used in such sports as archery where a steady hand is required, and also by those athletes feeling excessive nervousness or discomfort which is hard to overcome. Examples of relaxants often used include alcohol, beta-blockers and marijuana. Diuretics are often used in sports such as wrestling where a certain weight restriction needs to be met, as they remove water from the athlete's body. In many cases masking drugs are used by athletes in order to disguise the use and prevent the detection of illegal classes of drugs in sport. One method of performance enhancement used by athletes is blood doping. This involves removing red blood cells from the blood and replacing those weeks later to increase the overall number of red blood cells in the blood. This increases the amount of oxygen that the body can therefore carry and is extremely beneficial in long distance running.

4. What are the side effects and risks associated with taking such drugs and using such methods?

Lean mass builders such as anabolic steroids can cause dangerous increases in levels of cholesterol, heart attack, hypertension, stroke, liver and kidney damage, jaundice, depression, aggression, mood swings, acne and skin disease, reduced sperm count and impotence in males, and amenorrhoea in females. Beta-2 antagonists can cause nausea, headaches, dizziness, muscle cramps and heart flutters, whilst other lean mass builders such as the human growth hormone may be associated with Creutzfeldt-Jacob Disease, liver problems, heart disease and irregularities in the processing of insulin. Side effects of stimulants such as amphetamines include increased heart rate, blood pressure and body temperature, stroke, hypertension, agitation, anxiety and sudden cardiac death. Strong prescription painkillers such as narcotics are also highly addictive and can impair mental abilities. Relaxants such as alcohol and marijuana cause impaired judgement, balance, co-ordination and memory, hallucinations and drowsiness. Side effects of diuretics include dehydration, dizziness, cramps, heart damage and kidney failure. Those masking drugs used to prevent the detection of other banned substances can cause severe allergic reactions, nausea and vomiting. The method of blood doping is dangerous as it causes the blood to thicken and can lead to hypertension, stroke, heart attack and sudden death.

5. Effects of drugs on performance

The risk of drug-related problems is increased: A young adult who uses drugs increases his or her risk of experiencing any (or all) of the following:

- Legal problems.
- Addiction.
- Involvement in a traffic accident.
- Involvement in a swimming, boating, or other type of accident.
- Engaging in risky sexual behaviors that may spread disease.
- Athletic injuries.

6. Development of life skills is impaired

An adolescent's drug use will also mask problems and interfere with the normal development of such important life skills as:

- Stress management.
- Conflict resolution.
- Problem solving.
- Goal setting.

7. Physical, emotional, social, and spiritual development is damaged

A young person's sense of independence, responsibility, and purpose is best achieved without the interference of drugs. The following types of development depend on a young person remaining drug free:

- Normal psychological development.
- Appropriate moral and spiritual development.
- Ability to solve daily problems and cope with stress.
- Ability to interact and get along with others.

8. The game will be affected

Sports were designed to be a fun and competitive way to gain exercise. They were not designed to include drug use. Communicate the serious effect of drugs on the game by asking your players to guess how their foul shots, field goals, or home runs would be affected by drugs. To put it simply, they won't happen. Scientific studies show that drugs impair coordination and abilities. How does this translate on the athletic field?

- A basketball player using drugs is more likely to miss a game-winning free throw.
- A football receiver using marijuana is less likely to outrun a defender. Speed, lung capacity, muscle strength, and stamina all can drop with marijuana use.
- A skier using drugs likewise dramatically increases his or her chances of suffering a career-ending injury.

If a player's performance is weak because of drug use, the player will have to live knowing that he or she has disappointed the team, the coach, and others -- all for a few minutes of a false high.

9. Team spirit will suffer

Drugs negatively affect not only a team's performance, but its sense of team spirit and cohesiveness as well. In particular, drug use can cause the following effects on the morale of the team:

- Lack of togetherness.
- Lack of concentration.
- Lack of commitment.
- Lack of energy.
- Lack of trust.

10. Conclusion

Many challenges still remain in the drugs in sport area. While success is achieved in one area, new issues and challenges emerge in another. If anti-drug initiatives are to be effective, they will require adequate resourcing, enthusiastic international co-operation and a commitment from all sections of the community to make competitive sport even relatively drug free.

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