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**Common Category of Doping in Sports: Use and Misused****Dr. Sachin . B. Pagare**

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**Abstract**

*The word doping comes from the African kaffirs who used the local liquid called “Dop” as a stimulate. High commercial stakes have also lead to increasing resort to doping by sports persons to enhance their performance, reaching a peak in cowl Olympics with the fastest man on earth turned out to be a drugged man.*

**Introduction**

The word doping comes from the African kaffirs who used the local liquid called “Dop” as a stimulate. Doping refers to the use of banned athletic performance-enhancing drugs by athletic competitors, where the term doping is widely used by organizations that regulate sporting competitions. There is growing tendency, in Modern times of using ‘Dopes’ by the sports person to be super human being and to better one’s performance field. When particularly fine performance is achieved, there is also a strong temptation for the less successful competitors to hint that some from of ‘doping’ was responsible. According to Gabodomosi (1988), some use drugs to improve their performances in sports. Some too use drugs for social reasons that are to overcome their shyness and move freely with peers.

**Narcotic analgesics**

The Narcotic analgesics may increases the pain threshold so that the sports person may fail to recognise it, thus leading to more serious injury. Can cause physical and psychological dependence leading to more serious problem associated with addiction withdrawal and does related respiratory depression. Masculinization among the females increased aggressiveness, moodswing, depression, abnormal menstrual cycle, excessive hair growth on the body in females, acne, reduction in the size of testicles in male, decreased sperm production, potential for kidney, liver dysfunction. Premature aging enlargement of prostate gland, these effects may be permanent with prolonged age. In adolescents, premature closure of growth centers of the long bones may occur, and resulting in stunted growth.

**Blood Doping**

It is synonymous to blood boosting, blood packing erythrouythemia. It is the administration of red blood cells to the athlete other than for medical treatment. But for the purpose of enhancing performance. The blood can be drown from the or from different individual. Blood doping is done to temporarily increase blood volume and increase the number of blood cell containing a hemoglobin this over loading the blood with hemoglobin which increase the oxygen carrying capacity of blood and lead to an increased endurance performance.

**Anabolic Steroids**

Anabolic steroids are misused in sports to increase muscle strength and bulk and to promote aggressiveness and as a result increase athletic performance. Anabolic steroids act upon the central nervous system. Anabolic steroids also increase muscle mass and physical strength, and are therefore used in sports and bodybuilding to enhance strength or physique. Known side effects include harmful changes

in cholesterol levels (increased Low density lipoprotein and decreased High density lipoprotein), acne, high blood pressure, liver damage. Some of these effects can be mitigated by taking supplemental drugs.

**Timulants:**

World Anti-Doping Agency list of prohibited substances, stimulants are the second largest class after the anabolic steroids. Stimulants, which may improve athletic performance. Stimulants can lead to poor judgement, placing the individual at greater risk of injury, it also lead to aggressiveness, anxiety and tremors. Amphetamines, caffeine, cocaine are the stimulants. Stimulants are drugs, which increase alertness and reduce fatigue and may increase competitiveness and hostility. Dehydration and decreased circulation and increased heart rate and blood pressure may be due to use of stimulants. 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.

**Beta Bloklers:**

This drug commonly used for lower blood pressure and decrease the heart rate. In sports such as shooting or archer, where a steady arm or trigger fingers is important, beta-blockers might be used to slow the heart rate and steady the nerve. Acetenolol, metaprolol, etc. are the beta-blockers. Effect of Narcotic Analgesics. They are powerful analgesics and are mainly used for management of sever pain. They produce a sensation of euphoria or psychological stimulants, a false feeling of invincibility and illusions of athletic process beyond the athlete's inherent ability. ethylenorphine, morphine are the narcotic analgesics. **Beta blocker**, is a class of medications that are particularly used to manage cardiac arrhythmias, and to protect the heart from a second heart attack (myocardial infarction) after a first heart attack.

**Effect of Diuretics**

Diuretics have important the therapeutic indication for the elimination of excess body fluids from the tissues in certain pathological condition and for management of high blood pressure. Diuretics are sometimes misused by competitors for two main reasons, namely to reduce weight quickly in sports. Diuretics may cause dehydration, muscle weakening, a drop in blood pressure and cordic irregularities caused by electrolytic imbalance.

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