

Sports and Drug Abuse and Its Effects on the Body

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ABSTRACT

Today, if we see the level of sports of India in the world, it is felt that we are very backward compared to western countries. To raise this level, the players and teachers have been given the latest information about physical education and sports. It is necessary to give knowledge and there is a need to make plans in the research of sports, most of it is most important to increase the physical capacity and mental toughness of the important players. In the year 1959, keeping in mind the physical ability in India, the first in the national sports competition in India. Efficiency was given more importance and for this various exercise procedures and yoga were resorted to because exercise and Yoga Pranayama are an important part of life, which are present in the body in the essential substances of life. Helps in maintaining the health of the body by eliminating them in today's modern era, the game has developed a lot and new techniques have developed as well. Some bad results are also coming out in the game that due to some bad habits of the players, the playing field is affected. making an impact 23 There is a system through which players can improve their performance by taking some special medicines. Let's try to deal with drug 1 violation from the point of view of competition as well as its There is a deceit and moral solution from you for which the player uses unfair means instead of his own merits. Attempts to win are closely related to drug abuse as well as crimes. If the doctor does this kind of illegal work, then he is violating the ethical ethics of complete medical.

Keywords: sports, physical education, yoga, modern era

Historical background:

The history of drug abuse begins in the 100B.C, when the athletes who participated in the Olympics were drug addicts. Substance abuse became a fashion after the 19th century The problem of drug abuse in sports was first known in 1950 when the Olympic Games A drug named Apiffmann Psychorionics was used by the players.

* In 1956, an athlete who shot a wire in Melbina consumed drugs and made 63.19 meters. Won gold medal with distance

* Drunk by a cyclist from Denmark Nude Jinson at the 1960 Olympic Games in Roam Was taken medicine for good performance and died during the competition itself

* Cyclist Tony Simpson died due to drug abuse

* If seen till this year, more than 30 players have died due to drug abuse.

* In 1961, a medical committee was constituted by the Olympic Committee at the international level to combat substance abuse done to check players who....

1. Drug substance
2. Methods of drug abuse
3. Consumption of banned drugs

*Definition of substance abuse

1. Substance abuse that is used for the treatment of any disease or injury by artificial means and to increase the performance capacity of a person during a competition by unfair means.

2. Substance abuse is used for the treatment of some disease or injury which limits physical performance but increases all capacity.

3. These drugs are used to prevent fatigue

4. Medicines are used to prevent Over Exertion

Substance abuse disease

1. According to WHO, the body of the HIV virus player responsible for deadly disease like AIDS

2. Excessive use of the slide can lead to excessive excitement and sometimes even insanity Seizures are accompanied by other forms that may arise....

1. Jaundice disease
2. Liver center
3. Heart Disease
4. Brain cancer
5. Mental imbalance
6. Birth of a criminal propensity
7. Asthma - Gout disease

DATA ANALYSIS

The data has been analyzed using H method of players and some effective means through which in relation to the harmful substances consumed by them in the future and the reasons of consumption to find out the subsequent reactions, some questions have been done through.

1. Do you use drugs
2. How long have you been using drugs
3. Due to what circumstances and how does it feel if they are not met
4. Feeling of any illness from the time of consumption till now
5. Feeling of pleasure from consumption or can give up this habit
6. Its Impact on Social Life
7. Feeling of stress when not using drugs

SL	Positive answers		Negative answers
1	Yes 100%		No – 0%
2	2 years-16%	3 Years 52%	High- 32%
3	Mother & Father 0%	Friends Circles -76%	Other- 24%
4	8%	Stress- 56%	Normal-36%
5	92%		No- 8%
6	Relax 52%		Fresh- 48%

Based on the above table, it is known that 100 percent drug addicts are players.

Effect of yoga on the body

Sports related exercises and games to enhance the ability of the players and excel in the field of play Along with the practice, continuous practice of Yogasan- Pranayama is essential .

Meditation-

With the practice of Yoga-Pranayama, the players have a sense of action, restraint, and control of all the internal organs of the body. The effect works smoothly and the development of mind power through yoga practice is a prudent work. To be inspired by ourselves, all this we get from the practice of yoga-pranayama, restraint, resolution and method even if the person is the highest, then he will surely be successful.

Effect on brain

The nasal cavity is very desirable for the breathing process. The function of controlling and controlling the temperature is not the picture which is a part of the cranium. Provides a structure from which the possibility of secretion of any organ present in the brain is negligible . It is by the brain itself that the instructions are given and controlled for the breathing process, but this fact is but very few people know that breathing is also done by the brain and through this breathing process . It is only the brain that is able to function and the respiration done by the brain is obtained from the rays of the sun. Conservation of energy and vitality is possible in the human body by the people of Eastern countries and Ayurveda. It is believed that the brain also performs functions like breathing, vibrations etc.

CONCLUSION

Messenger of the Massage Neuropeptide at the level of the brainstem third-party mass present in the brain controls that play a vital role in establishing the involvement of various bodily functions brain Cerebrospinal Fluid operates at the meeting point of the brain and the sensory organs its Sacrum on the surface . The pump is located in the process of pranam, when the pass is made inside and outside, at that time the great worshiper of Ravechi

Contraction vehicle crushing results in the activation of both the pumps that control the fluid in the brainstem . Is and due to this contraction, the payroll pump operates the cerebral system fluid on the surface in the brain and while flying, the brain system operates in the matter of the information system. state of tension . The sympathetic system of the autonomic nervous system is most effective under stress conditions. The action is excessively intense, causing excessive use of the muscles of the time . It is negligible, the flow of matter in the cerebral system is excessive and uncontrolled. Hence the constant of tension. The condition afflicts the body and mind with various diseases. The extreme state of stress makes the heart rate beautiful and increases blood pressure, this condition is called stress state, the only way to get rid of this condition slow is a deep and efficient breathing exercise that can be achieved by Pranayama. Compassionate Activity and Northern Revival Status Can Be Achieved This is a contracted state of metabolism. This is a state of extreme relaxation response in which the heart and the rate of absorption is low and the blood pressure is low, this is the basis of the relaxation activity cycle. Within the brain, there are two aspirations, which are called alpha and beta. During pranayama practice, the brain frequency is in the range of alpha frequency. Continuous practice of Pranam makes other harmful waves ineffective. Has alpha lining brain function results in relaxation which is helpful in bringing health status happens.

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