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Steroids and Sports

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Abstract

In today's time every sportspersons wants to be perfect in sports but human body has some limitations to perform sports activity. Some of our players are using the medicines to enhance the performance. In sports some of the medicines are also harmful in long term. There are certain changes in the body which are discussed in the study. Anabolic steroids (synthetic versions) is male testosterone hormone will cause a lean muscle mass in body to increase their muscle mass and strength and promote muscle building. Steroids and related hormones (such as testosterone) are used to increase muscle mass and strength by promoting testosterone production. But these include the penis, testicles, muscle mass, deep voice and facial hair. The abuse of steroids is most common among professional athletes and bodybuilders. Teenagers and adults who feel they need to look muscular Steroids can take the form of tablets, capsules or inject able liquids, depending on the brand affecting their health. This psychological dependence can lead to depression, anger or anxiety if access to steroids is denied, even temporarily. For men steroids affect testicle and penis shrinkage, reduced sperm count, impotence, prostate problems, gynaecomastia (breast development) and baldness. And in women loss of the menstrual cycle (amenorrhea), shrunken breasts, deepened voice, facial and body hair, and abnormal growth of the clitoris. Treatment options for drug addiction include detoxification, individual counseling and group therapy. Their family, doctor, sports psychologist can help them to overcome.

Keywords: Steroids, Sports, bodybuilders, professional athletes

Introduction

Anabolic steroids (anabolic-androgenic steroids) are synthetic versions of the male hormone testosterone. They are a class of drugs that are legally available only by prescription and are prescribed to treat a variety of conditions that cause a loss of lean muscle mass.

What steroids athletes do?

Some athletes take a form of steroids-known as anabolic-androgen steroids or just anabolic steroids-to increase their muscle mass and strength. The main anabolic steroid hormone produced by your body is testosterone. Testosterone has two main effects on your body: Anabolic effects promote muscle building.

Why athletes are using the steroids?

Anabolic steroids were developed in the late 1930s primarily to treat hypogonadism, a condition in which the testes do not produce sufficient testosterone for normal growth, development, and sexual functioning.

Why do athletes use drugs to enhance their performance?

The Effects of Drugs on Athletic Performance. Simply put, many of the drugs athletes take illegally are designed to increase their athletic performance. For example, steroids and related hormones (such as testosterone) are used to increase muscle mass and strength by promoting testosterone production.

Why do people use anabolic steroids?

Why do people abuse steroids? Anabolic steroids are primarily used by bodybuilders, athletes, and fitness "buffs" who claim steroids give them a competitive advantage and/or improve their physical performance. Steroids are purported to increase lean body mass, strength and aggressiveness.

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What do steroids actually do to your body?

Anabolic steroids, or anabolic-androgenic steroids (AAS), are the synthetic (made in a lab) derivatives of the naturally produced hormone testosterone. They promote the growth of muscle (anabolic effect) and the typical male characteristics of puberty (androgenic effect).

Why Steroids are bad for you?

Testosterone helps build muscle and promotes the masculine traits that guys develop during puberty, such as deepening of the voice and growth of body hair. Testosterone levels can also affect how aggressive a person is. Athletes sometimes take anabolic steroids because of their testosterone-like effects. Testosterone is a male hormone that has anabolic and androgenic effects. The anabolic effect includes promoting bone density, the growth of muscle, and the rapid recovery from injury. The androgenic or masculinising effect is responsible for developing and maintaining all male characteristics. These include the penis, testicles, muscle mass, deep voice and facial hair. Even though testosterone is called a male sex hormone, it occurs naturally in women as well, but in much smaller amounts. There are many legitimate medical uses for steroids, such as treating osteoporosis. However, men and women users who take steroids illegally do so to increase lean muscle mass. The abuse of steroids is most common among professional athletes and bodybuilders. Teenagers and adults who feel they need to look muscular to feel good about themselves may also abuse steroids.

