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Affect of drugs on individual and athlete in sports

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Abstract

Performance-enhancing drugs have continued to evolve, with “advances” in doping strategies driven by improved drug testing detection methods and advances in scientific research that can lead to the discovery and use of substances that may later be banned. Many sports organizations have come to ban the use of performance-enhancing drugs and have very strict consequences for people caught using them. There is variable evidence for the performance-enhancing effects and side effects of the various substances that are used for doping. Drug abuse in athletes should be addressed with preventive measures, education, motivational interviewing, and, when indicated, pharmacologic interventions. When you are very active - during sport for example, your body adapts to provide you with the support you need, such as increasing the rate your heart pumps blood and supplies oxygen to your muscles. Your brain works to maintain body temperature, coordinate your movement, and make sure you are alert. Your body is designed to coordinate itself to allow you to perform at your best. Mixing drugs and sport can disrupt your game in many ways.

Keywords: Research, pharmacologic, motivational, oxygen

Introduction

Human body is just like a machine whose functioning oftenly interfered by various external and internal factors. The external factors are injuries, accidents burns, and various kinds of infection used by viruses, bacteria, protozoan and genetic metabolic and degenerative diseases. The internal environment of human body is kept constant by a number of controls put by nervous, endocrine and immune system. The trauma of mental un-happiness and a number of diseases are the result of disturbances of internal environment. This may be caused by four bad habits namely; drugs, alcoholism, smoking and sex abuse which have been very rightly termed as ‘pollutants’ of internal environment. While government and social organizations are aware of the menace of AIDS, the monster of drug addiction is set large and is playing havoc with the youth who are the future of the land. For years there has been considerable interest in finding an agent that would improve athletic performance. Drugs may improve sports performance but their effects are temporary. These drugs are very dangerous in the long run. They are habit forming. Drugs are used quite frequently in athletics, to enhance the sports performance without the knowledge of long-term and in some cases, short-term side effects. In their never ending search for excellence and improved performance, the players have tired numerous drugs, hormones and diets. Often the athletes have used these aids (drugs) indiscriminately with complete disregard for their health and safety. Furthermore, if an athlete becomes successful after using one of these substances the word spreads quickly, and soon athletes in all parts of the world are using the substance without waiting for evidence of its effectiveness or information about its side effects. The drugs are powerful stimulant of the brain and if given in the form of intravenous injection they can produce an ecstatic sensation of both physical and mental power with temporary disappearance of feeling of fatigue and hunger. As the skill level of athlete in various sports improves from year to year and as athletic records reach new heights, the margin between success and failure in the world of sports becomes smaller. For some athlete, a special diet may be deciding factor, while still others may try various hormones that elevate or improve the sports performance of players above the expected level. Weight lifters take anabolic steroids in an attempt to increase muscle mass and strength, while distance runners use carbohydrate two to three days prior to competition in an attempt to pack extra glycogen into active muscle.

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Drugs taken by an athlete will help him run faster, throw farther, jump higher, and prolong the time to reach total fatigue. Physiologically drugs increase blood pressure and heart rate, elevate blood sugar and increase muscle tension.

The effect of drugs is unpredictable on different athletes. The drugs produce undesirable effects, even if given previously without incident, since it will depend on the athlete's State of health, i.e. Fitness, fatigue, mood and surroundings. The rising trend of drug addiction throughout the world is indeed alarming and needs the urgent attention of the authorities, voluntary organization, religious and educational institutions.

Meaning of Drugs

Drugs: Chemical substances that excite a person-mentally or physically are called drugs. An ergogenic aid is defined as something that improves physical work performance. A drug is any chemical agent that affects living matter. Used in the treatment of diseases, drugs may either be applied directly to specific tissue or organ or be administered internally to affect the body systematically. When a drug enters the blood stream by absorption or direct injection it can affect tissues, and/or organs from the site of introduction. Drugs are normally understood as substances given to ailing person in order to bring his recovery. These may sometime cause harm rather than good. What is one man's miracle drug may turn out to be another man's poison. Drugs take for pleasurable feeling or used illicitly may prove fatal to the stability of internal environment.

