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## A STUDY OF INCREASING DOPING IN ALL INDIA INTER-UNIVERSITY SPORTS COMPETITIONS

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### Abstract:

At present, we know the increasing rate of addiction among the youth of the world. Today in sports we see athletes resorting to doping on a large scale to enhance their performance to a higher level. Doping is taken into consideration as an ethical and moral wrong. It is a global trouble. Doping is the misuse of positive materials and strategies to enhance sporting overall performance and stamina as with the aid of taking such substances body can delivery greater oxygen to muscle tissues. However, there are loads of side outcomes of eating such materials as they immediately affect fitness of someone main to infections, hypersensitive reactions, coronary heart diseases, stroke, pulmonary embolism, high blood pressure, pimples, and impotency in men and changes in menstrual cycle of women. As a consequence, doping will have a direct effect on sports activities competitions. Anti-Doping legal guidelines are framed at each national and global level however those laws are usually in a struggle with every other as there's no co-relation among them. International sports Federation and Indian University Sports Association is making efforts to combat this trouble of doping by means of establishing focus programmes, green clinical treatment but in spite of this little achievement is done, as sturdy and unnoticeable strategies are followed via sportspersons, those new revolutionary strategies of taking capsules are evolving for that reason hard the warfare towards doping as it's miles turning into quite a project for professionals to hit upon those substances and capsules. It is the obligation of government to be privy to those updated materials and tablets and to ensure prevention of them to facilitate truthful competition. This studies paper aimed to apply Doctrinal research approach for doping evaluation and provide an important overview of the literature in this topic and attention at the problem of doping, its impact, actual software of doping whether it is suitable or now not to enhance overall performance, all legislative and judicial tactics concerning doping, Indian laws handling doping, case legal guidelines on doping and duties of kingdom and judicial tendencies.

**Keywords:** Doping, WADA, Sportspersons, IUT Sports Tournaments.

## Introduction

Elite sports requires the reasoned development and fair implementation of rules and regulations across nations *K P Mohan* details how doping regulations are applied and misapplied in India, underlining the disarray in sports administration. At a time when doping is threatening to isolate nations from the mainstream of AIU sports, and Russia is struggling to shed its 'state-sponsored' doping image to retain its place in the world of sports, India seems unperturbed by its status as one of the leading countries in the world of doping. For three successive years from 2013, India had the dubious distinction of being number three in the world doping charts but the attempts to curb the menace have not met with desired results. The author argues, with grave evidence that India needs to devise better programmes of educating athletes and implementing regulations. Doping is a serious difficulty at national as well as worldwide level. Doping is a moral and ethical incorrect too, except just dishonest. Doping has an immediate impact on sports competitions and is a wider time period as new tablets and substances preserve on growing making the checks for doping detection quite an assignment but the actual answer is, that it's miles at the sportspersons, their running shoes and coaches and also at the authorities that there is no partiality and no utilization of drugs or overall performance improving materials via their side. Doping is using particular pills to improve the stamina and performance. World Olympic Committee regards doping as unlawful and unethical and its intention is dope free game. Sportspersons often take pleasure in tablets to enhance their overall performance with none fear of being stuck and occasionally they are no longer aware about the effects of those tablets on their body and using these materials now not handiest ruin sports spirit however also highlights corruption and the win of an unfit athlete and that's absolutely unfair. The International Anti-Doping authorities decide and declare the prohibited list of substances and the usage of such substances and methods amount to doping. As winning is important today because winning gets great earning and the career of the athletes and coaches all depend on winning a competition, the spirit that competitions are for fun and winning and losing a competition doesn't matter, what matters is participating this spirit has lost and now competitions are just looked as a matter of winning, money and fame. However; in the past too there are references where athletes used drugs for performance enhancement so drug abuse is an ongoing, ever evolving and one of the biggest issues in sports domain. Even disabled sportspersons too indulge in performance enhancing drugs. Doping is threatening the sports domain worldwide, it puts pressure on sportspersons completely destroying the practice of fair competitions.

