

## ETHICAL DILEMMAS IN THE USE OF PLANT BASED DRUGS AS AN ERGOGENIC AID

### **Abstract**

*Reviewing the prohibited substances in sport, the ethical dilemmas about the criteria for doping list categorization were considered. Not only prohibited substances, but other methods (for example, psychological relaxation techniques) can make an enhancement of sport performance, what lead to a questionable concepts of the "fair play", as a spirit of sport. Author propose that some plant based drugs as an ergogenic aid could be surely removed from the WADA's prohibited list, which don't produce health risk, don't violate the 'spirit of sport' nor enhance sport performance. The research should be conducted for different types of plant-based drugs in sport situations, considering their influence on health, with respect to athlete's age, sex, type of sport and other relevant variables. On the other hand, except prohibited substances, methods for psychological preparation can be considered as a doping, too.*

**Key words:** *drugs, enhancement, fair play, health criteria, sport*

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