



Review Article

ERGOGENIC AIDS: BOON OR BANE TO MANKIND?

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ABSTRACT

Ergogenics have revolutionized the field of sports and therapeutics. These mainly include mechanical, nutritional, physiological, psychological and pharmacological ergogenic methods. Nutritionally, ergogenic aids are utilized in an attempt to conserve energy during work performance in sports/cachectic conditions, either by providing an additional energy source, such as with glucose supplementation, or by favorably affecting metabolic processes that generate energy. Pharmacological ergogenic substances (e.g. anabolic steroids, psychostimulants) have been largely used and abused in therapeutics and sports. Therapeutic benefit of ergogens in the pipeline viz., phytoadaptogens and eugregorics is yet to be substantiated. This review is desired to provide the readers an idea of current status of ergogenic aids in therapy and the large scope which this entity provides for scientific research and validation in future.

Key words: ergogenics, anabolic steroids, phytoadaptogens, eugregorics