



Impact of Doping in Indian Sports: A Survey Study

KEYWORDS

Doping, NADA, WADA, Athletics, Weightlifting, Wrestling.

Dr. Naveen Kumar

Balkar Singh

Assistant Professor, Department of Physical Education,
Ch. Ranbir Singh University, Jind, Haryana, India,
126102.

M.P.Ed.(Final), Department of Physical Education, Ch.
Ranbir Singh University, Jind, Haryana

ABSTRACT

The purpose of this paper was to review the impact doping on Indian sports from 2010 year to 2016 year (7 years) to be considered in the study. The present chapter deals with the analysis, interpretation and discussion of the collection through historical, trends, NADA and WADA reports, analytical and interpretive techniques are utilized. The study revealed that Most of Athletics caught in doping cases belonging to year 2011, 2014 and 2016; Majority (3) of doping cases found in Weightlifting game in India in 2016; Majority of (66.67 per cent) wrestlers taken same steroid (Methylhexanamine (Stimulant)).

INTRODUCTION

Drug

A drug is any chemical substance you take that affects the way your body works. Most drugs are developed for medical purposes, but doping means taking drugs to improve sports performance.

Doping

Doping is usually considered to be the deliberate or accidental use by athletes of substances or techniques that may enhance performance of sports players.

The substances and methods that are banned by the International Olympic Committee (IOC) are:-

- Stimulants
- Anabolic Steroids
- Diuretics
- Narcotic Analgesics
- Peptide Hormones and related substances
- Blood doping
- Pharmacological, chemical and physical manipulation

Why are they banned?

There are three major reasons why these substances are banned. These are:

- **Health Concerns** - some drugs used by athletes can have serious effects on an individual's health. e.g. Anabolic Steroids
- **Ethical Concerns** - The use of certain drugs which do not pose a major health risk, but may offer a performance advantage over other athletes. This may be considered cheating. e.g. Beta Blockers
- **Legal Concerns** - some drugs are banned because they are illegal in general society. e.g. Cocaine
- Restrictions on other drugs
- Other drugs are subject to certain restrictions depending on the sport and the level of competition. These are:-
- **Alcohol** - not banned but tests may be requested by a responsible authority.
- **Cannabinoids** (marijuana & hashish) - not banned but tests may be requested by a responsible authority. Cannabinoids are tested for at the Olympic Games.

- **Local Anaesthetics** - injectable local anaesthetics are permitted under certain conditions.

- Restrictions on other drugs

- **Corticosteroids** - the systemic use is prohibited.

- **Beta Blockers** - only tested for in sports where they are likely to enhance performance e.g. archery, shooting

- Sometimes athletes also use other substances like vitamin supplements, amino acids and special diets to enhance their performance

EFFECTS OF DIFFERENT SUBSTANCES

Effects of Substances - Stimulants

Drugs used by athletes to increase alertness and hide their natural feelings of tiredness. Get them keyed up for competition; e.g. Cocaine, pseudoephedrine.

Effects of Substances - Diuretics

Drugs used to increase fluid loss from the body in an attempt to decrease weight. These drugs are used by athletes in sports with weight categories. They are also used by some athletes in an attempt to dilute their urine so to avoid detection of anabolic steroids.

Effects of Substances - Anabolic Agents

Anabolic steroids are a manufactured version of the hormone testosterone which is found naturally in our bodies.

Effects of Substances - Narcotic Analgesics

These are strong painkillers used by athletes to mask the pain of injury; e.g. heroin, morphine.

Effects of Substances - Peptide Hormones and others

Hormones have taken in an attempt to increase the size and strength of muscles; e.g. Human Growth Hormone

Effects of Substances - Blood Doping

A procedure which involves injecting extra blood, red blood cells, artificial oxygen carriers and related blood products into the body as a means of increasing the oxygen carrying capacity of the blood. For Increases the energy available and used primarily in endurance events.

Effects of Substances - Beta Blockers

Beta Blockers is a type of drug often used by people with heart problems or high blood pressure. Athletes competing in such events as archery or shooting might use them to try and stop their hands

and bodies from shaking when they aim at a target.

Effects of Substances -Anti-inflammatories

Athletes using anti-inflammatories may have problems with:

- gastric irritability
- gastric bleeding
- the symptoms of injury being masked

Caffeine

Caffeine is sometimes used by athletes to try to hide how tired they are feeling. Covering up this feeling of tiredness can result in injury of sickness. Caffeine is also responsible for:

Amino Acids

Amino Acids are found naturally in protein foods or can be taken artificially in the form of amino acid supplements. Athletes may use supplements in an attempt to improve their performance or physique.

