Inadvertent doping with the use of herbal preparations: is it a reality?

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Abstract
The use of performance enhancing drugs in sports is prohibited by World Anti-doping Agency (WADA).¹) Herbal preparations are usually considered safe due to least side effects but may contain substances which are prohibited in sports. Athletes often take these preparations for therapeutic purpose without considering the risks of an inadvertent doping. A study on the screening of various labelled and unlabelled Indian Ayurvedic herbal preparations to identify the substance of abuse was conducted. A total of hundred and two labelled and sixteen unlabelled herbal Ayurvedic preparations used for different therapeutic indications were tested for screening of approximately one twenty drugs prohibited by WADA. Out of hundred and two labelled herbal preparations, sixteen showed presence of Strychnine. However, out of these sixteen herbal preparations, only four preparations declared presence of strychnine on the label. Strychnine is a stimulant which is prohibited by WADA during in competition testing. Out of sixteen unlabelled preparations, two showed presence of Nicotine. The study shows that the labelled/unlabelled herbal preparations may contain undeclared substances prohibited by WADA. The excretion study showed levels of strychnine above WADA Minimum Required Performance Levels (MRPL) thereby leading to positive dope test.

Keywords: Sports, Doping, WADA, Prohibited List, Herbal Preparations, Adulteration.

Introduction
The use of herbal preparations is generally considered safe on the basis of the claimed facts of less number of side effects associated. Consequently, sportspersons may consume these preparations to keep themselves energetic, full of vitality and vigour.²) Herbal preparations available in India and globally may contain substances prohibited by WADA³,⁴ which may be due to adulteration with undeclared drugs or contamination or deliberate addition in the preparation. Athlete taking these preparations for therapeutic purpose may be caught for inadvertent doping.⁵) The risk associated with such labelled/unlabelled herbal preparations should be considered by all athletes prior to use.

In many countries, the manufacture of herbal drugs is not regulated appropriately, which means that the ingredients of the herbal drugs may not match those listed on the label of the container. The contamination of herbal preparations with the WADA prohibited drugs has been reported.⁶-⁸)

Another important concern is the labeling of herbal preparations with the trivial names of ingredients which athletes may not be aware of while using such preparations. A common example being Strychnine- a natural alkaloid of Nux vomiCA plant prohibited in sports, is present in many herbal drugs with different names like Shuddha Kapilu, Kuchla Shudd, Ramyaphal and Strychnous nux vomica.

In view of the availability and use of various natural and herbal remedies in India by both athletic and non-athletic population, the present study was planned to detect Stimulants, Narcotics and Anabolic Steroid classes of prohibited drugs in such preparations.

Material and Methods
Reagents & Chemicals: All the reagents and chemicals used were of Analytical and HPLC grade.
Reference Standards: Certified reference standards of Stimulants, Narcotics, Anabolic Steroids and Internal Standards- Diphenyla mine (DPA), 10-Methyl Phenothiazine (NMPZ) and Methyltestosterone from various sources viz. Sigma Aldrich (USA), NMI Australia and Cerilliant were used. Stock solution of each standard was prepared at the concentration of 1.0 mg/ml in ethanol. Further dilutions were done at appropriate concentrations.

Study Protocol: A total of one hundred and two labelled and sixteen unlabelled herbal Ayurvedic preparations of different brands based on different therapeutic indications were procured from local market for screening of WADA prohibited drugs. The collected herbal preparations were screened for one twenty drugs approximately which included stimulants, narcotics and anabolic steroids. Excretion study samples were collected post administration of the herbal preparations upto 28 hours. The research work is duly passed by the ethical committee of National dope Testing Laboratory (NDTL).

*Weight loss, Arthritis, Neurological/Psychological stress, Inflammation, Analgesia, Muscular growth.

Sample Preparation: The herbal preparations were in the form of capsules/ tablets. One capsule/ tablet was crushed and dissolved in methanol and kept overnight. The herbal preparations were centrifuged and the


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supernatants were taken. Three aliquots of 1ml/2ml was taken for extraction of stimulants/narcotics and anabolic steroids.

