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The long-term consequences of steroid use on the human body

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Abstract

A class of synthetic drugs known as anabolic-androgenic steroids functions in the body in a manner similar to that of the hormone testosterone, causing muscle growth and development. These medicines are frequently abused by adolescents and athletes for a variety of reasons, the most common of which is pain relief. Abolition of anabolic steroids can have major implications for the cardiovascular system, hepatic function, adrenal and renal function, among other things. Steroids are synthetic compounds that are closely related to the male sex hormone testosterone. They are used to enhance performance and appearance. In some cases, doctors will prescribe anabolic steroids to patients who suffer from certain types of anemia or males who do not produce enough testosterone on their own. Steroids are harmful to the human body and are utilized by athletes to bulk up their physiques, but they are also illegal. Steroids are harmful to the human body and are utilized by athletes to bulk up their physiques, but they are also illegal. Others, on the other hand, are used to treat inflammatory conditions such as chronic bronchitis, which is common in the winter. Before pursuing any course of action, it is vital to educate oneself on the potential benefits of so-called performance-enhancing substances, as well as the health risks and other unknowns involved with their use. Athletes should avoid taking these potentially dangerous medications.

Keywords: Anabolic-androgenic, chemicals, human growth, protein, steroids

Introduction

When anabolic-androgenic steroids are abused, they are frequently connected with a wide range of negative consequences. These medications are frequently abused by adolescents and athletes for a variety of reasons, including for the enhancement of their physical appearance as well as the improvement of their endurance and performance.

Anabolic-androgenic steroids are a class of synthetic substances that act in the body in a manner similar to that of the hormone testosterone. Abuse of anabolic steroids can have serious consequences for the cardiovascular system, hepatic function, as well as adrenal and renal function. AAS, as its name implies, has two major effects: androgenic and anabolic in nature. In contrast to anabolic effects, androgenic effects promote secondary male sexual traits, whereas anabolic effects increase protein synthesis the latter consequence is one of the reasons why many people abuse anabolic steroids, with the goal of increasing lean muscle mass.

What is the anabolic steroids

Have you ever wondered how those hulking weight lifters grew to be so large? While some people may have gained their muscle mass by a rigorous weight-lifting and eating routine, others may have achieved their physique through the unlawful use of anabolic steroids.

Steroids are man-made chemicals that are closely related to the male sex hormone testosterone. There are valid medical applications for them. Anabolic steroids are sometimes prescribed by doctors to help patients who have certain types of anemia or males who don't make enough testosterone on their own, among other things. A different type of steroid, known as corticosteroids, is also prescribed by doctors to help reduce swelling in the body. Corticosteroids are not anabolic steroids, and hence do not have the same negative consequences as anabolic steroids. Doctors, on the other hand, never prescribe anabolic steroids to young, healthy persons in order to assist them in building muscle. Steroids are unlawful unless they are obtained through a doctor's prescription.

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Steroids are available in a wide variety of forms. A list of some of the most often used anabolic steroids today is provided below: Anadrol, ox and in, Dianabol, Winstrol, Deca-Durabolin, and equipoise are some of the anabolic steroids available.

Designer steroids

The so-called designer drugs are a particularly dangerous kind of anabolic steroids since they are synthetic steroids that have been illicitly developed to be undetectable by conventional drug testing. They are designed exclusively for athletics and do not have any medical applications that have been approved. In order to avoid this, they have not been evaluated or approved by the Food and Drug Administration (FDA), and they pose a special health risk to athletes in particular.

Arising Risks

For performance-enhancing purposes, many sportsmen exceed the dosages recommended by doctors when using anabolic steroids. The physical negative effects of anabolic steroids are severe.

Males can grow

- Prominent breasts.
- Shrunken testicles.
- Infertility.
- Enlargement of the prostate gland.

Females may grow

- A deeper voice, which may be irreversible
- An enlarged clitoris, which may be irreversible
- Increased body hair
- Baldness, which may be irreversible
- Infrequent or absent periods

Men and women can both have the following symptoms

- Acne is quite severe.
- Tendinitis and tendon rupture are more likely to occur as a result of this.
- Tumors and anomalies of the liver.
- Consumption of a lot of low-density lipoproteins (the "bad" cholesterol).
- HDL cholesterol (the "good" cholesterol) has decreased.
- Blood pressure is too high (hypertension).
- Problems with the heart and blood circulation.
- Violence, wrath, or aggressive behavior.
- Depression and other mental health issues.
- Addiction to drugs.

Human growth of hormone

Hormones like human growth hormone, which has anabolic properties, are produced by the human body. Muscle gain and improved performance are two of the primary reasons athletes use them. But there is no conclusive evidence that it improves either strength or endurance.

Only doctors can prescribe human growth hormone, which is given as an injection.

Some people and athletes turn to a substance known as human growth hormone (HGH) in the hopes of maintaining their youthful appearance and feel. Experts, on the other hand, argue such hope is misplaced. Worse still, some of these products can be dangerous.

