

1. Description of the culture

Asian culture is an integrated term for people who are part of India, Pakistan, Myanmar, China, Bangladesh, Afghanistan, Nepal, Sri Lanka, and the developed countries of Japan and Russia (East Asian cultures, 2020). These different countries are located on the same continent called Asia, and hence the culture is named after the continent. Asian culture is blessed with amazing landscapes and fertile lands in China and Asia and excels in producing food grains and rice (East Asian cultures, 2020). The people of this culture are known for their hard-working and positive attitude, intelligent minds, and ability to excel under adverse circumstances. Asian culture is considered in the developmental zone in which there is continuous growth economically and financially. Countries like India, Sri Lanka, and China are experiencing significant growth rates per capita (East Asian cultures, 2020). The largest number of Asian people are in California and New York (East Asian cultures, 2020). Illinois is the first state to mandate Asian American history in public schools so that school-age children can understand the culture in a detailed manner and learn some core values from this culture (Hauck, 2021). Asian culture is also known for its harmonious nature and selfless love towards its family members (Swihart, 2021).

2. Discuss the core values of the culture chosen according to the following criteria.

- **Religion**

Although there are many religions in the Asian culture, Hinduism is the oldest religion, and it is more than 5000 years old (Bennett, 2010). The Bhagwat Gita is a holy book like a bible in Christianity (Bennett, 2010). Hindus strongly believe in karma, which means doing good deeds to

purify souls and decrease sins (Bennett, 2010). The goal of the Hindu religion is to be free from all worldly ties and reunite with god (Scroope, 2018). Hindu religion emphasizes the worship of hand-carved idols that Hindus claim as their gods (Scroope, 2018). Family is considered the highest priority, especially parents, and is highly respected and worshiped like a god (Scroope, 2018). People who practice the Hindu religion are vegetarian but eat cheese and milk. The daily ritual of Hindu people is to wake up early in the morning, have a shower, chant prayer, and then only have breakfast. Fasting is a common practice in which Hindu people fast once a week or sometimes the whole week (Srinivasan, 2021). It is believed that fasting improves health because it excretes toxins from the body due to no consumption of food or in other words, it is like a natural detox (Scroope, 2018). Fasting is also believed to increase the power of tolerance as remain stable during starvation can help build strength and patience in dealing with difficulties in life (Scroope, 2018). They have the customary practice of eating with hands, which they believe improves their digestion (Scroope, 2018). Hindu people burn dead bodies as they believe that soul is free from bad karma by burning the body. The core value of Hinduism is thinking about superpowers such as god, practicing nonviolence, respecting elders, and love mother nature (Scroope, 2018).

- **Healing beliefs and practices**

Hindu people believe that the disease results from previous bad karma and not from any pathological changes in the body (Scroope, 2018). Nonpharmacological approaches like massage, hot steam baths, and herbal medicine are given more importance than pharmacological approaches (Scroope, 2018). Ayurvedic medicine is an ancient way to heal diseases with plants products. For example, turmeric paste is applied to wounds and infections

due to its anti-inflammatory properties (Scroope, 2018). Vaginal birth is encouraged, and all pregnant women eat dates towards the end of the third trimester, which they believe helps contract the uterus and easy delivery (Sarkar, 2020). Postpartum women are encouraged to breastfeed and remain at home for about one month (Sarkar, 2020). A group of women chants mantra and bhajans after the sixth day of a newborn, and it is believed that it protects the baby from negative energy (Sarkar, 2020). Hinduism is against abortion unless medically necessary, and newborns are considered a gift from god. Women who cannot conceive are regarded as bad luck to their families and do not get respect my husband's family (Sarkar, 2020). Infertile women are not invited to big celebrations like weddings and significant events (Sarkar, 2020). It is a ritual that a woman places charcoal on his stomach to facilitate the shrinkage of the uterus and ease the pain after labor (Sarkar, 2020).