STATEMENT OF THE PROBLEM

The statement of the Problem of the present study stated as:

"Impact of Doping in Indian Sports: A Survey Study".

OBJECTIVES OF THE STUDY

1. To study the impact of doping on health of sports persons.
2. To study the trends and patterns of doping cases in Indian sports.

RESEARCH METHODOLOGY

In the study the following research methodology is used:

Research Design

To investigate the impact doping on Indian sports from 2010 year to 2016 year to be considered with descriptive study from historical trend, doping cases, analytical and interpretive techniques was utilized.

Data Collection

The study is based on secondary data. The present study considers 7 years data starting from 2010 to 2016. The required data related to doping have been collected from various sources i.e. from

- NADA and WADA reports (2009-2016).

Statistical Treatment

In order to analyze the collected data the statistical tools such as mean, tabulation, graphic presentation, percentages, trend analysis etc. were used for reach to significant results.

Analysis and Interpretation

The present chapter deals with the analysis, interpretation and discussion of the collection through historical, trends, NADA and WADA reports, analytical and interpretive techniques are utilized. A brief description of the chapter has been given below:

Table: 1 Doping cases in Athletics (Men)

Sr. No	Name of Player	Name of the Prohibited Drug	Date	Decision of the Panel
1	Mr. Ibra Mohammad	Stanolozolol (Anabolic Steroid)	03-05-11	As per the Disciplinary Panel
2	Mr. Suresh Sathya	19Norandrosterone(Anabolic Steroid)	03-05-11	As per the Disciplinary Panel
3	Mr. Vipin Kasana	Stanazolol&Metabolites(Anabolic Steroid)	11-10-11	2 year ineligibilityw.e.f.16-12-09
4	Mr. Kuldev Singh	Methylhexanamine(Stimulant)	09-01-12	As per the Disciplinary Panel

5	Mr. Sachin Kumar	T/E Ratio=20.23 (Testosterone or its Per Hormone)	23-10-12	As per the Disciplinary Panel
6	Mr. Bhupinder Singh	Methylhexanamine (Stimulant)	06-12-13	No ineligibilityw.e.f.06-12-13
7	Mr. Sharad Kumar	Stanozolo,Anabolic Steroid	07-01-14	Same as Anti Doping Disciplinary Panel
8	Mr. Aakash Antil	Methylhexanamine (Stimulant)	04-07-14	No ineligibility w.e.f.04-07-14
9	Mr. Saurabh Vij	MethMylhexanamine(Stimulant)	13-08-14	No ineligibility w.e.f.13-08-14
10	Mr. Saurabh Viz	T/E Ratio=16.4(Testosterone or its Pre Hormone)	16-12-15	Same as Anti-Doping Disciplinary Panel
11	Mr. Jaskirat Singh Tiwana	Metabolites of Methandienone& Oxymesterone (Anabolic Steroid)	30-05-16	2 years ineligibility w.e.f.09-02-15
12	Mr. Harveinder Singh Dagar	19-Norandrosterone& Metabolite of Nandrolone	22-07-16	Same as Anti-Doping Disciplinary Panel
13	Mr. Avtar Singh	Testosterone or its Pre Hormone(Exogenous Steroids)	12-09-16	6 years ineligibility w.e.f.26-12-14

The analytical Table 1 exhibited that most of Athletics caught in doping cases belonging to year 2011, 2014 and 2016, while only 2 cases each belonging to year 2013 and 2015. So, we can say that cases of doping in athlete game variant year to year, although previous year it was increased. Hence athletics in India have more adopted drug and doping for enhancing their performance.

Table: 2 Doping cases in Weightlifting (Men)

Sr. No.	Name of Sports person	Name of the Prohibited Drug	Date of Decision	Decision of the Panel
1	Mr. M Syamlal	Stanolozolol (Anabolic Steroid) & Furosemide (Diuretic)	29.03.10	As per the Disciplinary Panel
2	Mr. Pardeep Sharma	T/E Radio =17 (Testosterone or its Per Hormone)	06-07-11	2 year ineligibilityw.e.f.15-03-10
3	Mr. Harbhajan Singh	Drostanolone metabolite(Anabolic Steroid)	16-12-15	8 years ineligibility w.e.f.21-04-14
4	Mr. Harjeet Kaur	Strychnine(Stimulant)	07-01-16	2 years ineligibility w.e.f.04-09-15
5	Mr. Dharmender Palliwal	19-Norandrosterone& Metabolite of Nandrolone	30-05-16	Same as Anti-Doping Disciplinary Panel
6	Mr. Amritpal Singh	Metabolites of Methandienone (Anabolic Steroid)	30-05-16	2 years ineligibility w.e.f.12-02-15

The analytical table 2 showed that majority (3) of doping cases found in Weightlifting game in India in 2016, while only one in last each year (2010, 2011,2015). Whereas, nil cases of doping found in year 2012, 2013 and 2014. So, we can say that now a days Weightlifting players have more craze for adopting drug and doping for increasing

performance.

