



**文化對母嬰健康**

**照顧的影響**

**Cultural Influence to  
Maternal and Neonatal Health Care**

**洪志秀教授: 高雄醫學大學護理學系**

**07-3121101 轉 2601**

**[chung@kmu.edu.tw](mailto:chung@kmu.edu.tw)**



# 學習目標

- 懷孕
- 生產
- 產後
- 嬰兒照顧



## 學習資源：



- 1、實用產科護理 (2004)，第四版，第七章
- 2、Pillsbury, B. L. (1978). Doing the month: Confinement and convalescence of Chinese women. after childbirth. Social Science and Medicine, 12, 11-22.
- 3、Pillsbury, B. L. (1982). Doing the month: Confinement and convalescence of Chinese women after child birth. Traditional Practice Affecting the Health of Women and Children, 2, 21-32.

# 文化習俗

- 存在人類社會中的知識、信仰、價值、習慣、藝術、道德和規範等
- 可使一民族或某一地域產生一種較永久穩定的生活方式或意念，又稱習俗 (Folk or Custom)
- 日久相沿成為一種民族習慣和行為，同時包括必須遵守的行為、禁止做的行為稱「禁忌 (Taboo)」
- 人類可經由社會學習得到，且是代代承續的、累積的



## 文化習俗（續）

- 文化的特徵或文化的價值是一種複雜的行為，即使在同一文化下仍是有差異存在
  - 要正確了解個案的行為，必先對文化價值和習慣有通盤的認識
  - 了解一個文化中男性與女性的角色、地位、家庭生活方式、小孩的意義，才能解釋為什麼會有不同的情緒和行為反應
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# 健康信念

- 不同的文化背景對於健康有著不同

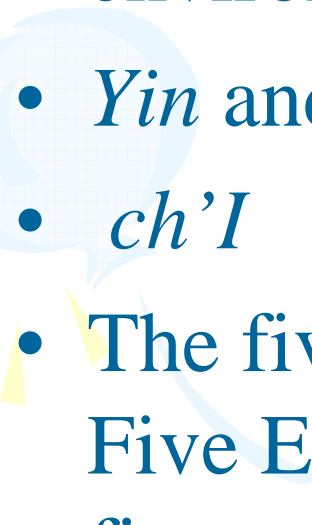



的信念和態度

- 環肥燕瘦





# The Chinese Concept of Health

- A state of balance between man and environment
  - *Yin* and *yang*
  - *ch'i*
  - The five primary elements (the cycle of the Five Evolutive Phases) -- metal, wood, water, fire, and earth
  - 命名、命理、風水
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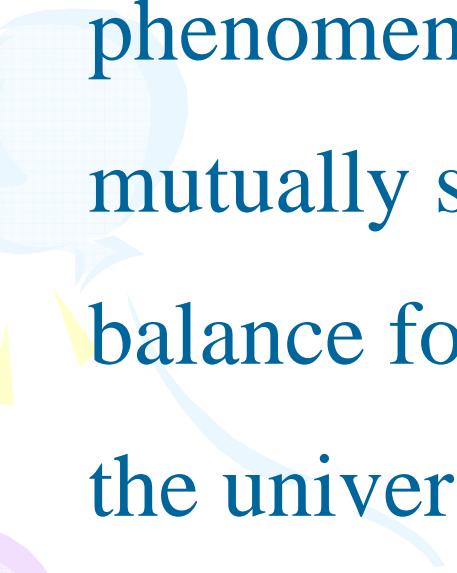
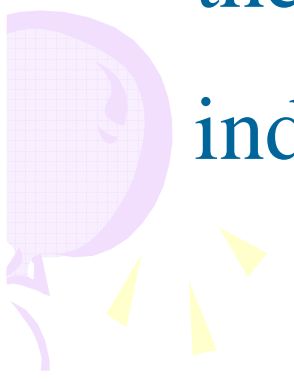


# Health vs. Illness

- A state of health is one in which the vital forces within the human body are in balance with each other as well as with the forces of the natural environment (陰陽、氣、五行)
  - A state of illness is one in which the body's vital forces are out of balance
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# *Yin & Yang*

- The *yin* and *yang* principle divides phenomena of the universe into two mutually supportive forces that remain in balance for the harmonious functioning of the universe, the social system, and the individual
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## *Yin & Yang* (續)

- *Yin* corresponds to cold, wetness, darkness, negativity, softness, quiescence, femininity, earth, and moon
- *Yang* corresponds to heat, dryness, brightness, positivity, hardness, activity, masculinity, heaven, and sun


