

Culture Report: Hinduism

Cheyenne Gardner

Lakeview College of Nursing

N432 Maternal Newborn

Cynthia Lammert and Jodi Bohlen

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Hinduism is the most prominent culture in India and is the primary language and religion. In India, 80 percent of the population practices cultural beliefs. The Illinois population consists of 12 million people, and Asian Indians (Hindus) are 5.9 percent (United States Census Bureau, n.d.). Although there may not be a prevalence of encounters every day of Hindus when working in healthcare, healthcare workers should be culturally aware. Hinduism focuses on religious beliefs such as prayer, rituals, and the belief in Karma (Asian Indians). Their prayer consists of meditation, and it is crucial to allow time to do this twice a day. Women in this religion wear a Bindi on their forehead to represent their religious beliefs. The Bindi references marriage and honor (Gordon, S et al., 2006). Although people wear it for religious reasons, they also wear it as a fashion trend.

Herbal remedies are essential in pain and suffering (Swihart, D. L. et al., 2021). They believe that herbal remedies can help cure their pain naturally. Pain and suffering can result from previous actions in their lives, which is known as Karma (Swihart, D. L. et al., 2021). The typical family structure in Hinduism is getting married young and having children. The father or husband is typically the family member that interacts with individuals outside the home. After having children, grandparents, primarily the grandmother, raises the children (Swihart, D. L. et al., 2021). This family structure creates a robust support system for raising children. The primary language is Hindi in this culture, but English is their alternative language. Their diet consists of vegetarians; rice and tea are available at every meal (Swihart, D. L. et al., 2021). Many of their dishes consist of curry, a common ingredient.

In addition, in this culture, eating lentils are not recommended for breastfeeding (Swihart, D. L. et al., 2021). During pregnancy, the baby is vulnerable to evil spirits, and women are encouraged to stay home as much as possible. Pregnancy is considered a hot state, where they do not eat hot foods that increase their body temperature. The males are not present during the delivery, but the grandmother is typically in the room (Swihart, D. L. et al., 2021). The father should still be involved in the process. This

culture's exact birth time is necessary because it predicts the baby's future (Gordon, S et al., 2006). After birth, there is a 40-day rest period in which the mother eats special foods and recovers from the birthing process. During the sixth day after birth, there is a ritual to bless the baby and on the eleventh day is a ceremony where they name the child (Gordon, S et al., 2006). These ceremonies are significant in their belief system and need respect in the mother's postpartum care. Healthcare suggestions allow the new mother time for prayer, give the mother time to name her child, and provide them with the most accurate birthing time.

References

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