Table: 3 Doping cases in Wrestling (Men)

Sr. No	Name of Sports person	Name of the Prohibited Drug	Date Decision	Decision of the Panel
1	Mr. Rajeev Tomar	Methylhexanamine (Stimulant)	11-02-14	No ineligibility w.e.f.11-02-14
2	Mr. Mausam Khatri	Methylhexanamine (Stimulant)	11-02-14	No ineligibility w.e.f.11-02-14
3	Mr. Rahul Mann	Methylhexanamine (Stimulant)	11-02-14	No ineligibility w.e.f.11-02-14
4	Mr. Sombir	Methylhexanamine (Stimulant)	11-02-14	No ineligibility w.e.f.11-02-14
5	Mr. Sumit Sehrawat	Methylhexanamine (Stimulant)	26-02-14	No ineligibility w.e.f.26-02-14
6	Mr. Joginder Singh	Methylhexanamine (Stimulant)	26-02-14	No ineligibility w.e.f.26-02-14
7	Mr. Harpreet Singh	Terbutaline. Beta-Agonist	06-08-14	No ineligibility
8	Mr. Amit	Refusal to provide sample	11-02-14	Same as Anti-Doping Disciplinary Panel
9	Mr. Bhupender	Refusal to provide sample	11-02-14	Same as Anti-Doping Disciplinary Panel

The analytical Table 3 exhibited that all the doping case found in year 2014 in wrestling in India. The study also showed that majority of (66.67 per cent) wrestlers taken same steroid (Methylhexanamine (Stimulant)).

CONCLUSION

The purpose of this paper was to review the impact doping on Indian sports from 2010 year to 2016 year (7 years) to be considered in the study. The present chapter deals with the analysis, interpretation and discussion of the collection through historical, trends, NADA and WADA reports, analytical and interpretive techniques are utilized. The study revealed that Most of Athletics caught in doping cases belonging to year 2011, 2014 and 2016, while only 2 cases each belonging to year 2013 and 2015; Majority (3) of doping cases found in Weightlifting game in India in 2016, while only one in last each year (2010, 2011, 2015). Whereas, nil cases of doping found in year 2012, 2013 and 2014; All the doping case found in year 2014 in wrestling in India; Majority of (66.67 per cent) wrestlers taken same steroid (Methylhexanamine (Stimulant)).

REFERENCE

- Buckley, W., Yesalis, C., Friedl, K., Anderson, W.A., Streit, A.L. and Wright, J.E. (1988) Estimated prevalence of anabolic steroid use among male high school seniors. *Journal of the American Medical Association* 260, 3441-3445.
- Chalchat, B. (2002) Doping in high-level athletes. *Annales Pharmaceutiques Françaises* 60, 303-309.
- Charles-Yesalis, E. and Ichael-Bahrke, S. (2000) Doping among adolescent athletes. *Baillière's Best Practice and Research in Clinical Endocrinology and Metabolism* 14, 25-35.
- Cireli, E., Tanci, O., Ugur, D., Düner, U. and Hasirci, S. (1992) Doping kullanımı uzerine bir anket calismasi. *Ege Tip Dergisi* 31, 217-219. (In Turkish).
- Dah, C., Bogui, P., Yavo, J.C., Gourouza, I., Ouattara, S. and Keita, M. (2002) Doping practices and behaviours among Ivorian soccer players. *Sante* 12, 297-300.
- Delbeke, E.T., Desmet, N. and Debackere, M. (1995) The abuse of doping agents in competing body builders in Flanders (1988-1993). *International Journal of Sports Medicine* 16, 66-70.
- Keld, D.B. and Bendsen, A.K. (1998) Doping: a medical problem in Denmark. *Ugeskrift for Laeger* 160, 49-53.
- Laure, P. (1997) Epidemiologic approach of doping in sport. *Journal of Sports Medicine and Physical Fitness* 37, 218-224.
- Laure, P. (2000) Doping: epidemiological studies. *La Presse Médicale* 29, 1365-1372.
- Laure, P. (2001) Épidémiologie du dopage. *Immunoanalyse & Biologie Spécialisée* 16, 96-100.
- WADA (2005), The 2005 Prohibited List of World Anti-Doping Agency.
- <http://www.wada-ama.org>
- <http://www.Sports.espn.go.com>