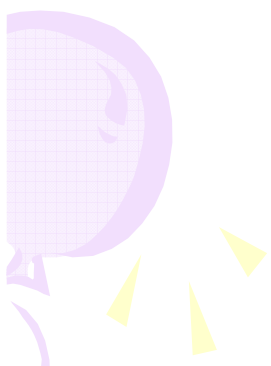


## *Yin & Yang* (續)

- The human body is regarded as containing both *yin-ch'i* and *yang-ch'i*, and both circulate in the body
  - Their balance is essential for health. Many illnesses originating from within the body are attributed to excessive coldness or hotness in the body
  - Treatment for *yin* and *yang* conditions is based on the principle of opposition
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# 中國生育之傳統習俗

- 中國人歷來重視開始，所以在子嗣傳延後代時，特別注重胎教
  - 胎教的觀念，源於事物間有陰陽二氣相與感應之現象
  - 母親的言行舉止會直接影響胎兒，因而母親在懷孕期間一切的行為必須要謹守禮儀，才能給胎兒良好的影響，這就是所謂的胎教
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# 懷孕之禁忌

- 大致可分為三類：

- 行動禁忌

- 飲食禁忌

- 犯沖禁忌



# 胎神 VS. 禁忌

- 傳統有所謂的胎神，俗傳胎神能與胎兒的魂魄交流，它通常存在孕婦的周圍、一些固定的方位或者附著於某些物體上
- 人們不得觸犯傷害到它，否則便等於傷害到胎兒，嚴重的會導致孕婦肚痛難產或者胎損子夭
- 孕婦的住室是胎神的主要駐所，住室中的任何活動都會感應到孕婦的腹中，因此孕婦所有的行為要小心謹慎、不可稍有大意

# 行動禁忌內容及理由

內 容	理 由
<p>在室內的禁忌有：</p> <ul style="list-style-type: none"> <li>• 忌動瓦土石</li> <li>• 忌釘釘子</li> <li>• 忌掛人物畫像</li> <li>• 忌動剪刀、針線</li> <li>• 忌捆绑東西</li> <li>• 忌手臂上舉</li> <li>• 忌搬動大型家具、器具和搬家</li> <li>• 忌冷水，洗浴</li> <li>• 忌諱性生活</li> </ul>	<ul style="list-style-type: none"> <li>• 會驚動胎神而使胎兒流產</li> <li>• 會傷害胎神，要是把胎神釘死不動彈，會造成死胎</li> <li>• 看人物畫像會使胎兒和畫上人物長的一樣，造成換胎</li> <li>• 會傷到胎神，生下無耳朵、瞎眼的孩子</li> <li>• 會使胎兒臍帶纏繞在脖子上</li> <li>• 會使胎兒脫落，導致胎兒滑落（流產）</li> <li>• 因隨意移動室內箱子、桌子、櫃子、床凳，會觸犯到胎神，而導致流產或生下五官不齊全的小孩</li> <li>• 怕傷胎氣</li> <li>• 因會引動肝火，使先天胎毒加重</li> </ul>
<p>戶外活動的禁忌：</p> <ul style="list-style-type: none"> <li>• 忌看月蝕、月暈</li> <li>• 忌看戲曲</li> </ul>	<ul style="list-style-type: none"> <li>• 否則會導致孕婦貧血、流產或四肢殘缺</li> <li>• 看傀儡戲會生無骨或軟骨的小孩，尤其戲中情節大起大落、有喜有悲，會影響孕婦情緒鬱結或使孕婦心情緊張，對胎兒不利</li> </ul>

# 飲食禁忌內容及理由

內 容	理 由
<ul style="list-style-type: none"><li>• 忌食兔肉</li><li>• 忌食螃蟹</li><li>• 忌食豆醬、雀肉</li><li>• 忌食辣椒</li></ul>	<ul style="list-style-type: none"><li>• 否則小孩會兔唇</li><li>• 以防胎兒橫生</li><li>• 否則小孩會滿臉雀斑、黑子</li><li>• 否則小孩會爛眼圈、害紅眼，將來孩子的脾氣火爆、性格毒辣</li></ul>
<ul style="list-style-type: none"><li>• 忌食麩脂、梅李子等</li><li>• 忌食蝦米、狗肉、禽肉</li><li>• 忌食生冷食物</li><li>• 忌食驢、馬肉</li></ul>	<ul style="list-style-type: none"><li>• 以防孩子眼睛瞎</li><li>• 因會造成啞吧</li><li>• 妊娠食冰冷食物會絕胎</li><li>• 因會使孕婦孕期延長與驢、馬的懷胎期一樣，會超過 10 個月以上</li></ul>