## Literature Review

Hemant Kumar (2017) Sports motivation and doping in adolescent athletes. Doping from the motivational perspective was examined the question raised was what are the doping intentions and achievement goals of adolescents in sports competitions? They asked 1035 adolescents who were participating in All India Inter University Sports Tournaments to fill a questionnaire in order to assess the variables of motivation, goals, moral attitudes and behaviour regarding doping. The result of the study was that motivation in sports require psychological consideration and then anti-doping practices policies should be framed.

## Which Means of Doping:

Doping is the use of performance enhancing drugs by competitors. Simply doping is the use of substances that are foreign to body or any substance that it is taken in abnormal quantity to increase the performance in an unfair manner. Doping is the violation of anti-doping rules set forth in Article 2.1 through Article 2.8 of the code. Doping is defined as an occurrence of one or more of the following anti-doping rules.

1. Presence of a performance enhancing drugs in a sample.
2. Use of a prohibited substance or method.
3. Refusing to submit sample after being notified
4. Failure to give where about in formation.
5. Tampering with doping control process.
6. Possession of a prohibited substance.
7. Trafficking of a prohibited substance.
8. Administrating a prohibited substance or method to an athlete.

## Historical Background of Doping:

Use of performance enhancing drugs to gain a competitive advantage is often thought of as a modern day problem but performance enhancing substances dates as far back as the ancient Greek Olympics in 3rd Century BC, Greek Olympic athletes were professionals who competed not only for glory but also for large cash prizes much like modern day professional athletes these monetary prizes, incentives vice the Greek athletes to experiment with variety of performance enhancing substances in an effort to beat their competition they use a variety of herbal actions like wine, brandy, halo genic mushrooms and even animal testicles believing that it would make them faster and stronger although there were strict rules against cheating in ancient Olympic Games punishable by enslavement. In 19th and early 20th century when the advent of modern medicine spurred many endurance athletes in swimming, cycling and long-distance running use special doping recipes to gain a competitive advantage the special recipes contained a customized mixture of ingredients such as brandy, caffeine, cocaine and heroin designed to reduce fatigue, improve mental focus, suppress hunger and less the pain of physical extortion. Use of these doping recipes were deemed acceptable by Sports Federation until the mid-

1920s then few high-profile athletes almost died during competition and the Government moved to restrict drugs. By 1928 the governing body for track and field called the International Association of Athletes Federation became the first sports Association to prohibit the use of performance enhancing drugs. Methamphetamine was first synthesised by a Japanese chemist in 1919 to be more potent and easier to manufacture version of earlier methamphetamine drugs that were derived from the Chinese plant called Mao hung, at moderate doses methamphetamine elevates mood, increases mental focus, reduces appetite, increases energy and induces weight loss, at higher doses the drug can cause psychosis seizures, muscle loss and in violent behaviour naturally.

### **Performance Enhancing Drugs:**

Performance enhancing drugs are banned from sports but this does not stop athletes from taking them.

**Anabolic Steroids:** When these are taken the body breaks them down into smaller molecules that can enter cells and bind to a structure called androgen receptor. Normally testosterone binds to this but anabolic steroids can too. Once the androgen receptor is activated body starts to produce more proteins during the process of anabolism, the cells in the skeletal muscles start to replicate and this means muscles will start to grow and become stronger. Anabolic steroids help athletes train harder and recover faster by shortening catabolism the process in which proteins are broken down into amino acids but not all effects of anabolic acids are positive it can cause acne, high blood pressure and baldness in both men and woman, they can cause men's testicle to shrink, decrease sperm count and increase risk for prostate cancer and women using these steroids can develop facial hair, a deepened voice and their periods may change or even completely stop.

**Creatine:** Creatine is produced by body to release energy from muscles. It can produce power and energy; these supplements are taken by weight lifters and sprinters. The effects of creatine are stomach and muscle cramps and weight gain.