For screening of stimulants and narcotics, the supernatant was processed using acidic extraction followed by alkaline extraction and injected into Gas Chromatography coupled with Nitrogen Phosphorus Detector and Mass Spectrometric detector (GC-NPD/MSD). For screening of anabolic agents, the herbal preparations were processed using alkaline extraction followed by derivatization (Fig. 1) and injected into GC/MSD. The methanolic extracts were dried and reconstituted using 1% formic acid and acetonitrile for screening of stimulants, narcotics by LC/MS/MS. Single therapeutic dose of three drugs containing declared strychnine (RHEM-50mg, RM8-25mg, PVTM-17.8mg) from different brands of Ayurveda were given to three healthy volunteers of the age group of 25 -32 years. Sample Preparation for excretion study samples was done by using liquid-liquid extraction procedure after alkalinising the samples (Fig. 2). The extracts were then injected on to GC-NPD/MSD. The instrument analytical conditions of GCNPD/MSD, GC-MS and LC-MS/MS are summarized (Table 1).

Instrumental Analysis: The analysis was performed by comparing (Retention Time) RT and full scan mass spectra of the suspicious drug with that positive quality control sample. For quantitation, multiple point calibration curve (50ng/ml-200 ng/ml) was prepared. The method employed for analysis was duly validated for screening of WADA prohibited substances which are being used in routine in the laboratory.

Results

The herbal preparations were analysed using different chromatographic and mass spectrometric approaches. Out of one hundred and two labelled herbal preparations, sixteen showed presence of Strychnine (Table 2). However, out of these sixteen herbal preparations, four indicated presence of strychnine on the label by the names of Shuddha Kapilu, Kuchla Shudd, Ramyaphal and Strychnous nux vomica and the remaining twelve did not declare strychnine on their labels. Strychnine could be confirmed in the range of 2.10ng/ml to 479ng/ml in three herbal drugs found suspicious for presence of strychnine (Fig. 3, Table 3).

Excretion Study of the herbal Ayurvedic preparations containing declared Strychnine showed the doping may be caused as the concentration recovered exceeded WADA MRPL(Fig. 4, 5, 6).
Temperature

Carrier Flow: Helium, Constant Pressure (122 KPA)

MS Parameters

Carrier Gas: Helium, Constant Pressure (122 KPA)

x-fer line 300°C

LC-MS/MS Analysis

Flow: 0.7 ml/min (Slit Less)

Solvents:
B: 1% Formic Acid
D: Acetonitrile

Gradient:
15% B to 100%B in 7.00 minute and then 15% in 11 minute

Ion Source:
ESI

Table 2: List of herbal preparations showing presence of Strychnine with therapeutic indications

<table>
<thead>
<tr>
<th>S. No</th>
<th>Herbal preparation (codified)</th>
<th>Therapeutic indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>T2</td>
<td>Anti Rheumatic, Anti Arthritic, Nervine</td>
</tr>
<tr>
<td>2</td>
<td>RM-1</td>
<td>Weight Loss</td>
</tr>
<tr>
<td>3</td>
<td>RM-6</td>
<td>Anti Arthritic</td>
</tr>
<tr>
<td>4</td>
<td>RM-8</td>
<td>Anti Arthritic</td>
</tr>
<tr>
<td>5</td>
<td>RM-9</td>
<td>Analgesic</td>
</tr>
<tr>
<td>6</td>
<td>RM-13</td>
<td>Analgesic, Anti inflammatory</td>
</tr>
<tr>
<td>7</td>
<td>RM-20</td>
<td>Analgesic, Anti Arthritic</td>
</tr>
<tr>
<td>8</td>
<td>RM-33</td>
<td>Analgesic</td>
</tr>
<tr>
<td>9</td>
<td>RM-57</td>
<td>Anti Stress, Increases strength</td>
</tr>
<tr>
<td>10</td>
<td>RM-60</td>
<td>Anti Rheumatic</td>
</tr>
<tr>
<td>11</td>
<td>RHEM</td>
<td>Analgesic, Anti Arthritic</td>
</tr>
<tr>
<td>12</td>
<td>PVTM</td>
<td>Analgesic, Anti Arthritic</td>
</tr>
<tr>
<td>13</td>
<td>A2</td>
<td>Nervine</td>
</tr>
<tr>
<td>14</td>
<td>T1</td>
<td>Weight loss</td>
</tr>
<tr>
<td>15</td>
<td>USFM</td>
<td>Weight Loss</td>
</tr>
<tr>
<td>16</td>
<td>RG</td>
<td>Arthritic</td>
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</tbody>
</table>

