



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2017; 4(4): 10-11
© 2017 IJPESH
www.kheljournal.com
Received: 04-05-2017
Accepted: 05-06-2017

Avtar Singh
Research Scholar, Dept. of
Physical Education, CDLU,
Sirsa, Haryana, India

Doping in Sports

Avtar Singh

Abstract

“Doping” refers to an athlete’s use of prohibited drugs or methods to improve training and sporting results. Steroids are the drugs that often come to mind when we talk about doping, but doping also includes on athlete’s use of other forbidden drugs (such as stimulants, hormones, diuretics, narcotics and marijuana), use of forbidden methods (such as blood transfusion or gene doping) and even the refusal to take a drug test or an attempt to temper with doping controls.

The three widely used types of blood doping are:

- Blood transfusion
- Injection of erythropoietin
- Injection of synthetic oxygen carriers.

Doping is defined by the IOC as the use of any method or substance that might harm the athlete, in a quest to gain an unfair advantage over his or her fellow competitors. The drugs used in doping often have detrimental effects to one’s health both mental and physical. In the short run these drugs improve one’s performance, but in the long run they can kill.

Keywords: Prohibited, Steroids, forbidden drugs, Detrimental effects

Introduction

Historically speaking, the origins of doping in sports go back to the very creation of sports itself. From ancient usage of substances in chariot racing to more recent controversies in baseball and cycling, popular views among athletes have varied widely from country to country over the years. There are many suggestions as to the origin of the term doping. One is that it is derived from ‘dop’ an alcoholic drink used as a Stimulant in ceremonial dances in 18th century Southern Africa. Another suggestion is that the word comes from the Dutch word ‘Dooop’ that entered American slang to describe how robbers stupefied Victims by mixing tobacco with the seeds of Datura. In 1900, dope was also defined as “a preparation of drugs designed to influence the performance of a racehorse.

The three widely used types of blood doping are:

- Blood transfusion
- Injection of erythropoietin
- Injection of synthetic oxygen carriers.

Doping at the Olympic Games

The use of performance enhancing tactics to nefariously influence the outcome of a sports event has been a part of the Olympics since its inception in ancient Greece. Athletes discovered ways to practically improve their athletic abilities by having testosterone. For example the winner of the marathon at the 1904 Games, Thomas Hicks was given strychnine and brandy by his coach, even during the race. Doping is defined by the IOC as the use of any method or substance that might harm the athlete, in a quest to gain an unfair advantage over his or her fellow competitors.

The only Olympic death linked to athletic Drug use occurred at the Rome Games of 1960. During the cycling road race, Danish cyclist Knud Enemark Jansen fell from his bicycle and died. Later it was found that he was under the influence of amphetamine, which had caused him to lose consciousness during the race.

The first Olympic athlete to test positive for the use of performance-enhancing drugs was Hans- Gunnar Liljenwall, a Swedish pentathlete at the 1968 Summer Olympics who lost his b

Correspondence
Avtar Singh
Research Scholar, Deptt. of
Physical Education, CDLU,
Sirsa, Haryana, India

bronze medal for alcohol use.

Another famous case is of sprinter Ben Johnson who won the men's 100 meters at the 1988 Seoul Olympics, but tested positive for stanozolol. His gold medal was subsequently stripped and awarded to runner-up Carl Lewis, who himself had tested positive for banned substances prior to the Olympics.

In the late 1990s, the IOC took the initiative in a more organized battle against doping, leading to the formation of the World Anti-Doping Agency (WADA) in 1999.

During the Beijing Games 3667 athletes were tested by the IOC and the auspices of the World Anti-Doping Agency both urine and blood testing was used to detect banned substances and recent blood transfusions.

Doping cases in India:

India's hopes for the Rio Olympics 2016 suffered a huge Setback when wrestler Narsingh Yadav and Shot putter Inderjeet Singh were tested positive for banned substances.

In 2004, weight lifters Sanamacha Chanu (53 Kg) and Pratima Kumari (63 kg) were tested positive for banned Substances. Chanu was banned for two years along with Chanu.

Mandeep Kaur, Ashwini Akkunji and Sini Jose who were part of the gold medal winning 4x400 m Relay Team in the 2010 Commonwealth Games as well as in the Asian Games were also tested positive.

Seema Punia the 'Millennium Child' winner of gold in the World Junior Athletic Championships in 2000 in Santiago, Chile was tested positive for pseudoephedrine, a banned substance.

Monika Devi, Rajiv Tomar, Sourabh Vij, Richa Mishra were also listed in positive dope test from time to time.

India is way ahead of other nations in doping. In 2013 the

World Anti-Doping Agency (WADA) announced that India ranked behind Russia and Turkey in doping cases. Over 90 Indians failed dope tests and of them 20 were women athletes. Among the sports which contributed most dope cheats in the country, athletics continued to maintain the top sport with 29 cases followed by power lifting (23) and weight lifting (22).

Measures to Control Doping:

It was during the 1920's that restrictions about drug use in sport were first thought necessary. In 1928 the International Association of Athletics Federations (IAAF) - athletics' world governing body-became the first International Sport Federation to ban doping. In 1966, the world governing bodies for cycling and football were the first to introduce doping tests in their respective world championship, with the first Olympic testing coming in 1968, at the Winter Games in Grenoble and Summer Games in Mexico. By the 1970's most international federations had introduced drug testing.

In January 2013, the retired American cyclist lance Armstrong admitted to doping in an interview with Oprah Winfrey, and was stripped of his seven Tour de France wins and banned from sport for life.

Conclusion:

Though stringent actions are being taken place but players must understand that they represent their countries at National and International level. If they will do anything wrong then it will bring shame to all of us. Players must respect the game and play it fairly. The use of performance enhancing drugs is not only a threat to the integrity of Sports but can also have potentially fatal side effects on the athlete's health, both mental and physical. In the short run these drugs improve one's performance, but in the long run they can kill.

Doping Agents	Harmful Effects	Advantages
Anabolic Steroids	Kidney damage, Increased aggression, Low sperm Count for men, Increased facial hair, Deepened voices for women	Recover more quickly, build more muscles
Stimulants	Addictive Heart failure	Overcome the effects of fatigue, Make more alert
Diuretics and Masking Agents	Make over weight	Help in removing fluid from the body
Narcotic analgesics and cannabinoids	Additive (e.g. Morphine)	mask the pain caused by injury or fatigue
Peptide Hormones (Erythropoietin)	Make over weight	Increase bulk strength and red blood
Blood Doping	Kidney and heart failure	Boost Oxygen Level

References

1. www.thehindu.com
2. www.timesofindia.com
3. www.indianexpress.com
4. www.ndtv.com
5. www.hindustan.com
6. www.dnaindia.com