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## History on doping in sports

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#### Abstract

In sports, doping is to take banned drugs to enhance the athletic performance. Doping term is related to the sporting competitions in which the athletes participate and represent their country or state. It is against the rule and regulations to take banned drugs to increase the performance criteria. This rule is followed by all the national and international sports organization.

Anti-doping agencies are given the responsibility to aware the athletes regarding doping and make sure that no athlete is having any banned drugs. Doping tests of athletes are held at regular intervals by the sports organization in order to rectify the issue of doping from the sports community. The current article highlights the history of doping in the sports.

**Keywords:** Sports, Doping, Athlete, Performance

#### Introduction

If we talk about the history of doping then it is said that the concept of doping came into existence with the origin of sports itself. From ancient time, players have been caught guilty of taking banned drugs so as to enhance their performance. In ancient history, some of the players participating in the sporting events like racing, baseball, cycling etc. were caught in case of doping.

In ancient times, when a player got the opportunity to play for the nation, they were given special diet. For example, according to Scandinavian mythology, Berserkers were given a drinking mixture known as “butotens”, to enhance their stamina. It was reported that the mixture had Amanita mushroom that was considered as a drug to enhance the performance on the field.

In 19<sup>th</sup> century, a German doctor Albert revealed that the players were given certain leaves as diet. By having these leaves, players can perform on the field without getting hungry for a longer duration.

In 1807, a doping case came into existence when a reporter, Abraham, highlighted that some players were using the drug ‘Laudanum’. This drug was very useful to keep the players awake for the whole day.

Recently, in 2011 World Championships, about 30 % of the players revealed that they have used some kind of banned drugs in their careers so as to increase the performance criteria. Only 0.5% of them were found to be guilty of doping.

Also, some doping cases were noticed in the game of racing where some players were found guilty of taking performance enhancing drugs. In the past history, steroid was used by the wrestlers to increase their body weight. It is believed that these drugs can benefit the players instantly but on the longer basis, these drugs were proved to be bad for the health of the players. Hence, it was decided by the sports community to ban these performance enhancing drugs so that there would be no crisis of health for the players.

From the last decade, all the sports organizations, whether national or international, have starting many activities in favor of anti-doping. After all, these anti-doping activities are beneficial for the players as it protects the players from bad consequences of drugs on the body parts of the players.

It is also believed that using performance enhancing drugs by the players is against the spirit of the game. Sports is known as doing hard work and get succeed. There should be no short cut for the success.

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A doped player also influences the moral of other players who do hard work to be champion athlete. Hence, the International Sports Organization started anti-doping agencies for all the playing countries.

### Research study

Goldman's dilemma, or the Goldman dilemma, is a question that was posed to elite athletes by physician, osteopath and publicist Bob Goldman, asking whether they would take a drug that would guarantee them success in sport, but cause them to die after five years. In his research, as in previous research by Mirkin, approximately half the athletes responded that they would take the drug, but modern research by James Connor and co-workers has yielded much lower numbers, with athletes having levels of acceptance of the dilemma that were similar to the general population of Australia.

Over the last 20 years the appearance of steroids in sports has been seen as an epidemic. Research and limited tests have been conducted only to find short-term, reversible effects on athletes that are both physical and mental. These side effects would be alleviated if athletes would be allowed the use of controlled substances under proper medical supervision. These side-effects include Intramuscular abscesses and other microbial bacteria that can cause infections, from counterfeited products the user decides to purchase on the black market, high blood pressure and cholesterol, as well as infertility, and dermatological conditions like severe acne. Mental effects include increased aggression, depression, and in rare cases suicide has been seen as well. Most studies on the effects of steroids have shown to be improper and lacking credible tests as well as performing studies in a skewed fashion to predetermine the world's view on the use of steroids in sports. Long-term effects have not been able to be pinpointed just yet due to the recency of testing these substances but would start show up as early steroid users reach the age of 50 and older.

These "de facto experiments investigating the physiology of stress as well as the substances that might alleviate exhaustion" were not unknown outside cycling.

Thomas Hicks, an American born in England on 7 January 1875, won the Olympic marathon in 1904. He crossed the line behind a fellow American Fred Lorz, who had been transported for 11 miles of the course by his trainer, leading to his disqualification. However, Hicks's trainer Charles Lucas, pulled out a syringe and came to his aid as his runner began to struggle.

I therefore decided to inject him with a milligram of sulphate of strychnine and to make him drink a large glass brimming with brandy. He set off again as best he could [but] he needed another injection four miles from the end to give him a semblance of speed and to get him to the finish.

The use of strychnine, at the time, was thought necessary to survive demanding races, according to sports historians Alain Lunzenfichter and historian of sports doping, Dr Jean-Pierre de Mondenard, who said: It has to be appreciated that at the time the menace of doping for the health of athletes or of the purity of competition had yet to enter the morals because, after this marathon, the official race report said: The marathon has shown from a medical point of view how drugs can be very useful to athletes in long-distance races.

