

# Doping in Sports

## **What is Doping ?**

'Doping' is the word used in sport when athletes use prohibited substances or methods to unfairly improve their sporting performance

## **Why is doping in sport prohibited ?**

The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall impact of sport. Drug misuse can be harmful to an athlete's health or to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance.

To achieve integrity and fairness in sport, a commitment from athletes is critical, but the fans watching their favourite athletes competing also need to demand that athletes succeed.

The **use of banned performance-enhancing drugs** in [sport\(s\)](#) is commonly referred to as **doping**, [\[Note 1\]](#)

Doping is the intake of drugs i.e. chemical substances and adopting of methods which enhance the performance of sports persons

To avoid fatigue and to enable the body to reach the utmost limits, the sport persons can use analgesics, cardio-respiratory analeptics, central nervous system stimulants several of which are strong anti-depressants and stimulants. In sports where body feature or size, whether tall or short are important such as in body building , shape of the body can be modified by hormonal manipulation. Various drugs are used to fight stress, facilitate sleep, and maintain good physical features, such as benzocliapine derivatives and amphetamines cannabinoids alcohol or beta-blockers

Methods of doping include blood doping; pharmacological, chemical or physical manipulation, manipulation such as drinking lot of water or taking probenecid before the tests to dilute the effect of the banned substance.

## ***Different Types of Doping Drugs***

### **Narcotics**

Narcotics are a type of drug that is used as doping in sports. They are injected into a human's blood stream, or muscles, or under skin. Narcotics can also be swallowed. Illegal, except when prescribed by a license professional. What Narcotics do to a body is they reduce, eliminate, and hide pain. Examples of narcotics are morphine and methadone. Narcotics decrease heart rate, causes nausea, and vomiting. They are a combination compound (ASA [Aspirin] and oxycodone or codeine) are used for moderate inflammation also. Narcotics are can be taken by injected with needles. This drug is used in sports were an athlete does not have a lot of recovery time in between games. Sports like football and hockey are good examples whose athletes commonly use narcotics.

# STEROIDS

The well-known doping drug out there is called anabolic-androgenic steroid. Steroids are a group of powerful compounds that are related chemically to testosterone. Testosterone is the male sex hormones. The original purpose of steroids was to help with different diseases. It was developed in the 1930's. What steroids do to an individual's body is help create more hormones in the body. They can be very useful to people that cannot naturally develop enough hormones for their body. Steroids reduce swelling, pain, and other symptoms of inflammation. The sex hormones for the male are a natural steroid with anabolic effects that can be used medically to build up muscle mass.

## **BLOOD DOPING**

Blood doping is a very high intense type of doping. The reason for blood doping is to increase your red blood cell mass and thereby delivering more oxygen to muscle. The procedure in blood doping begins with between one to four units of a person's blood being taken from them. The red blood cells are then separated and stored in a cold area. The blood is then reinfused back into the body about week brier to the athletes' high endurance event

## CREATINE

Creatine is a lighter form of doping in sports today. It is not as extreme as some of the others doping drugs. Most of creatine out there is not illegal. Creatine is a compound that is made in our bodies. It can be taken as a dietary supplement. This supplement does many things to your body including: provides additional energy for your muscles, volumization of you muscles, Buffer lactic acid build-up, and enhances protein synthesis. It can be consumed by powder, gum, tablets, or liquid. A good sport to take creatine in is explosive sports such as football, and baseball. It is not good to take creatine in a long distance sport. It is not because it can dehydrates you very easily.

## POSTIVE EFFECTS OF DOPING

The purpose of taking doping drugs is to increase an athlete's performance in her or his sport. There are a number of benefits as a result of taking doping drugs.

This is why there is a high demand for these drugs in the sporting world today.

Here is a list of the benefits athletes can receive if he or she decides to dope in sports.

Underneath the benefit is the doping drug that is used to help the athlete

- An athletes endurance is much better and will last much longer.
  - Blood doping
  - Anabolic-androgenic steroid

- An athlete can become much quicker and faster.
  - Steroids
- An athlete can become much stronger and much more explosive
  - Creatine
  - Anabolic-androgenic steroid
- An athletes recovery time can be much quicker and more effective.
  - Narcotics

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- **NEGATIVE EFFECTS OF DOPING**

- Taking Doping drugs can have terrible effects on your body. The well known doping drug, steroids has a number of negative effects to the body. Steroids interrupt the normal development of hormones throughout your body. When this happens your body experiences changes that can not be irreversible. Changes such as sperm production, baldness, breast development in men, breast reduction for women and voice deepens for woman. The negative effects on a persons Cardiovascular System is it increases LDL, and decreases HDL. The risk of high blood pressure is higher. Also the risk of heart attacks is very high. If a person takes a large amount of steroids it increases irritability and aggression.

The doping drug, blood doping, causes much stress on the heart. The reason for this is that your red blood count increases which causes the blood in your blood stream to be thick. The human heart is not used to pumping such thick blood. Which leads to different kinds of heart diseases. Because this method of doping is taken in by needles (usually shared needles) the person has the risk of AIDS.

Narcotics are a street drug. Because this drug is a street drug, many people share needles. This gives the risk of passing different diseases from one person to another. Overdosing of Narcotics can cause death. Withdrawal effects include limited vision, reduced sex drive, menstrual, chronic constipation, mood swings, and muscle twitches.

The doping drug creatine is a fairly new product. The long term effects have not been able to be tested yet. The known effects of creatine is that it can cause cramping, diarrhea, increased urination, and dehydration. If you over dose and take a large amount of creatine the same effects of drinking sea water. This is caused because if creatine sits in your system it can draw water from the body, which causes the intestine to contract.