

## Doping is Bless or Curse in Sports

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### Abstract

The best athlete of the world in sports contests are certainly trained for extreme powers at their sports. The entire athlete utilizes all of their resources in getting the peak performance level, of being they know the sports rules, to which they must abide. Doping remains bless for athlete in primitives, while it is turned to curse at the back foot. The study examines the impacts of doping in relation to the history of doping, keeping in view the objectives, Doping is dangerous for young and vulnerable sportsman. Doping is contrary to the spirit of sports. In order to hand best results a likert type scale with three options and ten questions was constructed regarding 'Doping Is Bless or Curse in Sports' responded by the players and physicians of district karak.

**Keywords:** Doping; Sports; Health hazards; Athlete

### Research Questions

The following questions are formulized as:

- Does doping is done for any bodily resentment?
- Does doping is done for win?

### Introduction

#### Definitions of sports and doping!

“The word doping originates from ‘dop’, a term that conventionally refers to a stimulant drink” [1]. Doping means the application, ingestion, injection or consumption by any means whatsoever of any prohibited substance or prohibited method [2]. “Sports are institutionalized competitive activities that involve rigorous physical exertion or the use of relatively complex physical skills by participants motivated by personal enjoyment and external rewards.”

Drug or drink (illegal element) of any nature used by illegal technique (application, ingestion, injection or consumption) for the mental, physical and psychological evolvment in sports is called Doping in Sports.

Animals and humans organs were used for treatment of infirmities and for enhancement of routines [3]. In the era of 1400 BC, physicians of India and ancient Egyptian used testis tissues for weaknesses, healings and as an aphrodisiac [4,5].

From the primitive periods Greeks and Roman fighters used stimulants, brandy, wine, and mind blowing mushrooms, sesame spores for dazing lethargy, wounds and for improving stamina [6-8]. The legend myths and players of Africa and some other nations used plants like bufotein, fly-agaric (a mushroom), cola acuminata and cola nitida for running, fighting, strength improvement, enhancement of aggression, delaying fatigue and for psychomotor development of the physique in and outside of the competition [9-11].

In the recorded past Andean the innate American used coca leaves for high altitude illness [12]. The northern México player Tarahumara used peyote (a plant) for long lasting endurance in running [13], the Australians used Pituri plant the Austrians used Arsenic for up surging the endurance and for stimulation of senses [10,14-16].

### Substances Using as Doping in Sports

#### Caffeine

Coffee which is extracted from caffeine has stimulating effects; researcher like Catten argued that during the civil war the Union Army used coffee for activeness in the whole night. Coffee was used in the past by number of people of varied classes demanded for a well functioned brain, and alcohols for people with laborious work [13].

In the last decade of 19th century caffeine as s stimulants were used with great deal in competition and some trainers reaped its benefits with special doping recipes for swimmers, runners, throwers, cyclists and etc. over the adversaries [9,10,13]. Similarly in today's era the practitioners (players) use strychnine pills, brandy and cocaine mixture, with more proceedings in the play the amount of drug is evolved too [6].

Due to poisonous effect of brandy and stimulants many of the players died, despite to it milk-punch, bubbly, brandy, belladonna, strychnine, morphine and hot drops are used by the players by the athletes [17].

#### Anabolic

Anabolic has direct effect upon muscular strength [4]. The anabolic steroids commenced in the start of 1950s by the soviet weight lifters [18]. The U.S team physician Dr. John Ziegler apparently stated that the soviet players used testosterone [19-21]. In 1958 Dr. John Ziegler and Ciba pharmaceutical company experiments showed that Dianabol and testosterone are used by players for efficiency and for divine powers. And the same started to use from 1960s vividly.

## Stimulants

The practice of using drugs was at peak when the athlete started to use other variety of stuffs like alcohol, cocaine, strychnine, caffeine and nitroglycerine for the stimulants effects [9,10,12]. The same constituent was obtainable in form of tablets whole heartedly [22]. In the dawn of 1930s the same material was used source of dispelling the mental fog and the college students started to use it as for charging off sleep and to vibrant their thoughts [23].

The international sports studies claimed that amphetamines as an ergogenic aid was seen in World War II, both the forces used stimulants for releasing fatigue and enhancing endurance [24].

The research of the Air Surgeon's Bulletin, suggested that for flying, longer stay, staying awake in air one pill of Benzedrine may be worthy. Japanese used amphetamines to stimulate psyche in suicide missions [25], likewise the Mandell [26] argued that amphetamines for getting pluckiness fearlessness.

## Anabolic steroids

The use of anabolic steroids was not that much in 1960s Olympics, but the hush-hush after the astonishing successes of the soviet and American weight lifters and athletes emerged in 1964s Olympics, by which the steroids started to use in all strength and endurance sports [20,21,27-31].

By 1968, according to Connolly [27] and Francis [32], number of athlete used steroids, including sprinters, hurdlers, and middle-distance runners, according to Dr. H. Kay Dooley, a team physician for The US weightlifters, stated, 'I don't think it is possible for a weight man to compete internationally without using anabolic steroids. All the weight men on the Olympic team had to take steroids. Otherwise they would not have been in the running' [28]. It was time when steroids were not banned.

During the 1968 Olympic Games in Mexico City, athletes and coaches did not debate the morality or propriety of taking drugs; the only debate was over which drugs were more effective.

Bill Toomey, gold medalist in the decathlon at the 1968 Olympics and winner of the Amateur Athletic Union's prestigious Sullivan Award, admitted he used drugs to aid his performance at the Mexico City Olympics [25].

Caffeine is used mostly in the field of sports as stimulant, found in the variable of plants, dietary sources (including coffee, tea, chocolate, cocoa, and colas), and non-prescription medications.

