



Review on Doping in sports

Dinkar Hambarde¹, Hemant Shinde²

¹Late Baburao Patil college, Hingoli-431513

²Toshniwal A.C.S. College, Sengaon-431542, Dist. Hingoli

Introduction:-

Doping refers to the use of performance-enhancing drugs or substances by athletes in order to gain an unfair advantage in competitive sports. Doping is considered unethical and is strictly prohibited by most sports organizations, including the World Anti-Doping Agency (WADA). The use of these drugs can have harmful effects on an athlete's health and can lead to serious consequences such as disqualification, fines, and even criminal charges in some cases. In addition to drug use, doping can also refer to other prohibited methods such as blood doping or the use of gene doping. WADA and other organizations are continually working to prevent doping in sports and to ensure fair competition for all athletes.

Doping in sports

Doping in sports is a serious issue that has been prevalent for decades. It is the use of performance-enhancing drugs or substances by athletes to gain an unfair advantage over their competitors. Doping can range from the use of anabolic steroids, which can increase muscle mass and strength, to blood doping, where an athlete receives a blood transfusion to increase the amount of oxygen-carrying red blood cells in their body.

Doping is considered unethical and is strictly prohibited by most sports organizations, including the International Olympic Committee (IOC) the use of performance-enhancing drugs can have harmful effects on an athlete's health, including liver damage, kidney failure, and heart problems. It can also lead to psychological effects such as mood swings and aggressive behaviour. WADA and other organizations are continually working to prevent doping in sports and to ensure fair competition for all athletes. This includes regular testing of athletes and increasing awareness about the dangers of doping. Additionally, many sports organizations have implemented stricter penalties for athletes who are caught doping, in an effort to deter others from engaging in this behaviour.

1. Doping before and during the competition, the amount of consumption of stimulants has increased among athletes to increase physical and mental capacity, to help improve their performance. Many top international athletes use doping.

- 1) The term doping means consumption of stimulants.
- 2) Consuming natural or synthetic chemical substances helps to improve the physical performance and mental balance of athletes before and during the competition.
- 3) Written evidence of medicinal use can be found in the ancient Egyptian and Roman chronicles.
- 4) Fist wars in the second half of the nineteenth century. Cyclists and long- distance runners have been found to improve their performance by ingesting stimulants such as cocaine, strychnine, and caffeine.
- 5) After the 1955 cycle race in France, the first doping test was conducted.
- 6) Doping test started from 1968 Olympics.
- 7) With the help of modern and highly sensitive equipment it can be proven beyond doubt if a sportsperson has consumed a banned drug.
- 8) The Olympic Committee has so far banned more than 3700 drugs. There are five types of such medicines.

(i) Stimulants: This category includes amphetamine, cocaine and caffeine.

Effects of this on the player's body:

- 1) Consuming these medicines improves alertness and does not cause early fatigue. Side effects of this medicine are also serious.
- 2) The athlete is constantly anxious and restless.
- 3) His aggression increases. It affects decision making ability.
- 4) Chances of injury increase.
- 5) Heart rate and blood pressure increase erratically and decrease like water in the body, cardiac arrest.
- 6) Serious things like bleeding in the brain happen. These types of drugs are consumed in shooting and gymnastics.

ii) Narcotics and Analgesia: These include pain relievers. Effects on the athlete's body:

- 1) These drugs increase the confidence of the athlete.
- 2) The lie of being invincible Illusion that by creating emotions in the mind, one can achieve more than one's strength is created E.g. As morphine is a pain reliever, the injured player can forget about the pain and play, but it can cause permanent damage to the injured part of the body. 3) The habit of taking regular medicines increases the risk of its turning into addiction.
- 4) These types of drugs are used in sports such as long- distance running, cycling and cross- country.

(iii) Beta Blockers These drugs are used to slow down the patient's heart rate and blood pressure.

Effects of this on the athlete's body:

- 1) Heart rate decreases.
- 2) Trembling of hands and feet is reduced.
- 3) Stable movement can be done.
- 4) Helps to increase concentration and accuracy in some sports. E.g. Archery, long jump, high jump, skating etc.