實用產科護理，四版，第七章，P. 229

## 犯沖禁忌內容及理由

內 容	理 由
<ul style="list-style-type: none"><li>• 忌犯胎神</li><li>• 忌接觸嫁娶</li><li>• 忌去接觸喪葬、禁看喪葬時做功德、上供、祭祖</li><li>• 忌接觸神事</li></ul>	<ul style="list-style-type: none"><li>• 因會造成流產或生殘缺兒，甚至母子俱亡</li><li>• 孕婦不能參加別人的婚禮，也不能看嫁娶、忌摸新娘的嫁妝、忌坐新娘的床、忌出席喜筵，否則會「喜沖喜」</li><li>• 因喪葬是凶事、有邪氣、怕穢氣沖犯胎兒，「凶沖喜」對胎兒不利</li><li>• 不可入寺廟，因孕婦靠近神龕會汙染神地，招致不祥</li></ul>

實用產科護理，四版，第七章，P. 229



# 中國 VS. 越南文化 之懷孕期間的禁忌活動


文 化	活 動	理 由
越南人	• 勿參加婚禮或葬禮	• 對新婚夫妻不好
中國人	• 避免性行為 • 忌見月蝕 • 不可看戲 • 不參加他人婚禮 • 不看死人入殮	• 以免引動肝火，造成先天胎毒 • 胎兒畸形或受損 • 無骨孩子 • 會喜沖喜，對胎兒不利 • 會凶沖喜，對胎兒不利

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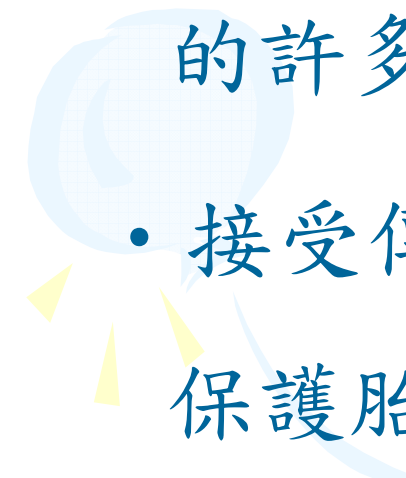
# 中國 VS. 越南文化 之懷孕期間的活動和儀式

文 化	活 動	文化的含意或信念
越南人	<ul style="list-style-type: none"> <li>• 服用人蔘茶</li> <li>• 與胎兒交談商議</li> </ul>	<ul style="list-style-type: none"> <li>• 增強活力</li> </ul>
中國人	<ul style="list-style-type: none"> <li>• 吃豬心、豬腰、豬肝</li> <li>• 吃海帶</li> <li>• 吃蕃石榴</li> <li>• 服用人蔘</li> <li>• 服用十三味（當歸、川芎、白芍、白朮、熟地、陳皮、半夏、灸甘草、人蔘、蓮子、苧麻、糯米、生薑）</li> <li>• 吃黃蓮</li> <li>• 吃珍珠粉</li> </ul>	<ul style="list-style-type: none"> <li>• 滋養作用，補心、補身</li> <li>• 孩子頭髮會黑</li> <li>• 促進胎兒骨骼發育</li> <li>• 強化體力</li> <li>• 健脾、養血、安胎</li> <li>• 可去胎毒</li> <li>• 使胎兒有好的皮膚</li> </ul>

實用產科護理，四版，第七章，P. 227



- 現今社會中有些人，不願遵守傳統習俗，但潛意識可能接受所屬環境團體中所盛行的許多生活形態



- 接受傳統觀念和習俗者的動機主要是為了保護胎兒、發展母親的角色概念及親子關係建立，以達成母性的心理任務



# 生產之禁忌

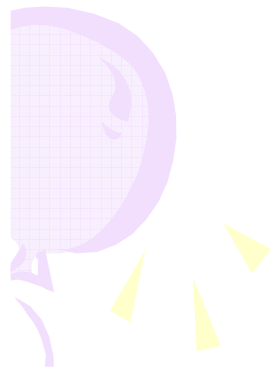
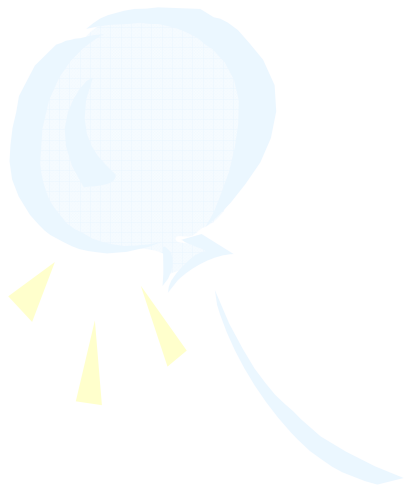


