

## DOPING IN SPORT

**KARABASAPPA PARAMESHWAR\***

*\*Ph.D. Research Scholar, Dept. of Physical Education, Gulbarga University, Kalaburagi -585106*

### INTRODUCTION

Sports and games are such activities which are governed by the set of rules-regulations and engaged in competitively, while doping is an idea of using banned natural or synthetic substance for the purpose of enhancing sports performance. Sports goes beyond a measure of athletic excellence and the winning of trophies, medals and cash awards has become a pride to the nation and sports persons. Sports teach us about ethics/honest endeavor, commitment and fair play. Using of performance enhancement drugs is very harmful to various organisms of the body. Abuse of drugs in sports is a regular phenomenon since ancient time; athletes have taken these agents since the beginning of time. The ancient Olympics in Greece were riddled with doping. In ancient Rome, gladiators drank herbal infusions to strengthen them before chariot races. The first doping death occurred in 1886 in cycling. In the beginning of 1900, the popular doping agent was a cocktail of alcohol and strychnine. The use of performance-enhancing drugs is a form of cheating which is quite widespread and common in sports. Performance-enhancing drugs such as, diuretics,  $\beta$ -blockers, anabolic steroids, stimulants etc are harmful to the health. Despite harmful effects, the sports persons are using drugs to become famous and rich. Performance enhancement can fairly reach by proper dietary nutrition, regular effective training and recovery programs. Athletes require good dietary advice from earlier in their career to achieve high-level sports performance. Sports must be doping-free and performance must be achieved through technical, statistical and scientifically framed sports coaching. Sports and games must be played in a fair manner.

In sports competitions/tournaments, doping is the use of banned athletic PED by athletic competitors, where the term doping is widely used by organizations that regulate sporting competitions. The use of drugs to enhance performance is considered unethical, and therefore prohibited, by most international sports organizations, including the International Olympic committee.

Using of enhancing athletic performance, through foreign substances was known from the earliest Olympic Games. In 1967, the International Olympic Committee (IOC) established a Medical Commission responsible for developing a list of prohibited substances and methods. In 1968 first time drug tests were performed by WADA at the Olympic winter games in Grenoble and at the summer games in Mexico City. In February 1999, the IOC convened the World Conference on Doping in Sport in Lausanne, Switzerland. The Lausanne Declaration on Doping in Sport recommended creation of an International Anti-Doping Agency. The World Anti-Doping Agency (WADA) was formed in Lausanne, Switzerland on the basis of equal representation from the Olympic movement and public authorities. One of the mandates of WADA was to harmonize the Olympic anti doping code and develop a single code applicable and acceptable for all stakeholders. The world anti doping code developed by WADA included creation of several international standards (IS). The purpose of each IS was harmonization among anti doping organizations. The International standards were developed for laboratories, testing, the prohibited list, and for therapeutic use exemptions (TUE). The objective of this manuscript is to present a brief history of doping in sport and describe creation of WADA in 1999. The components of the World Anti-Doping code in particular, the Therapeutic Use Exclusion program or TUE is described. The WADA code defines a TUE as "permission to use, for therapeutic purposes, a drug or drugs which are otherwise prohibited in sporting competition." Experiences of the Canadian Centre for Ethics in Sport Doping Control Review Board are presented because this national TUE committee has been operational for over 12 years. The challenge of developing a rigorous global anti doping program requires acceptance of doping as a problem by sport organizations, athletes, and public authorities. Individual stakeholders must be prepared to preserve the values of sport, which means free from doping. This will require vigilance by all interested parties for the benefit of elite athletes and society overall.

The common phenomenon between authorities and sporting organizations over the past several decades has been to strictly regulate the use of drugs in sport. The main purpose for the ban are health risks & long-term side effects of performance-enhancing drugs, provide or to maintain equality of opportunity for athletes, and the exemplary effect of drug-free sport for the generations. Anti-doping authorities state that use of performance-enhancing drugs goes against the spirit of sport.

A synthetic/natural substance which taken into a living body it affects its functioning or structure, and is used in the diagnosis, treatment, mitigation, prevention of a disease or relief from an injury, also called legal drug or medicine. Medicinal drug (legal) such as amphetamines can be harmful and addictive if misused Habit forming

stimulant or narcotic substance like alcohol, cannabis, nicotine, or a derivative of cocoa or poppy which produces a state of arousal, contentment, or euphoria. Continued or excessive use called drug abuse or substance abuse of such substances causes addiction or dependence. Thereafter any attempt to discontinue their use result in specific reactions called withdrawal symptoms such as sweating, vomiting, and tremors which cease when the use is resumed. Also called illegal drug where its production and/or use is prohibited.