Hicks was, in the phrase of the time, "between life and death" but recovered, collected his gold medal a few days later, and lived until 1952. Nonetheless, he never again took part in athletics.

### Discussion

Stimulants are drugs that usually act on the central nervous system to modulate mental function and behavior, increasing an individual's sense of excitement and decreasing the sensation of fatigue. In the World Anti-Doping Agency list of prohibited substances, stimulants are the second largest class after the anabolic steroids. Examples of well-known stimulants include caffeine, cocaine, amphetamine, modafinil, and ephedrine. Caffeine, although a stimulant has not been banned by the International Olympic Committee or the World Anti-Doping Agency since 2004.

Benzedrine is a trade name for amphetamine. The Council of Europe says it first appeared in sport at the Berlin Olympics in 1936. It was produced in 1887 and the derivative, Benzedrine, was isolated in the U.S. in 1934 by Gordon Alles. It's perceived effects gave it the street name "speed". British troops used 72 million amphetamine tablets in the Second World War and the RAF got through so many that "Methedrine won the Battle of Britain" according to one report.

The problem was that amphetamine leads to a lack of judgement and a willingness to take risks, which in sport could lead to better performances but in fighters and bombers led to more crash landings than the RAF could tolerate. The drug was withdrawn but large stocks remained on the black market. Amphetamine was also used legally as an aid to slimming and also as a thymoleptic before being phased out by the appearance of newer agents in the 1950s.

Everton, one of the top clubs in the English football league, were champions of the 1962–63 season. And it was done, according to a national newspaper investigation, with the help of Benzedrine. Word spread after Everton's win that the drug had been involved. The newspaper investigated, cited where the reporter believed it had come from, and quoted the goalkeeper, Albert Dunlop, as saying:

I cannot remember how they first came to be offered to us. But they were distributed in the dressing rooms. We didn't have to take them but most of the players did. The tablets were mostly white but once or twice they were yellow. They were used through the 1961–62 season and the championship season which followed it. Drug-taking had previously been virtually unnamed in the club. But once it had started we could have as many tablets as we liked. On match days they were handed out to most players as a matter of course. Soon some of the players could not do without the drugs.

The club agreed that drugs had been used but that they "could not possibly have had any harmful effect." Dunlop, however, said he had become an addict.

In November 1942, the Italian cyclist Fausto Coppi took "seven packets of amphetamine" to beat the world hour record on the track. In 1960, the Danish rider Knud Enemark Jensen collapsed during the 100 km team time trial at the Olympic Games in Rome and died later in hospital. The autopsy showed he had taken amphetamine and another drug, Ronicol, which dilates the blood vessels. The chairman of the Dutch cycling federation, Piet van Dijk, said of Rome that "dope – whole cartloads – [were] used in such royal quantities."

The 1950s British cycling professional Jock Andrews would joke: "You need never go off-course chasing the peloton in a big race – just follow the trail of empty syringes and dope wrappers."

The Dutch cycling team manager Kees Pellenaars told of a rider in his care: I took him along to a training camp in Spain. The boy changed then into a sort of lion. He raced around as

though he was powered by rockets. I went to talk to him. He was really happy he was riding well and he told me to look out for him. I asked if he wasn't perhaps "using something" and he jumped straight up, climbed on a chair and from deep inside a cupboard he pulled out a plastic bag full of pills. I felt my heart skip a beat. I had never seen so many fireworks together.

### Significance of the study

With a soigneur we counted the pills: there were 5,000 of them, excluding hormone preparations and sleeping pills. I took them away, to his own relief. I let him keep the hormones and the sleeping pills. Later he seemed to have taken too many at once and he slept for a couple of days on end. We couldn't wake him up. We took him to hospital and they pumped out his stomach. They tied him to his bed to prevent anything going wrong again. But one way or another he had some stimulant and fancied taking a walk. A nurse came across him in the corridor, walking along with the bed strapped to his back.

Currently modafinil is being used throughout the sporting world, with many high-profile cases attracting press coverage as prominent United States athletes have failed tests for this substance. Some athletes who were found to have used modafinil protested as the drug was not on the prohibited list at the time of their offence, however, the World Anti-Doping Agency (WADA) maintains it is a substance related to those already banned, so the decisions stand. Modafinil was added to the list of prohibited substances on 3 August 2004, ten days before the start of the 2004 Summer Olympics.

### Conclusion

One approach of athletes to get around regulations on stimulants is to use new designer stimulants, which have not previously been officially prohibited, but have similar chemical structures or biological effects. Designer stimulants that attracted media attention in 2010 included mephedrone, ephedrone, and fluoro amphetamines; which have chemical structures and effects similar to ephedrine and amphetamine.

1. According to British journalist Andrew Jennings, a KGB colonel stated that the agency's officers had posed as anti-doping authorities from the International Olympic Committee to undermine doping tests and that Soviet athletes were "rescued with these tremendous efforts".

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