**Stimulants:** Stimulants are used by athletes to increase blood pressure to stimulate brain and increase the rate of heart, this increases endurance power, reduce appetite and fatigue. Caffeine is a very common stimulant and is taken by athletes in large quantities in their energy drinks this makes them more alert and aggressive. The side effects of stimulants are heart diseases, dehydration, insomnia, addictions, and weight loss.

**Diuretics:** Athletes prefer diuretics as by this there is water loss from the body which reduces the weight. The side effects of diuretics are dehydration, dizziness, cramps and sometimes death.

**Human Growth Hormone:** It increase athletes sprinting capacity by up to 4% and increase muscle growth as well. The side effects of taking human growth hormone are pain in joints, weakness of muscles, diabetes, hypertension and eye problems.

**Blood doping:** The goal of blood doping is to increase the amount of oxygen carrying red blood cells in the blood and this is usually done with either blood transfusions using own blood or by injecting with erythropoietin a molecule that stimulates the production of more red blood cells and the basic idea is that the more oxygen that

can get to bodies muscles the more endurance The side effects of blood doping are heart diseases as it becomes difficult for heart to pump blood due to the thickening of blood and cerebral embolism.

### **Anti-Doping Agencies:**

Doping control is an essential part of anti-doping programmes to promote and protect the integrity of sports and the health of athletes.

### **World Anti-Doping Agency**

The World Anti-Doping Agency is a foundation initiated by the International Olympic Committee based in Canada to promote, coordinate and monitor the fight against doping in sports. The functions of WADA are research, education, development of anti-doping techniques and to monitor the anti-doping code. Council of Europe anti-doping convention and US anti-doping agencies aims are closely related to that of WADA

### **List of Prohibited Substances by WADA (2021)**

- Peptide Hormones, Growth factors, related substances and mimetics.
- Beta-2 Agonists.
- Hormone and Metabolic Modulators.
- Diuretics and Masking agents.

### **National Anti-Doping Agency**

The National Anti-Doping Agency is responsible for promoting, coordinating and monitoring the doping control programme in sports in the country. The functions of NADA are implementation of anti-doping rules, anti-doping policies to be adopted and implemented increase testing and promote research in education for anti-doping. NADA is responsible for conducting tests in competitions.

### **Anti-Doping rules of NADA**

Anti-Doping rules placed a strict liability on athletes that they have to keep themselves up to date about substances that enter their body, however some sportspersons in India are not that educated and aware of the substances that amount to doping. Also, in training camps they have to accept food given to them so even if their coaches or trainers give them such substances, they take them.

### **Doping Testing**

- Urine testing
- Blood testing

### **Conclusion:**

International Association of Athletics Federation and AIU has put India in high doping risk club. So, the bottom line is that doping is a serious issue for India as the techniques of doping is ever evolving and athletes don't fear of getting caught. There is a lack of uniform laws for doping as national laws often conflict and some countries have strict laws while other have lenient laws as some countries have made doping a criminal offence while others just put fines as punishment or ban the athlete. Also; athletes always have a spare profession besides

sports and if he gets banned, he has a source of income. The first step to prevent these unfair competitive practices is to spread awareness among the young athletes also among the seniors, campaigns should be done to spread more awareness. Giving athletes jobs apart from playing is a good initiative to control doping as even if they don't win, they have another source of income however some athletes look at this in a wicked way and do doping that even if they get caught, they have another job. So, if an athlete tests positive for doping his job should also be taken away as a way of punishment. Coaches and Trainers should not put pressure on athletes of winning as sometimes coaches and trainers provide drugs to athletes for performance enhancement. Proper food and facilities should be provided to athletes during their tours at cold places and other places too so they don't think of taking drugs. Lastly a uniform law should be made making doping a criminal offence and all nations should recognise it and strict punishments should be awarded to athletes who dope.

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