### **HISTORY-PERFORMANCE ENHANCING DRUGS BY ANCIENT GREEKS (776 BC - 393 BC)**

Using the drugs to enhance performance in sports has certainly occurred since the time of the origin of Olympic Games. The origin of the word 'doping' is attributed to the Dutch word '**doop**,' which is a viscous opium juice, the drug of choice of the ancient Greeks. "The ancient Olympic champions were professionals who competed for huge cash prizes as well as olive wreaths. The number of methods what we would call cheating were not considered as illegal and perfectly acceptable save themselves in field for games.

There is evidence that Romans' gorged themselves on meat not a normal dietary staple of the Greeks and experimented with herbal medications in an effort to enhance their performances. The ancient Greek athletes also drank wine potions, used hallucinogens and ate animal hearts or testicles in search of potency."

### **100 AD - USE OF STIMULANTS AND HALLUCINOGENS**

In Ancient Roman culture gladiator competitions and chariot races are popular and the Coliseum is expanded to hold 60,000 spectators in 100 AD. Chariot racers feed their horses substances such as hydromel (alcoholic beverage made from honey) to make them run faster and gladiators ingest hallucinogens and stimulants such as strychnine to prevent from fatigue and injury and to improve the intensity of their fights. The use of drugs in sports goes back centuries, about all the way back to the very invention of the concept of sports. In ancient times, when the fittest of a nation were selected as athletes or combatants, they were fed diets and given treatments considered beneficial. For instance, Scandinavian mythology says berserkers could drink a mixture called "butotens", to greatly increase their physical power at the risk of insanity. One theory is that the mixture was prepared from the amanita muscaria mushroom, though this has been disputed. The German missionary and Doctor Albert Schweitzer wrote of Gabon in the early 19th century: "The people of the country can, having eaten certain leaves or roots, toil vigorously all day without feeling hungry, thirsty or tired and all the time showing a happiness and gaiety." The Ancient Olympics in Greece have been alleged to have been contaminated with forms

of doping. In Ancient Rome, where Chariot Racing had become a huge part of their culture, athletes drank Herbal Infusions to strengthen them before chariot races.

In 1904 Thomas Hicks won the Olympic marathon. 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. Hicks's trainer Charles Lucas pulled out a syringe and came to his aid as his runner began to struggle, so he decided to inject him with a milligram of sulphate of strychnine and made him drink a large glass brimming with brandy. He set off again as best he could he needed another injection four miles from the end to give him a semblance of speed and to get him to the finish.

## **TEST METHODS**

Under established doping control protocols, the participant will be asked to provide a urine sample, which will be divided into two, each portion to be preserved within sealed containers bearing the same unique identifying number and designation respectively as A- and B-samples. WADA's Executive Committee and Foundation Board clarified at a meeting that an athlete who's A-sample has revealed the presence of a prohibited substance or method to request the analysis of his or her B-sample:

"The B-sample helps confirm that an anti-doping rule violation has occurred and protects the rights of the athletes", said WADA Director General David Howman. "It should be stressed that anti-doping is one of the few types of controls in society in which a confirmation procedure is used in order to protect individuals, and the very rare cases in which the analysis of the B-sample did not match the results of the A-sample have shown the usefulness of such procedure.

## **RE-TESTING OF SAMPLES**

As per Article 6.5 in the World Anti-Doping Code samples may be re-tested later. Samples from high-profile events, like the Olympic Games, are now re-tested up to 8 years later to take advantage of new techniques for detecting banned substances.

## CHEATING THE TESTS

To avoid testing positive athletes use various methods, the most common methods include:

- Urine replacement, which involves replacing dirty urine with clean urine from someone who is not taking, banned substances. Urine replacement can be done by catheterization.
- Diuretics, used to cleanse the system before having to provide a sample.
- Blood transfusions, which increase the blood's oxygen carrying capacity, in turn increasing endurance without the presence of drugs that could trigger a positive test result.

## SUMMARY

Sports cannot stand with drugs since doping will affect the fairness and the health states of athletes. Once others find that they use drugs to achieve their goals, no one will be proud of them and even look upon them, let alone be respected by others. Only by playing sports without drugs, athletes can enjoy the fun of sports and create a fantastic competition for the one who are sitting on the audience stage.

The intention or aim of study is, at what level the doping issue is serious and how we can resist, restrict and find the solutions for abuse of drugs to make the sports field clean and clear with spirit of sports, ethical values and national Patriotism.

This research examined and further provided a greater understanding the changes of present most burning issue in global sports field and showing the opportunities even on experimental basis where we can get a solution at least in bit of percentage. One of the clear outcomes of the study the issue needs continues action and immediate implementations of plans or solutions which will be soon outdated and again new solutions have to find out for the new hurdles / Unethical ideas.