It is defined as any substance or means that improves physical performance through its effects on the body.

Why Drugs are used by Individuals

1. **Unemployment:** There is hardly any scope of employment for youth. They see nothing but blankness and despair before them.
2. **Lack of vocational education:** The system of education does not ensure them any vocation in life and the degrees have lost their value and consequently, they face a vacuum so far as their future is concerned.
3. **Failure and Frustration:** Failure and frustration drive them into dark wells into dark wells of despair.
4. **Peer Group Pressure:** Youth succumb to peer group pressure in schools, colleges and universities. They feel secure and reassured in the company of their peer group.
5. **Illegal sale of drugs:** There is a mushroom growth of chemist shops which have become easy outlets of illegal sale of the drugs.
5. **Loss of physical labor:** Most of the people have lost their traditional love for physical labour. Manual work has been taken up by the migrant labour and there is mechanization in almost all the spheres of life.
6. **Mismatch of routine expenditure:** Many families have become rich by the sale of their ancestral immovable assets and enjoy all the luxuries of life. The members of the other party that become asset-less indulge in anti-social activities and take the support of drugs.
7. **Smuggling of drugs:** The smuggling of drugs (smack and heroin) from across the border has made the situation worse in the border districts.
8. **NRI's Money:** NRI's money has also led to the change in the life styles of rural youth because they think that this easy money is for drugs only.
9. **Responsibility of parents, teacher & society:** Parents do not devote enough time on their children due to certain reasons. The teachers also do not guide them

properly about their future. The result is that they take the shelter of drugs and society does not accept them as good citizens.

10. **Illiteracy:** Uneducated youth do not know how to lead good life. They think that drugs are the only status symbol.
11. **Poverty:** For a poor man drugs are the only recreation activity. Generally they take alcohol and tobacco to get over their fatigue.
12. **Preparation for the examination:** Students during their examination take drugs to keep themselves alert and awake for a longer period. The continuous use of drugs makes them habitual.

Why Drugs are used by Sports Persons/Athletes

To attain honour-For excellence and improved performance they use drugs, because they do not want to exert and work hard, but want to become successful in a day or so to get the maximum reward and honour. Physiologically they want to reduce fatigue. Psychologically to get them 'up' for the event or competition. To get strength card increase weight for their particular events.

Both men and women might experience:

- Severe acne
- Increased risk of tendinitis and tendon rupture
- Liver abnormalities and tumors
- Increased low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Decreased high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- High blood pressure (hypertension)
- Heart and circulatory problems
- Aggressive behaviors, rage or violence
- Psychiatric disorders, such as depression
- Drug dependence
- Infections or diseases such as HIV or hepatitis if you're injecting the drugs
- Inhibited growth and development, and risk of future health problems in teenagers

Conclusion

Many athletes take anabolic steroids at doses that are much higher than those prescribed for medical reasons, and most of what is known about the drugs' effects on athletes comes from observing users. It is impossible for researchers to design studies that would accurately test the effects of large doses of steroids on athletes, because giving participants such high doses would be unethical. This means that the effects of taking anabolic steroids at very high doses haven't been well-studied.

Anabolic steroids come with serious physical side effects as well. In recent years, the menace of frequent drug consumption has assumed alarming proportions. Statistics from various medical centers reveal that the number of cases of various addictions in all parts of the world is increasing rapidly. Drugs addiction is certainly on the rise. It is quite evident from the number of patients reporting to medical and psychiatric centers engaged in the treatment of patients suffering from drug addiction. Drug addiction if not checked in time, may lead to dangerous consequence for the addict individual, his family and society. It is sad to note that there has been no consistent effort to create awareness among the people regarding the harmful impact of drugs on individual and society.

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