Growth hormone (HGH), which is produced by the pituitary gland, is responsible for promoting growth in children and teenagers. It also aids in the regulation of body composition, bodily fluids, muscle and bone growth, sugar and fat metabolism, and perhaps cardiac function. HGH, which is synthesized, is the active element in a variety of prescription medications as well as other items that are widely available on the Internet. They have the potential to be damaging to the human body when used for rapid personality and physical development.

Human growth hormone side effects can range from mild to severe, and some of the more serious ones are as follows:

- A stiffness in one or more joints
- Myofascial atrophy
- Retention of fluid
- Diabetic eye complications
- Asthma of the wrist
- Regulated glucose levels are impaired.
- Increased heart size (cardiomegaly)
- Blood pressure is too high (hypertension)

Harmfulness of Steroids

Steroids have the potential to be extremely dangerous to those who use them. Some varieties, on the other hand, are used to treat inflammatory illnesses such as chronic bronchitis, and they are classified as corticosteroid medications. There is a difference between them and the more damaging kind, anabolic steroids.

It is actually testosterone that is synthesized in anabolic steroids, which are referred to as "juice" or "roids" in some circles. It may be used properly to induce puberty or to assist patients suffering from wasting disorders such as AIDS or malignancies in their recovery. Anabolic-androgenic steroids are the term used to describe this class of medicines in technical terms (AAS).

Aside from those who are prescribed anabolic steroids for medical reasons, anabolic steroids are abused by those who want to improve their physical health, performance, and/or appearance by altering their hormone levels. The following are examples of anabolic steroid users:

- Bodybuilders who want to bulk up.
- Athletes who want to better their abilities.
- People who are attempting to recuperate from an injury as quickly as possible.

In comparison to nonusers, anabolic steroid users have a higher risk of death and a much higher rate of hospitalizations, as well as a higher rate of side effects due to the pharmacodynamic features of these medications. Because of the high prevalence of AAS misuse, these side effects are considered a public health concern by the federal government. Steroids are hazardous to the human body and are used by athletes to bulk up their bodies. While this method is beneficial for a short period of time, over the long term, there are several losses and disadvantages for the human body to contend with and overcome.

Short-Term Effects of Steroids

Because anabolic steroids enhance physical performance and muscular growth, those who use and abuse them are motivated to do so by their desire to achieve these outcomes. However, there are a number of short-term side effects that can accompany these gains in strength and performance, such as:

- Acne.
- Mood fluctuations are common.
- Fatigue.
- a feeling of restlessness or agitation
- Reduced appetite.
- Having trouble sleeping.
- Reduced sperm count is a problem.

Due to the fact that anabolic steroids are primarily liquids that are injected into areas of muscle, some individuals may experience infection or swelling at the injection sites. A distinct stench may be present if a steroid cream is being administered to the affected area.

Side Effects of steroids

Due to the fact that anabolic steroids are synthetic forms of testosterone, they will have an impact on many of the features of gender in the individual who is taking the drug. Many of the negative effects associated with steroid use will manifest themselves in persons who take doses up to 100 times the medically recommended amounts. The following are some of the side effects:

- Testicular shrinkage.
- Hair growth is excessive in females.
- Women's voices become more resonant.
- Male breast tissue growth.
- Fertility problems.
- Cardiovascular issues.
- Blood pressure is elevated.
- Mood fluctuations are extreme.
- Mania.
- Stroke.
- Women's menstrual irregularity.

Long-Term Effects of steroids

Many of the adverse effects of steroids can be observed in people's outward look changes as well as in their actions and reactions. Some long-term repercussions of drug usage are difficult to detect. The use of steroids may not cause the same acute and rapid response in the brain as the use of another narcotic such as cocaine, but it does have the potential to cause alterations in the brain over the long term. It is possible that these modifications will have an impact on the creation and supply of particular chemicals in the brain, known as neurotransmitters.

These changes in the brain can result in a person's mood and behavior changing as a result of the alterations. Anabolic steroid misuse can result in the following long-term consequences:

- Aggression and rage.
- Paranoia.
- Delusions.
- the heart attack occurred.
- Stroke.
- Kidney failure is a serious condition.
- Liver tumors are a type of cancer that affects the liver.
- Injection-related bloodborne illnesses.

Conclusion

Most dedicated athletes would tell you that they have a strong desire to win at all costs. Beyond the gratification of personal achievement, athletes typically strive to achieve goals such as winning a medal for their country or earning a seat on an international professional team. Consequently,

the usage of performance-enhancing medications has grown increasingly widespread in such circumstances.

However, utilizing performance-enhancing substances (doping) carries a number of hazards. Learn about the potential benefits, health concerns, and numerous unknowns associated with so-called performance-enhancing substances such as anabolic steroids, androstenedione, human growth hormone, erythropoietin, diuretics, creatine, and stimulants before taking any action. You may come to the conclusion that the hazards outweigh the rewards.

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