The above situation we can cleanly understand by latest international example of **Maria Sharopova case of ban (INTERNATIONAL LAWN TENNIS PLAYER, RUSSIA)** because of her statement only she got banned for two years from International tennis tournaments and here all international regulatory of anti doping failed to detect the substance which she took almost throughout her career, this is a great example of negligence by player and anti doping agencies. And one more shocking news which is not good for future of sports world that is, The World Anti-Doping Agency scrambled the fight against doping only weeks before the Rio Games are to begin in

Brazil. Credit Matthew Stockman/Getty Images few weeks before the Summer Olympics open in Rio de Janeiro, the laboratory that was set to handle drug testing at the Games has been suspended by the World Anti-Doping Agency in a new escalation of the doping crisis in international sports. WADA — the global regulator of doping in sports that oversees three dozen testing labs around the world — confirmed the suspension Friday, citing the Rio lab’s “nonconformity” with international standards.

The lab has a prior disciplinary record and is one of a handful of labs that have had their certification to conduct drug testing revoked in WADA’s 17-year history. Among those is Moscow’s anti doping lab, which was disciplined last fall following accusations of a government-run doping program in Russia.

Doping is now a global problem that follows international sporting events worldwide. International sports federations, led by the International Olympic Committee, have for the past half century attempted to stop the spread of this problem, with little effect. It was expected that, with educational programs, testing, and supportive medical treatment, this substance-abusing behavior would decrease. Unfortunately, this has not been the case. In fact, new, more powerful and undetectable doping techniques and substances are now abused by professional athletes, while sophisticated networks of distribution have developed. Professional athletes are often the role models of adolescent and young adult populations, who often mimic their behaviors, including the abuse of drugs. This review of doping within international sports is to inform the international psychiatric community and addiction treatment professionals of the historical basis of doping in sport and its spread to vulnerable athletic and non-athletic populations

Present days the sports and the media's misplaced fixation on fame, fortune and winning at all costs have unintentionally created a growing market for doping substances. These substances, once only abused by elite athletes, are clearly spreading into our schools and health clubs worldwide. They are being accepted by a whole new generation of young customers who see reports daily in the newspapers of sports icons accused of abusing drugs only to continue playing, breaking records and claiming fortunes. These same performance-enhancing drugs are also abused by adolescents and weekend athletes and non-athletes who have wider behavioral and health risk problems. In addition, these drugs are now being abused by male and female adolescents for cosmetic purposes in an attempt to achieve the "cut" and sexy look promoted by the media. Continuing educational programs developed for these at-risk populations by national Olympic organizations and sports federations are important first steps to curb these dangerous behaviors. Testing for performance-enhancing drugs in high schools as a means of early detection, intervention and prevention is now being launched in New Jersey, with other states

following their lead. Medical professionals, teachers, coaches and sports organizations must all be made aware of this continuing problem in our adolescent and at-risk populations and contribute to its solution by open, honest discussion. Most importantly, professional athletes must serve as role models and spokesmen for drug-free sport and lifestyle. This position must be actively supported by the media, owners of teams and international sports federations by providing consistent leadership and advocacy of anti-doping programs in sport, regardless of costs and consequences. Accepting the magnitude of doping in at-risk populations and developing education, prevention and treatment programs is the only way we can prevent the continuing spread of the abuse of doping in sport and its spread into the most fragile groups in our society, our youth and at-risk populations.

### **CURRENT AFFAIRS OF RIO OLYMPICS 2016:**

In connection with doping in sports here are some major statements from the recognized personalities and authorities which are addressed in press conferences and in digital media.

#### **THE STATEMENTS**

- **IOC** reported the results of second retests and said “There are 30 competitors from 2008 Beijing Olympics and 15 competitors from 2012 London Olympics are adverse analytical findings.
- United Kingdom Athletics wants IAAF to reset the world records for ‘CLEAN ATHLETICS’.
- Doping is directing the human being towards darkest side.
- Mr. Dick Pound (Ex. President of WADA) says “We will never end doping, despite small victories.”
- On the basis of official dope tests, worlds’ worse offenders are Russia, Turkey, France and INDIA are respectively ranked top four positive tests recorded countries for banned substances in all sports (2013).

### **IOC ACTIVITIES FOR RIO OLYMPICS 2016:**

Apart from publishing prohibited drugs, methods, do’s & don’ts for athletes guidance the IOC is actively conducting/organizing several programs to maintain esteemed sporting events clean and hold it up with ethical and moral values. Some of the IOC programs are as follows:

- Protect and Support clean athletes.
- Fight against doping.
- Athletes Sports.

- Ethics code.