How steroids work

Steroids work by imitating the properties of naturally occurring hormones. Muscle tissue is peppered with receptor sites specific to growth. The correct hormonal 'key' can access these sites or 'locks'. Steroids activate these receptor sites because their chemical composition is so similar to the hormone testosterone. Once the receptor sites are stimulated, a domino effect of metabolic reactions takes place as the drug instructs the body to increase muscle tissue production.

Forms of steroids

Steroids can take the form of tablets, capsules or injectable liquids, depending on the brand. Common slang terms for steroids include 'roids', 'gear' and 'juice'.

Commonly used steroids

- Anadol
- Oxandrin
- Winstrol
- Deca-Durabin
- Stanozol

Effects of steroids

People who use steroids generally experience an increase in muscle strength very quickly. Muscle growth is speedier because of this heightened ability to lift heavier weights – meaning that people can train more often and for longer periods of time because of their improved recovery rate. Increase in lean muscle mass is rapid. However, fluid retention is common and the muscle tissue tends to look soft and bloated.

Dependence on steroids

If a person's positive body image depends on looking large and muscular, then giving up steroids can be extremely difficult. Some users continue to take steroids even though it

is affecting their health. This psychological dependence can lead to depression, anger or anxiety if access to steroids is denied, even temporarily.

Damage caused by long-term steroid use

Steroids can produce many unpleasant and often permanent side effects, including:

- damage to the gonads (testicles or ovaries)
- liver diseases
- malfunctions of the kidneys, liver or heart
- 'roid rage', which is characterised by uncontrollable outbursts of psychotic aggression
- paranoia
- mood swings, including deep depression
- severe acne
- high blood cholesterol levels
- high blood pressure
- injuries to tendons that can't keep up with the increased muscle strength
- delusional feelings of being superhuman or invincible
- fluid retention
- trembling and muscle tremors
- Stunted bone growth in adolescents.

Gender-related side effects of steroids

Side effects of steroid use vary depending on whether you are male or female. For instance:

- For men – testicle and penis shrinkage, reduced sperm count, impotence, prostate problems, gynaecomastia (breast development) and baldness
- For women – loss of the menstrual cycle (amenorrhea), shrunken breasts, deepened voice, facial and body hair, and abnormal growth of the clitoris.

Other commonly misused drugs

A person who abuses steroids is likely to turn to other supplementary drugs to either speed up their physical transformation or counter the side effects of steroids. The dangers of mixing these drugs aren't fully known.

Some of these drugs may include:

- Amphetamines – to counteract feelings of deep depression and aid in fat loss
- Beta blockers – to counteract trembling
- Diuretics – to counteract fluid retention
- Human growth hormone – such as human chorionic gonadotrophin (HCG) to stimulate the body's natural production of testosterone and counteract testicle shrinkage.

Treatment for steroid addiction

Treatment options for drug addiction include detoxification, individual counselling and group therapy. See your doctor for information and referral, or contact an alcohol and other drug service in your area.

Where to get help

- Your doctor
- Sports psychologist
- In India 24x7 Toll free Helpline / Virtual Assistant (Voice Web) A Voice portal for providing health related information has been created to address queries related to various issues related to health, diseases, lifestyle, First aid, directory services, health programs, policies, laws

and guidelines. Users would need to dial a toll free number (1800-180-1104) and speak about the information that they are seeking – e.g, name of the disease. This advanced system is capable of recognizing user voice input and currently the information is available in 5 languages namely English, Hindi, Tamil, Bangla and Gujarati but in future more Indian languages would be covered.

Things to remember

Conclusion

- Steroids are synthetic drugs that copy the masculinising effects of the male sex hormone, testosterone.
- Typical male and female users include professional athletes, bodybuilders and people who feel they need to look muscular to feel good about themselves.
- Side effects can include liver disease, damage to the reproductive organs and severe mood swings.
- Medical support is available for steroid users who want to change their dependence on these drugs.
- Kabaddi, best physique, powerlifting, athletics, badminton, Basketball, football etc. battling steroid use as sport becomes more professional

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