Table 3: Levels of Strychnine Estimated in various Herbal Preparations

<table>
<thead>
<tr>
<th>S. No</th>
<th>Herbal preparations</th>
<th>Status on labels</th>
<th>Concentration (ng/ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>T2</td>
<td>UD</td>
<td>20</td>
</tr>
<tr>
<td>2</td>
<td>RM-1</td>
<td>“</td>
<td>41.8</td>
</tr>
<tr>
<td>3</td>
<td>RM-6</td>
<td>D</td>
<td>25.2</td>
</tr>
<tr>
<td>4</td>
<td>RM-8</td>
<td>D</td>
<td>442</td>
</tr>
<tr>
<td>5</td>
<td>RM-9</td>
<td>UD</td>
<td>5.65</td>
</tr>
<tr>
<td>6</td>
<td>RM-13</td>
<td>“</td>
<td>3.5</td>
</tr>
<tr>
<td>7</td>
<td>RM-20</td>
<td>“</td>
<td>124</td>
</tr>
<tr>
<td>8</td>
<td>RM-33</td>
<td>“</td>
<td>70.3</td>
</tr>
<tr>
<td>9</td>
<td>RM-57</td>
<td>“</td>
<td>17.2</td>
</tr>
<tr>
<td>10</td>
<td>RM-60</td>
<td>“</td>
<td>110</td>
</tr>
</tbody>
</table>

Fig. 3: Graphical presentation of Strychnine levels estimated in various Ayurvedic herbal preparations

Fig. 4: Excretion profile of Strychnine in Drug 1 (RHEM)=50 mg declared

Fig. 5: Excretion profile of Strychnine in Drug 2 (RM-8)=25 mg declared
Fig. 6: Excretion profile of strychnine in drug 3
(PVTM)=17.8 mg declared
V1= Volunteer 1
V2= Volunteer 2
V3= Volunteer 3

Discussion
The inadvertent doping may occur due to the use of herbal preparations based on the following possibilities:\(^5\)

a. When a prohibited substance is declared on the label but the athlete is not aware that it is a banned substance.

b. Prohibited substances are declared on the label, but under different names which the sportsperson is unfamiliar with. E.g. strychnine may be declared on the label by different names like kuchla, Kuchala, Balewa, Kajra.

c. Prohibited substances are not declared on the label. These substances could have been added deliberately or could be the result of possible contamination during synthesis, capsulation or packaging.

WADA states that the athlete is ultimately responsible for what is found in his/her body fluids irrespective of its origin. So, the risk of inadvertent doping after taking herbal preparations remains the athletes’ responsibility. Inadvertent doping can be prevented by:
- Following GMP by the manufacturing companies\(^10\)
- Screening all the supplements before marketing\(^11\)
- Organizing health awareness program about supplements for athletes\(^12\)
- Avoiding unlabelled preparations\(^13\)

Conclusion
The study shows that the labelled herbal preparations may contain undeclared potential drugs of abuse prohibited by WADA. Such studies should be performed so that a database could be created to generate awareness amongst the sports fraternity which will help to prevent inadvertent doping.

Acknowledgement
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References