(iv) **Diuretics:** Due to the consumption of these types of drugs, the contestant's kidneys are diluted, making it difficult to detect trace amounts of banned drugs in a urine test. Athletes can qualify for a certain weight category by using these drugs to prevent the consumption of banned drugs and to lose weight, such drugs are used in sports such as boxing, weightlifting, and wrestling. Dehydration and fainting can occur as a side effect of these drugs.

Anabolic Steroids Testosterone is a hormone found in the male body and drugs derived from it.

Effects of this on the body of the athletes:

- 1) If this drug is taken or injected into the body, new cells are generated in the body of the athletes at a faster rate.
- 2) Muscle cell swelling increases strength by 20 percent. Such drugs are used in sports like football, weight lifting, throwing competitions.
- 3) These hormones disrupt the balance of natural hormones in the body and cause serious consequences
- 4) It affects the personality and kidney of men.
- 5) Premature baldness.
- 6) Female contestants have more body and facial hair.
- 7) Muscles become yellowish like men.
- 8) There are serious consequences like irregularity in menstruation.
- 9) Sportsmen tend to get rich by winning at the risk of physical side effects on occasion.
- 10) Selected contestants are tested before international competition.
- 11) This test is conducted immediately after the sport in which the athlete has participated.
- 12) Candidates have to present at the test centre within 1 hour after the competition.
- 13) In this test, examination is done by gas chromatograph, liquid chromatography and mass spectrometer.
- 14) Test equipment are used from world famous company Hewlett Packard.
- 15) Canada's runner Ben Johnson's 'doping' case at the 1988 Seoul Olympics was well known. 16) In the 100 meters at the Seoul Olympics, Johnson won the gold medal with a time of 9.79 seconds, but lost the gold medal. The gold medal went to Carl Lewis and Johnson's world record was wiped out.

Doping: An Olympic Curse:

The Olympic Games are now referred to as the 'Dirty Games'. Not a day goes by that a player is not found guilty of a doping test.

- 1) Claire Sturt is a psychologist at Atlanta University. SPORTICA Ahead of Atlanta Olympics
What will be the effect of competition on illegal drug sales in the city? Research was done on this topic. She said, "Watching the Olympics made many people want to take up sports and more people began to exercise. The weights began to lift, and I'll bet I'll outsell this 'dirt' and not only find a buyer, but I'll find a dealer who'll take anything to get it."
- 2) A study by Craig Fleming, manager (anti- doping) at the Sydney Olympic Committee three years ago also found that with the Olympics, the country's entry of performance- enhancing substances into sports also increases. Anyone can achieve any desired goal in the game with the help of chemical and specially designed post. Only at some point does one's liver stop working or does one 'overdose' and die. If that is acceptable, then there is no question. Steroid use is reported to be 7.6 percent of US school children, while in Australia it was 3.2 percent of young adults 3 years ago.
- 3) Says Paul Dylan of the National Drug and Alcohol Center, the Olympics will definitely have an effect on the rise of steroid use among young people. And on this background, Romanian gymnast Andrea Raducuan's appeal (convicted after winning the gold medal) continued to be denied. She declared her determination to show her gold medal back. The girl is 17 years old and she took two cold pills before the competition. And is also innocent.

Taking that cold pill didn't do any good for me, instead I kept falling asleep. The doctor who prescribed her had been a volunteer with the Romanian gymnastics team since 1977, but was no expert on drugs and illegal stimulants.

The issue of doping in sports, particularly in the Olympics, has been a long-standing concern. The use of performance-enhancing drugs has tainted the spirit of fair competition and undermined the integrity of the games. The 2020 Tokyo Olympics were no exception.

Despite the strict anti-doping measures put in place by the International Olympic Committee (IOC) and the World Anti-Doping Agency (WADA), several athletes were caught and sanctioned for doping violations during the 2020 Olympics. This included high-profile cases such as the Russian Olympic Committee's ban from the games due to state-sponsored doping and the disqualification of American sprinter Sha'Carri Richardson for marijuana use.