In 1970s' a Laboratory inculcate that caffeine enhance endurance by increase in the amount of adrenaline in the blood which works in discharge of fatty acids from muscles. This benefits the more use of carbohydrates, production of glycogen and later on the adjournment of fatigue and injury.

Caffeine is methyl xanthine that remains naturally in many plants as coca, coffee beans, chocolate and tea leaves. The actions of caffeine are! The central nervous system is badly affected as a adrenergic receptors antagonists.

Increases the muscles contractibility and increases permeability of the sarcoplasmic reticulum to calcium. Inhibit the role of hormones as neurotransmitters [32].

Caffeine improves endurance, plasma, fatty acids and glycerol level in the body [33]. The side effects are anxiety, irritability, restlessness, headache, insomnia, diuresis and gastro intestinal disorders [32].

## Cocaine

Cocaine is generally used as narcotics by the sports men and is found in coca plant leaves. Cocaine was first time used by the South American Indians for relieving strain while working at high altitudes. Nowadays it is consider as a harmed drug. The cocaine users are testified as extra attentiveness has spirits of more mental and physical supremacies [34]. Cocaine affects cardiac output, sensitivity, hypertension, tachycardia, chronic septals and unexpected cardiac death [32].

## Narcotic analgesics

The narcotic analgesics comprises of heroin, morphine and other substances of equal chemical chemistry. All of by action produces endorphins and encephalins [35].

Narcotics have the ability to produce tolerance and dependencies in the addict, the common side effects are dry mouth, pupillary contraction, pruritus and respiratory depressions and when a person becomes addict of it than it leads to restlessness, nausea, vomiting, diarrhea and muscular cramps [35].

## Diuretics

Diuretics substances are used as drugs for eradication of surpassed liquids from the body. Diuretics are used by players for two reasons. One for a rapid decrease in weight in order to take part in such competition in which weight remains necessary i.e., boxing, weight lifting and wrestling. Secondly for increase in urine testing when players are likely to undergo drug testing (doping test) [36].

## Beta blockers

Beta-blockers are used for cardio vascular purposes, the main functions of it are decrease heart rate, cardiac output, stroke volume and for artificial pressure. In sports it is used for archery. Mainly beta-blockers are use in events that needed high cardiac responses [35].

## Objectives of the Study

The following are the objectives of the study:

- Doping is dangerous for young and vulnerable sportsman.
- Doping is contrary to the spirit of sports.

## Methodology of the Study

All the players and physicians of KPK province was population of the study. It was very much impossible to collect data from all the players and physicians; therefor the population was restricted to the district Karak. The convenient type of sampling was used and took 100 respondents of the population. The researcher used closed form of questionnaire as instrument for attainment of responses from the respondents. The questionnaire covered the area like use of doping in sports in the past, effects of doping upon all aspects of health i.e., mental, physical, social, psychological, motor as well as upon cognitive health. The questions also have deterring effects upon local as well as upon worldwide peace of the sports world. The questionnaire was of

Likert nature having three choices (agree, disagree, undecided). The mass of these options was Agree = 1 Disagree = 2 and Undecided = 3.

The description of the questionnaire contained of 10 questions; in each question was valid and reliable through expert’s opinions. For gripping the most worthwhile conclusions the researcher personally meet the respondents & explained the confusion they had. The

questions were based upon the following areas and then the data collected from respondents was analyzed using a computer program, Statistical Package for Social Sciences (SPSS, 18 Version). Collected data was transferred into the program and frequencies and percentages were made on the basis of data inserted in the database of SPSS (Table 1).

S/No	Areas	Agree	Disagree	Undecided	Total
1	Doping in Sports in past era	90%	10%	0%	100%
2	Effects of doping upon sociality	98%	0%	2%	100%
3	Doping effects on mental health	100%	0%	0%	100%
4	Doping effects on physical health	75%	10%	15%	100%
5	Doping disturbs worldwide peace	80%	0%	20%	100%

**Table 1:** Effects of doping.

### Conclusion

Competition is a natural phenomenon that occurs among all animals and especially among humans whether it is field of play or general life. As in sports athlete seeks ways to improve their performance in competition but they got severely indulged in doping. For the time being their enactment is increased as it is our society that emphasizes and rewards speed, strength, size, aggression and, above all, winning. In order to nourish the body enactment for antagonism drugs are being used from the time past [37]. The only use of drugs i.e., was to have strength, productivity and to minimize the sense of fatigue [3].

As with other types of drug abuse, doping in sport is primarily a demand driven problem. But it devastates their life in the longer run. During usage doping is considered bless because of its effects during play but in the last the same is changed in to curse as most of the substances in doping drugs have harmful effects to the wholesome health as mental, physical and to social health. It is responsibility of the Government to in address this issue, in that they need to be aware of the multifaceted problem of doping, and sport authorities need to ensure that ethical education and guidance for athletes are of the highest standard [38-43]. As the enormous economical revenue around the most famous sports events worldwide is linked to sponsors and media coverage, a provocative and radical solution for the immediate future might be the interruption of media coverage of those events where doping cases are commonplace. This perception is worse in adolescents, who might be persuaded that drug-taking is a necessary part of the route to achieve success in competition, sport and daily life. As the use of ergogenic aids, including those formally prohibited, is now commonplace not only in professional sports but also in the daily life of physically active individuals, recreational and elite athletes, the current approach to pursue cheating in broadcasted sports is probably inadequate to control a social phenomenon emerged as a real public health issue.

The removal of doping controls would have major benefits: less cheating, increased solidarity and respect between athletes, more focus on sport and not on rules. Most of the ‘costs’ of abolishing doping controls depend on false beliefs.

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