

5. DOPING (STIMULANTS)

Objectives

- (1) To create awareness of the ill effects of stimulants.
- (2) To become aware of banned drugs and their ill effects.
- (3) To be informed about doping.
- (4) To create awareness among athletes to avoid doping.
- (5) To be informed about the physical and social dangers of doping.
- (6) To emphasise on enhancing the natural abilities of an athlete.
- (7) To create awareness and emphasise on clean competitions.

Athletes strive to achieve success taking great pains to train and putting in a lot of hard work. The determined athlete trains day in and day out to outshine others in competitions. But at times, the lure to prizes, money, fame and many such benefits that come with victory leads to bad decisions. The athlete uses doping as a boost, to provide the short cut method to long years of training to help them win.

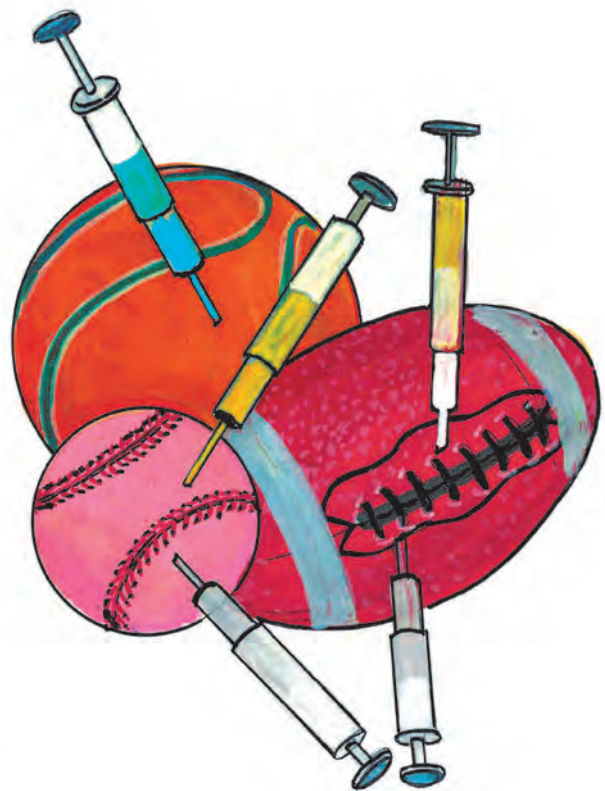
What is Doping ?

The unnatural use of performance enhancing drugs to improve the athletes physical abilities and qualities, it is called doping.

Doping includes the use of steroids, forbidden drugs such as stimulants, narcotics, diuretics, peptide hormones, and use of forbidden methods such as blood transfusions.

Doping in sports is becoming more pervasive. More and more athletes are falling prey to its use and causing irreversible damage to their body. The objective to bring all athletes on the same platform through sports competitions and have uniformity amongst them while competing with each other based on their innate abilities, is lost.

Doping by using forbidden drugs can be fatal. The life span of the individual is shortened. Human nature becomes very aggressive due to doping. There is the experience of emotional insensitivity leading to depression and lethargy.



Performance enhancing drugs and their side effects

Drug	Side effects
Anabolic steroid	Kidney damage, liver cancer, hair loss, low sperm count etc.
Stimulants	Death caused due to heart failure
Diuretics	Elevated blood sugar levels, nausea, vomiting, diarrhoea, dermatitis, lethargy, etc.
Erythropoietin (E.P.O)	Highly increased red blood cell.

Doping incidents in athletes

- (1) In 1986 an English cyclist died due to over dose of Cocaine.
- (2) In 1986, American basketball player Leonard Kevin Bias died due to doping.
- (3) Professional footballer Don Rodgers died of excess doping.
- (4) In 1988, Canadian sprinter Ben Johnson was found guilty of doping. His gold medal in the Seoul Olympics was taken back as he was proven guilty for the use of anabolic steroids.
- (5) In 1988 Seoul Olympics, Bulgarian weight lifter Angel Guenchev was banned from competitions for the use of diuretics.
- (6) 7 time cycling champion of 'Tour de France', Lance Armstrong was found guilty for doping.

To prevent such malpractices in the field of sports, advanced high-tech testing methods based on scientific methodologies have been introduced. For success in the field of sports there is a need for the right approach. To display remarkable and legendary performances, virtues of honesty, pride, fair play, team spirit, team work, commitment and courage needs to be fostered. Games are played to experience true pleasure and recognise our unique potential. Players need to develop their natural sporting talents and enhance their performance. They need to stay away from the short cut route of doping.

Supplement protein

The use of supplement protein powder and creatine can also be a form of doping. In India, many popular sports persons, movie stars garner attention for their style and sophistication. A number of popular sport stars and movie stars are known for their great looks and fit body. In the craze to emulate them, teenagers who have just passed out from school seek membership to gyms. They are in a hurry to look slim, well-shaped or muscular as per choice. Taking advantage of this express desire, most gyms have on sale supplements, protein powder and creatine which provide the gym great profit margins. Although there is no great need for such supplementation for an average person, masked information is given out to increase the demand for these powder containers. Information on the natural sources for pre work and post work out diet is not imparted in the gym. There is a misconceived notion created by the gym trainers that the body will shape up

faster and better with such additions. And people in a hurry to see quick results end up spending huge amount of money on such supplements.

For a toned and fit physique, the body has to be trained over a period of time consistently with a proper diet. Only ingesting the artificial powder forms of the food components, do not get the body into shape. These instant and express ways will backfire causing damage to the body and health of the individual. In extreme cases, the individual can also risk losing one's life. However, over a period of time certain supplements may be required depending on the body's response and metabolism. But these should be consumed only after consultation with a qualified doctor or nutritionist.



Misconception	Reality
1. Consumption of supplement (protein powder) can generate six pack abs.	1. When not really necessary the intake of supplements can lead to kidney failure.
2. Use of supplements will help quick fat loss.	2. Supplements used for weight loss pose a health hazard.
3. I am a sports person or I train regularly so it is necessary that I consume supplements or performance enhancing drugs.	3. High level sports performance depends on proper training and wholesome diet. A well-balanced diet is sufficient for a person who exercises for fitness.
4. High level performing sport stars, movie stars use dope to build and maintain their attractive physique.	4. High level performing sport stars and movie stars maintain fitness by physically working out and modifying their diet in consultation with a doctor.

Exercise

Q.1. Write answers.

- (1) What is doping ? What are the side effects of doping ?
- (2) Write the names of some narcotics ?
- (3) What are the misconceptions with regards to ingestion of supplements ?
- (4) Complete the given table below.

Dope	Side effects
Diuretic
.....	Death caused due to heart failure
Erythropoietin (E.P.O)
.....	Kidney failure, liver cancer

Supplementary Study :

- (1) Mention the names of sports personalities found guilty of doping and banned from competing, in the format given below.

Sr. No	Sports personality	Country	Sport	Competition	Year
1.					
2.					
3.					
4.					
5.					

- (2) Name two sports personalities who have won medals in the competition but had to forfeit them having proven guilty of doping.

Sr. No	Sports personality	Country	Sport	Competition	Year
1.					
2.					