

For my culture report, I have chosen to talk about the Hindu culture. “The fundamental teaching of Hinduism is that a human being’s basic nature is not confined to the body or the mind” (United Religions Initiative, n.d.). Yoga, or “union of the individual self with the inner spirit” is a main component of Hindu culture. There are four main types of yoga, each pertaining to a different human temperament. The types of yoga include: Karma, Bhakti, Jnana, and Raja. Karma yoga is the “discipline of right actions for those of active temperament, striving to eliminate selfishness, and to cultivate universal sympathy by seeing the divine reality in all” (United Religions Initiative, n.d.). Bhakti yoga is the “path of devotion to God whose presence can be felt in all things” (United Religions Initiative, n.d.). Jnana yoga is “preferred by those of analytical bend of mind and is the discipline of trying to see the divine reality within all things directly” (United Religions Initiative, n.d.). Raja yoga is “the process of mental control, purity, and meditation to make the mind very calm and quiet” (United Religions Initiative, n.d.). Hinduism has several beliefs that may affect healthcare. Many Hindus do not eat beef or pork, which is important to consider when offering dietary options. Some Hindus also practice fasting, which is important for healthcare providers to note, especially when monitoring blood glucose levels. “While there is no religious requirement for modest dress, several Hindu women choose to dress modestly, and may be reluctant to be examined by male healthcare providers” (Queensland Health, 2013). Many Hindus will also be reluctant to accurately describe their pain, as pain is seen as a consequence of karma (Queensland Health, 2013). Hindus also believe that death is determined by destiny, so treatment is not required to be provided if it prolongs the final stages of terminal illness (Queensland Health, 2013). The only specifics regarding labor and delivery, are that Hindus do not believe in abortion, as it represents the rebirth of an individual (Queensland Health, 2013). Family is an important part of Hindu culture. Children learn right from wrong and how to be good practicing Hindus from their elders (United Religions Initiative, n.d.).

References

- United Religions Initiative. (n.d.). *Hinduism: Basic beliefs*. <https://www.uri.org/kids/world-religions/hindu-beliefs>
- Queensland Health. (2013 October 1). *Health care providers’ handbook on Hindu patients*. https://www.health.qld.gov.au/multicultural/health_workers/hbook-hindu