

A Caution about Supplements and Drugs

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Introduction :

In sports field taking drug or doping affects the sportsman and his performance. It is considered as illegal and it is also a violent behavior. It is destructive and anti-social. Nowadays using drugs is very common among athletes. This should be discouraged. It is now fact that drug in greater quantity is harmful or fatal. So it should be not used without consultation of team doctors or by neutral physician.

Meaning of Doping

“ Generally the Meaning of Doping is “ use of ergogenic aid” Before competition or in competition increase a mental & physical capacity And increase a performance athletes use a ergogenic aid that’s call Doping” This is a serious problem, Doping is to improve the physical as well as mental side of the sportsmen. They are highly motivated to win, they think that cretin drugs may help them to win and the Athlete are risk possible deleterious side effects.

Supplements taken to increase muscle growth

- Anabolic steroids
- Human chorionic gonadotrophin [HCG]
- Growth hormone
- Dehydroepiandrosterone [DHEA] and androstenedione
- Insulin and insulin-like growth factor [IGF-1]
- Beta agonists
- Protein, amino acid, and polypeptide supplements and so-called metabolic optimizing meals

Side Effects of Anabolic Steroids

Liver damage and tumors, Reduced HDL, High blood pressure, heart disease, cancer, Depressed sperm and testosterone production, Psychological disturbances, Depressed sperm and testosterone production, breast development in males, Masculinization in women and children, Premature closure of done growth centers.

A caution about supplements and Drugs

- Supplements taken to speed recovery from training
- Creatine monohydrate
- Chromium picolinate
- Carbohydrate beverages
- Substances taken to increase intensity and overcome fatigue
- Amphetamines
- Caffeine
- Substances taken to increase endurance

- Drythropoietin
- Darbepoietin
- Substrancers taken to aid weight control
- Diethylpropion, phentermine
- Caffeine, PPA, ephedra
- Diuretics
- Supplement and drug use by active people

HCG side effects

Stop using HCG and take emergency medical help if you have any of these signs of an allergic reaction: hives, difficulty breathing, swelling of your face, lips, tongue, or throat. Call your doctor at once if you have any of these signs of a blood clot: pain, warmth, redness, numbness or tingling in your arm or leg, confusion, extreme dizziness, or severe headache. Some women using this medicine have developed a condition called ovarian hyperstimulation syndrome [OHSS] especially after the first treatment cycle. OHSS can be a life-threatening condition. Call your doctor right away if you have any of the following symptoms of OHSS.

- Severe pelvic pain.
- Swelling of the hands or legs,
- Shortness of breath,
- Weight gain,
- Diarrhea,
- Nausea or vomiting, or urinating less than normal.

This medication can cause early puberty in young boys. Call your doctor if a boy using this medicine shows early signs of puberty, such as deepened voice, pubic hair growth, and increased acne or sweating.

Less serious side effects may include,

- Headache,
- Feeling restless or irritable,
- Mild swelling or water weight gain,
- Depression,
- Breast tenderness or
- Pain, swelling, or irritation where the injection is given.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Blood Doping :

Increasing the number of red blood cells in the body to increase the oxygen carried to muscle. Administration of blood cells, or related blood products, Erythropoietin, Stimulated bone marrow to produce red blood cells.

- Increased Endurance
- 7% increase in Hgb
- 5% increase in V02 max

- 34% increase in time to exhaustion at 95% V02 max
- 44 second improvement in 5 mile treadmill run time

Blood Doping - side effects

Infections with transfusions, Increased viscosity of blood, Stroke, MI, PE, Blood Doping-regulation, Erythropoietin only by prescription, Doping prohibited by WADA, NCA, Blood tested for antigens, Ceiling on allowable Hct level at 50.

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