

A STUDY ON NATIONAL ANTI DOPING AGENCY

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ABSTRACT

National Anti Doping Agency (NADA) was set up as registered society under the Societies Registration Act of 1890 on November 24, 2005 with a mandate for Dope free sports in India. The primary objectives are to implement anti-doping rules as per WADA code, regulate dope control programme to promote education and research and creating awareness about doping and its ill effects The national anti doping agency (NADA) working the national wise to stop the usage of doping the sports, it is giving the instructions to the sports federations, coaches and sports players how to perform fairly in the sports competitions, the real sports is that which demonstrates the real ability of the sports players and human abilities without any external influence of the drugs, the use of drugs in the sports competitions is unfair for the sports world, the nada has the governing body which connected to Ministry of Youth affairs & sports, Government of India, and also associated with Health services, ministry of health and family welfare. sports authority of India, Indian Olympic Association also involved in the governing body of the NADA.

INTRODUCTION

DOPING IN SPORTS

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 endeavour, 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, β -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.

HISTORY

PERFORMANCE ENHANCING DRUGS BY ANCIENT GREEKS (776 to 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.

VISION

The National Anti-Doping Programme

The National Anti Doping Agency [NADA] was established by the Government of India, with the objective of acting as the independent Anti-Doping Organization for India having a vision of dope free sports. The NADA has the necessary authority and responsibility for:

- Planning, coordinating, implementing, monitoring and advocating improvements in Doping Control;
- Cooperating with other relevant national organizations, agencies and other Anti-Doping Organizations;
- Encouraging reciprocal Testing between National Anti-Doping Organizations;
- Promoting anti-doping research;
- Where funding is provided, withholding some or all funding, during any period of his or her ineligibility, to any Athlete or Athlete Support Personnel who has violated anti-doping rules;
- Vigorously pursuing all potential anti-doping rule violations within its jurisdiction including investigating into whether Athlete Support Personnel or other Persons may have been involved in each case of doping.
- Planning, implementing and monitoring anti doping information and education programs

Primary Functions

National Anti Doping Agency is mandated for Dope free sports in India. The primary objectives are to implement anti-doping rules as per WADA code, regulate dope control programme, to promote education and research and creating awareness about doping and its ill effects.

The primary functions of NADA are as under:

- To implement the Anti Doping Code to achieve compliance by all sports organizations in the Country.
- To coordinate dope testing program through all participating stakeholders.
- To promote anti doping research and education to inculcate the value of dope free sports.
- To adopt best practice standards and quality systems to enable effective implementation and continual improvement of the program.

NADA has the anti doping appeal panel which is consist of chairman, vice chairman and members and also NADA has the Anti Doping Disciplinary Panel consist of Chairman and Members, Judges and advocates to take action on the unfair sports participation in the nation.

Structure of NADA

- Governing Body
- Anti Doping Appeal Panel
- Anti Doping Disciplinary Panel
- Therapeutic Use Exemption Committee

CONCLUSION

The national anti doping agency working in the nation to stop the usage of drugs in the sports and also giving the awareness about the bad effect of the drugs on the human health. The agency facing the many problems like lack of lab assistants and instruments, in the sports field many players are ready to use the substance knowingly or unknowingly to build their body for the competitions. NADA trying to establish the fair play in the sports competitions for the safe world.

REFERENCES

1. Sports journals related to the doping
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4. Sports and health journals.