

# CRITICAL REVIEW OF THE DOPING HISTORY (ERGOGENIC DRUGS)

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## ABSTRACT

The main aim of the present study is to investigate various varieties of drugs used by players/athletes in controversion of the rules, and their positive and negative effects on performances. The study also deals with the historical background of the Doping. One of the corner stone of athletics and sports is "Fair Competition". Particularly disgraceful form of cheating in sports is "doping". Which means administration of substances for enhancement of performance by the athlete. Drugs are substances, which alter the bodies of natural chemical environment and actions. They are given in normal clinical practice for pre determined clinical objectives such as cure of infection, augmentation of deficiency, or correction of functional disorders. The clinical knowing that almost all effective drugs may have potentially serious side effect is constantly balancing the benefits of the treatment against the hazard of unwanted drugs reactions. The researchers have pointed out those drugs, which are used by the athletes to enhance his performance, and also banned by the I. O. C. (International Olympic Committee). In this research the researcher have also discussed the brief history of doping. This study reveals that doping has dead effects on the body in the long run, it suppresses the body endocrine glands, decreases immunity of the body and have bad effects on bones, has moral effects and legal applications. Through this study the researcher came to know that ergogenic drugs "doping" use, increases the aggressiveness, acceleration, speed and enhancement of competitive spirit and concentration. The main aim of this study is to discourage the use of anabolic steroids etc., by the athlete in order to safeguard the rights of the sportsmen who do not use such banned substances. It also helps the athletes and informs them to refrain from doping. This study also helps the athletes to warn them that doping have worse effects on their physical as well as moral health. This is also a source to inform the sportsmen and other related person about the harmful drugs.

## HISTORICAL PERSPECTIVE

The use of drugs in order to promote physical performance is called Doping. Doping is the application of chemical substances with the deliberate effect of altering performance. According to the I.O.C (International Olympic Committee) ergogenic drugs or "Doping" is defined as administration of or use by the competing athletes of any substance foreign to the body or of any physiological substance taken in an abnormal quantity or by an abnormal route of entry to the body with the sole intention of increasing in an artificial manner the athletes performance in competition. Doping can be defined as the taking of certain drugs or groups of drugs, which are banned, by the International Olympic Committee and or International Sports Federation. The use of ergogenic drugs (Performance Enhancing) by the athletes is not new. There have been reports of athletes ingesting substances in attempts to improve performance. Since the Greeks started the Olympics in 776 B.C. drugs abuse in the modern era of athletes become a recognizable problem in 1935 and since then the

drugs problem in amateur athletes has continued to grow. The use of anabolic steroids and other ergogenic drugs by athletes has reached alarming proportions. Recently substances abuse by competitor has received extensive media coverage and reports of athletes being involved in the possession distribution and use of prescription and illicit drugs have become common - place.

## DRUGS USE IN AMATEUR ATHLETICS

300 BC three competitors were disqualified from competing in the Olympics for ingesting mushrooms and animals protein. In 1890s first reported drug-induced death in a sporting events, British cyclist using ephedrine. In 1950 stimulants use were reported during winter Olympic Games in Oslo, Norway. Russian athlete began using anabolic steroids. In 1958 American physicians recognized the ergogenic potential of anabolic steroids and began testing them in American athletes. In early 1960s amphetamines were implicated in the death of several cyclists. In 1968 anabolic steroids abuse become severe enough to cause the international Olympic Committee to institute drug testing. In 1976 anabolic steroids