

Maternal/Newborn Nursing Care, Delivery: Buddhism

Minho Kim

School of Nursing, Alliance University

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Dr. Thomas

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The United States is considered as salad bowl of cultures. Rather than blending in all the component in melting pot, each cultural uniqueness embraces its core beauty. Buddhism, found by Buddha who is said to have reached enlightenment, is practiced worldwide. The Buddhism has influenced numerous countries in Asia in their art, literature, and social norms. Furthermore, Buddhism offers unique views on fertility, family planning, and mother and child care. For the best nursing care of patients and their families who are Buddhists, it's essential to understand their beliefs and practices.

Family planning and contraception are supported in Buddhism. According to Mehta et al., Buddhist teachings emphasize personal and familial responsibility. Contraception and other family planning are unique choices in Buddhist thought. Some Buddhist teachings recommend moderation, including contraception, to prevent unexpected pregnancies and STDs. Buddhists accept natural family planning. When providing healthcare, it is essential to note that some Buddhists view contraception, as well as abortion as interfering with nature or fostering selfishness (Mehta et al., 2020). They believe that life begins as soon as the egg is fertilized. Therefore, abortion is viewed as act of ending a life, which is unacceptable in their belief (Mehta et al., 2020).

The Buddhist have unique aspect of pregnancy, as it is rooted in spiritual beliefs and rites. Mindfulness and meditation are two examples. According to Giraldi (2019), pregnant Buddhist women use mindfulness meditation to connect with their unborn children and seek calmness. Blessings are another custom for the pregnancy. Certain Buddhist communities pray for the mother and child's health during pregnancy. Chanting, prayers, and sacrifices to Buddhist deities are the types ceremonies they incorporate. Lastly, for the diet during pregnancy, Buddhist sects advise pregnant women to consume vegetarian diet and avoid hot foods and red

meat. They assume that mothers' diet affects the baby's development and health. Depending on culture and customs, eating habits vary for each group. Consuming balanced diet is essential for the fetal growth and well-being of the mother. It is crucial to educate the Buddhist patient about the ways to include protein, iron, calcium, and vitamin B12 to their diet. For protein, substitute soy food, beans, lentils, nuts, grains, and seed. For iron, variety of meat alternatives along with vitamin C rich foods. For iron, substitute soy, calcium-fortified orange juice, and tofu. Lastly, for vitamin B12, eat fortified soy foods and a B12 supplement (Ricci et al, 2021).

The Buddhists incorporate their childbearing customs based on religious and cultural conventions. Meditations and visualization are two examples (Kachoria et al., 2022). Many Buddhist mothers use these methods to relax during labor and delivery. These approaches may involve focusing on a mantra, imagining a serene place to relieve tension and anxiety. Utilizing sacred items are another example. Some Buddhist mothers employ sacred artifacts like prayer beads or amulets during their delivery to warrant a safe and healthy delivery (Kachoria et al., 2022). Some mothers may take a step further for the safe delivery and have a monk or other religious figure bless those objects before carrying them in for their delivery. Furthermore, Several Buddhist traditions support home births because they believe that it is a more of peaceful and natural way of birth. Home birth is preferable since it's comfortable and familiar for the mother and baby and reduces medical interference. In the event of problems, medical care must be available.

The Buddhist cultures have postpartum practices based on spiritual beliefs and long-held norms. According to Bazzano et al. (2020), certain Buddhist societies restrict the mother and child to be out of home and they must stay with family for the proper care after the childbirth. During this time, which often lasts several weeks, the mother's main focus is to rest and recover.

Herbal medicines are used in Buddhist traditions to aid postpartum healing and milk production. Teas, soups, and other herbal and natural ingredients remedies are possible (Bazzano et al., 2020). Lastly, Buddhist mothers find that prayer and meditation help them recuperate from childbirth and enhance their spiritual bonds. The Mantra recitation, prayer, and meditation quiet the mind and improve mental wellness (Bazzano et al., 2020).

The Buddhist societies have several cultural traditions for newborns, which are based on spiritual beliefs and longstanding customs. There are three major examples (Kamal & Ulas., 2021). The naming ceremony is performed immediately after the baby is born in order to legally give the baby a name, and bless the baby for good health and prosperity (Kamal & Ulas., 2021). Blessing Ritual is also performed in certain Buddhist communities. A blessing ceremony is done for children to protect them from harm and encourage good health by reciting Buddhist literature, praying to Buddha, and giving offering are some of the example. Lastly breastfeeding is suggested in Buddhist cultures. They believe that breastfeeding promotes neonatal health as well as create bonding between the mother and her child (Kamal & Ulas, 2021).

Bazzano et al. (2020) expresses that when providing maternal and newborn nursing care to Buddhist patients, it is essential to be culturally attentive and be mindful of specific beliefs. The authors suggest comprehending their perspective rather than making assumptions or judgments about their actions. Also, it is important to prioritize safety and quality of care. This may entail discussing the benefits of medical procedures as well as providing education about possible consequences that some of their practices may cause.

In Buddhism, there are numerous cultural practices and beliefs that links fertility, family planning, pregnancy, delivery, newborn care, and postpartum care. Herbal medicines, meditation, visualization, sacred artefacts, home births, naming ceremonies, blessing rituals, and

breastfeeding are examples of such practices. It is crucial to be aware of and be attentive to Buddhist cultural customs when caring for mothers and newborns in order to provide the best nursing care with respect to their values and beliefs. Lastly, safety of care should always be prioritized, along with the cultural education and training, to enhance cultural competence in nursing care.

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