- **Family life**

Family is the utmost to Hindu people, and they believe in a joint family system where all siblings and parents live with their family (Srinivasan, 2021). Parents are worshiped next to god, and they run the household as well as primary decision-makers. (Scroope, 2018). After marriage to a Hindu man, the woman moves to his husband's house, where they live with in-laws, married siblings, and children (Scroope, 2018). Women are not allowed to work and are encouraged to cook for the family and take care of the children (Scroope, 2018). The male parent in the house is the dominant member, and everyone respects him. Children are loved by their grandparents and do not have to go to daycare due to many available people to take care of the child in the family. (Scroope, 2018). All family members get together on weekends and chant prayers together and discuss their strengths and weaknesses in improving the family's

unity (Scroope, 2018). One crucial thing about Hindus is that they do not call older people by their first name because it is disrespectful. Most of the time, they use their relationship titles, such as elder brother or sister, when they call the sibling name (Scroope, 2018).

- **Communication**

Most of the Hindu people do interact in verbal and nonverbal communication and females are not allowed to present their opinion even if she is correct (Srinivasan, 2021). All the decisions are done by her husband. Only female gynecologist is allowed for the delivery and husband is present all the time. Women are not allowed to make eye contact and speak with any strangers in the family (Scroope, 2018). For example, women are not allowed to speak with his father in law and other male members of the family (Scroope, 2018). Women are not allowed to visit grocery shops by herself and when they step out of the home, they should be full covered from head to toe with their eyes facing the ground (Scroope, 2018). They are not allowed to come out of the house after 7 pm. Women are encouraged to answer the question by nonverbal communication in form of nodding their head for yes and no rather than speaking directly with the husband (Scroope, 2018). Women must fulfil husband's wishes and try to please him every way possible.

- **Diet**

Hindu people follow a vegetarian diet which means no animal products except cheese and milk. It is believed that animals are not a thing to eat, and animals such as cows are worshipped, so they are never eaten (Scroope, 2018). Any violence or act of killing is considered bad karma. Fresh food is encouraged where the women prepare the meals three times a day, and more

preference is given to home-cooked meals (Scroope, 2018). It can be challenging to fulfill the expectations of Hindu people during hospitalization because certain foods items might not be available and inconvenient for dietary staff to prepare. Hindu people eat vegetable curry, soup, and rice cooked with different aromatic spices (Scroope, 2018). During hospitalization, it is challenging to order Indian cuisine food, especially in the United States. There might not be more options since American food contains animal products (Scroope, 2018). Special arrangements must be made when taking care of Hindu people, and sometimes it might be challenging to understand them because their first language is not English (Scroope, 2018).

Discusses the implications of these core values on health care including the childbearing experience.

The core values of Hindu culture can be a positive and negative effects on health care. For example, women who do not engage in therapeutic communication because they do not make eye contact would be difficult to treat because their medical history might be inaccurate when described by her husband. In addition, most Hindu people take herbal products and do not mention them during their health history because they are not aware of their interactions with the drugs. Eating only vegetarian can also negatively affect health because they might have severe protein and vitamin deficiency. Hindu people consider bad disease karma, which might be an issue when it comes to recovery because they are stressed and unhappy, which negatively impedes their healing properties. Eating only after having a shower is a big concern for health care because certain medications must take in the late night or early morning. Fasting among Hindu people is a very common ritual, and they fast once a week. It will be

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difficult to administer medications when fasting because certain drugs are only taken with food for better absorption.

Provide at least three tips/suggestions/interventions your fellow students can use when working with patients of the culture you chose.

Respect family and include family members, especially parents, when developing the treatment plan of the patient.

Use an interpreter service when talking with the women's husband to understand the conversation better, and attempts should be made to recognize women's nonverbal cues to interpret the situation.

Respect their eating habits. For example, Hindu people cannot have seafood and egg, but they can have milk and cheese.

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