### **FIGHT AGAINST DOPING:**

Worldwide more than 500 million US Dollars estimated by all countries per year to control and fight against doping and protection to field of sports. The strategy Of an Olympic movement is based on Zero tolerance policy, with the aim of ensuring that only clean athletes take participation in competitions. Currently its agenda is to keep away unethical ways from sports field by detection and deterrence, supported by athletes and related educational encouragement.

The number of tests is increasing in every Olympic Games which shows the determination towards aim of organizations. Simultaneously the findings of positive results make to worry for future sports field. To make unethical successes failure and athletes play fairly, IOC adopting greater intelligent testing methods in addition to general rules and applying these tests on top 5 finishers of final competitions.

### **ETHICS CODE:**

Ethics code is defined and updated by the IOC Ethics Commission. Code of ethics is based upon values and principles cherished in the Olympic charter. One of the major roles of IOC is to encourage promotion of ethics and good governance in the sports and games conduction. All anti doping activities and programs are not only for the present movement, in fact these all are future steps towards good governance for 2020 Olympics and major sports competitions as well.

### **FOOTPATH OF RUSSIA TO RIO OLYMPICS:**

A documentary called “Top Secret Doping: How Russia makes its’ Winners.” Was released from German Broadcaster in 2014 which pointing out the Russia was funding on an “east German Style” doping program! The former president of WADA Mr. Dick Pound called it as a “Deeply Rooted Culture of Doping.” Soon after so many allegations and bad remarks the Track and Field Team of Russia was suspended by IAAF from International Competitions.

Despite Russia’s efforts of over hailing the system, IAAF refused to overturn the ban and in reply said, not satisfied by the Russia’s efforts. WADA President Mr. Craig Reedie referred the report of Canadian law professor



Richard McLaren in which he said Russia operated sponsorship state of doping program in the period of 2011 to 2015, IOC should interfere and “Decline entries of all Russian Athletes for Rio Olympics 2016.”

As per latest progress IOC said Russia will not receive a blanket ban from Rio Olympics 2016, the decision is following the Richard McLaren’s report and IOC will leave it up to individual sports governing bodies to decide that Russian competitors are ethically clean and should be allowed to take part.

### **YULIYA STEPANOVA:**

The **Whistle Blower** (One who reveals wrongdoing within an organization) Russian Athlete (800 mtr) Yuliya Stepanova challenges IOC ruling on Doping Ban and questioned the “Unfair” decision of IOC of ban on her for Rio Olympics. Mean while she is wishing to compete in the competition under “neutral flag, but IOC ruled that she had previously failed to cross the dope test and so she should not be allowed to take part.

In reply to IOC decision Yuliya said “It is based on wrong and unfair statements.” In continuation she claimed the decision of IOC will put negative impression on future whistle blowers from coming forward, and called the organization for reviewing their decision on the basis of information provided.

### **INDIAN AFFAIRS:**

(Source; NDTV Digital media)

- INDRAJIT SINGH and NARSINGH JADHAV failed to cross the dope test conducted by NADA for Rio Olympics the enquiry is still going on.
- The Indian Sports Ministry says “No Arjuna Award for dope offenders.”
- Women shot putter from India tests positive for stimulants and pulled out of Asian Championship.
- In Patiala four athletes caught for doping.
- Raids have been done on P.T.USHA’S School of athletics by NADA.
- NADA aims at frequent tests to prevent doping instances.
- NADA raids & collects samples at SAI centre of Bangalore, and surprise raid at Patiala.

## CONCLUSIONS

The final conclusion of the present study as follows:

- ❖ Doping and its hidden techniques are continuously developing field with its unethical ideas. The whole world of sports has to fight against it with togetherness.
- ❖ The study and its related aspects are just like a cat and mouse run, or like it can't be seen ring of heaven or horns of hell on athletes' head!
- ❖ Most importantly on experimental basis produce all sports related medicine and food supplements etc, under one roof and supply to all nation's sports authorities and no athletes are allowed to use other than these medicines, this may reduced the innocent athletes to become a victim of positive dope unknowingly. (This idea is appreciated by an international doping official Dr. kiran Kulkarni)
- ❖ Need of construct the syllabus on anti doping information to educate all level of coaching professionals by which we can provide the same information to athletes from their initial stage.
- ❖ Need of compulsory anti doping advertisements, threats and legal punishments, visualization on sports TV channels. These could act as dynamic tools and techniques which may directly reaches to awareness and massages to sports players regularly.
- ❖ More programs on national patriotism, proud feeling towards his or her society, psychological and ethical motivation such programs should be constructed and implemented in systematic manner on regular basis by the governing bodies of sports.
- ❖ Doping is social hazard, which leads towards the end of ethics, health and sportsman spirit.
- ❖ There are more numbers of Anti doping permanent officials needed with advanced equipments at the Agencies.

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