The consequences of doping go beyond just individual athletes. Doping can also damage the reputation of entire nations and sports organizations. The ongoing scandals surrounding doping in Russian athletics have led to widespread condemnation and have called into question the legitimacy of their athletes' achievements.

The fight against doping is an ongoing battle, but it is an essential one for the sake of fair play and the safety and health of athletes. The IOC and WADA continue to strengthen their anti-doping measures, including increasing testing and penalties for violations. It is up to individual athletes and sports organizations to uphold the spirit of fair play and integrity in sports by refusing to engage in or tolerate doping practices.

Doping has been a curse on the Olympic Games for several decades. Despite strict anti-doping policies and testing measures, athletes have continued to use performance-enhancing drugs and substances in an attempt to gain an unfair advantage over their competitors.

The 2020 Olympics, which were held in Tokyo, Japan, were no exception. In the lead up to the games, several high-profile athletes were caught doping, including Chinese swimmer Sun Yang, who was banned for eight years for tampering with a doping control sample.

In addition to individual athletes, entire national teams have been caught doping in the past, leading to bans from competition. At the 2014 Winter Olympics in Sochi, Russia, it was revealed that the Russian government had organized a large-scale doping program for their athletes, resulting in a ban on the Russian team for the 2018 Winter Olympics in Pyeongchang, South Korea.

Doping not only undermines the principles of fair play and sportsmanship, but it also poses a serious health risk to athletes who use these substances. The long-term effects of doping can be devastating, including liver damage, kidney failure, and heart problems.

The fight against doping in sports is ongoing, and organizations like the World Anti-Doping Agency (WADA) are working to develop more effective testing methods and penalties to deter athletes from using these substances. However, the curse of doping in the Olympics continues to cast a shadow over the world's most prestigious sporting event.

conclusion:-

Doping in sports remains a complex and controversial issue that raises ethical, legal, and health concerns. While some athletes use performance-enhancing substances to gain a competitive edge, others argue that such practices are unfair and undermine the integrity of sports. The use of banned substances in sports has led to a number of high-profile scandals and has prompted organizations such as the World Anti-Doping Agency (WADA) to develop and implement anti-doping policies and programs. These efforts have helped to deter some athletes from using performance-enhancing drugs and have led to stricter penalties for those who are caught.

However, doping remains a persistent problem in many sports, and some athletes continue to use prohibited substances despite the risks. The long-term health effects of doping are not fully understood, and there is evidence to suggest that the use of performance-enhancing drugs can have serious negative consequences on an athlete's physical and mental health.

Ultimately, the fight against doping in sports requires a multifaceted approach that includes education, testing, and enforcement. It also requires a willingness on the part of athletes, coaches, and sports organizations to uphold the values of fair play and sportsmanship.

References

- 1) Geeraets, Vincent (2018). "Ideology, Doping and the Spirit of Sport". *Sport, Ethics and Philosophy*.
- 2) Kumar, R (2010). "Competing against doping". *British Journal of Sports Medicine*
- Rowbottom, Mike (2013). *Foul play : the dark arts of cheating in sport*. London: Bloomsbury USA. p. 16. ISBN 978-1-4081-5579-0.
- 3) Jean-Pierre de Mondenard (2000). *Dopage : L'imposture des performances*. Wilmette, Ill: Chiron. ISBN 978-2-7027-0639-8.
- 4) Grajewski, Tadeusz: *The Building That Would Not Go Away*, Royal Agricultural Hall, UK, 1989
- 5) Woodland, Les: *This Island Race*, Mousehold Press, UK, 2005
- Novich, Max M., *Abbotempo*, UK, 1964
- 6) Bearings, US, 24 December 1896, cited Ritchie, Andrew, *Major Taylor*, Bicycle Books, US, 1988
- 7) *New York Times*, US, 1897, cited McCullagh, James, *American Bicycle Racing*, Rodale Press, U.S., 1976
- 8) Novich, *ibid*. Cited De Mondenard, Dr Jean-Pierre: *Dopage, l'imposture des performances*, Chiron, France, 2000
- 9) SPORTICA -prof. Mohakumar sarpate Harshad publication 2002
- 10) <https://en.m.wikipedia.org/wiki/Doping>