

According to The 2020 US Census Bureau, the Asian population accounts for 11.9% of Champaign county and 5.9% of Illinois. Asian Indians were the largest subgroup of Asian mothers who gave birth in the US in 2016. Traditionally in India, pregnant women are given special care during the perinatal period, are expected to rest, restrict strenuous activity, eat a nutritious diet, and limit travel. For Indian Americans, many traditional practices surrounding maternity and birth are integrated with American cultural and medical practices. Nurses should engage in culture-related discussions as this can promote communication, reduce misunderstandings or stereotyping, and guide culturally appropriate care based on individual needs and preferences (Brooks et al., 2019).

There is strong family support in Indian culture, and it is common for parents and in-laws to travel from India to be with mothers during the delivery and postpartum period. Elders are highly respected for their experience and knowledge. New mothers learn from their parents or in-laws, who help care for the baby and provide traditional care for the baby; baby massages are thought to help with the baby's muscle growth and development. Traditionally, husbands do not get involved with perinatal care. However, in the absence of family in the US, husbands become significant support persons and embrace their new role as a caregiver (George et al., 2022).

Ayurveda is postnatal-based care based on Hinduism. New mothers get back and head massages infused with medicinal herbs. They take Ayurvedic medicines to improve digestion. Postpartum diets are believed to increase milk production, and new mothers are encouraged to adopt a postpartum diet to include ghee, fenugreek seeds, pearl millet, and garlic (George et al., 2022). Mutton soup helps with recovery, avoiding ghee and oils after a cesarean section for wound healing, and avoiding spicy foods while breastfeeding to prevent digestion problems for the baby (George et al., 2022).

Culture Report – Indian Americans
N432 – Maternal Newborn
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