Table 2. Couples' attitude toward husband's childbirth participation

Attitude	Wife		Husband	
	n=100	%	n=100	%
<b>Favorable</b>	73	73.0	80	80.0
1. Wife's mental support	51※	51.0※	65※	65.0※
2. Welcome for newborn's coming	2	2.0	3	3.0
3. Share in the childbirth with the wife together	23※	23.0	8☆	8.0☆
4. Curiosity about labor	0	0.0	8※☆	8.0※☆
<b>Unfavorable</b>	27	27.0	20	20.0
1. Unhelpful for the wife	6	6.0	2	2.0
2. Folk taboo	2	2.0	3	3.0
3. Husband's psychological impact	12	12.0	14	14.0
4. Wife's negative body image	7	7.0	1	1.0

☆ : one case repeated

※ : three cases repeated



# 產後之禁忌



# Postpartum depression

- A condition following childbirth with symptoms characterized by tearfulness and feelings of inadequacy, despair, anxiety, guilt, and lack of energy





# The traditional Chinese ritual of *Tso-Yueh-Tzu*

- Stern and Kruckman (1983) suggest that due to traditional postpartum rituals, Asian cultures have a lower incidence of postpartum depression than those in the West






# Doing the Month

- The ritual of Tso-Yueh-Tzu clearly defines the rules of behavior for a woman in the first month after childbirth, and enables her to receive extra care from her family during that time
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# Chinese society

- Based on a strong family system, nothing was be more important than having offspring
  - Women were rewarded for their participation in childbirth and given sanction to rest for an entire month
  - The ritual also calls for an older family member to facilitate the recovery of the postpartum woman by promoting her rest, nutrition, and physical well-being
  - Thus, the ritual is believed to prevent future illness and to maintain her health status
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# In Taiwan

- The traditional ritual during the postpartum period emphasizes rest and seclusion, and explicitly recognizes the changed social status of the woman
- The woman's confinement to the home for a full month after giving birth is a period of culturally sanctioned time for the mother to rest and recuperate in order to promote her physical recovery, ensure her health, and improve her future well-being and harmony



# Full Month Wine

- At the end of this period is celebrated by inviting friends and relatives to a banquet and by drinking the “full month wine”
- The woman is the center of attention throughout the month, having both her physical and psychosocial needs met by others



# Chinese Ritual of *Tso-Yueh-Tzu*

- The traditional ritual of *Tso-Yueh-Tzu* has provided Chinese women with a set of health behaviors:

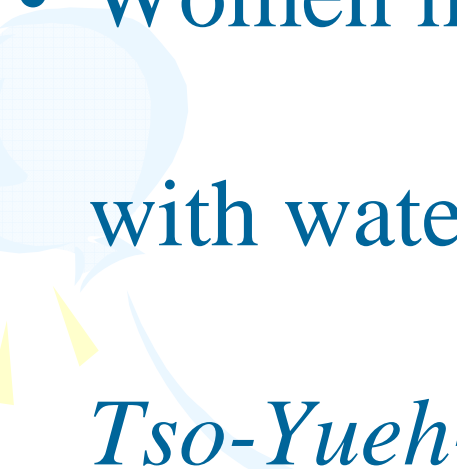
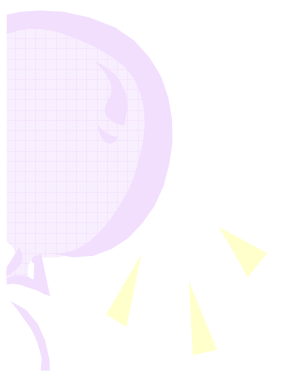
- *Avoiding Coldness*

- *Hotness-Augmenting Diet*

- *Adherence to Taboos*

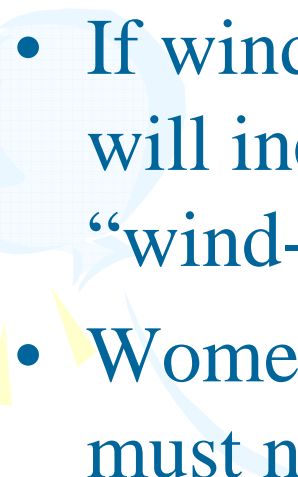
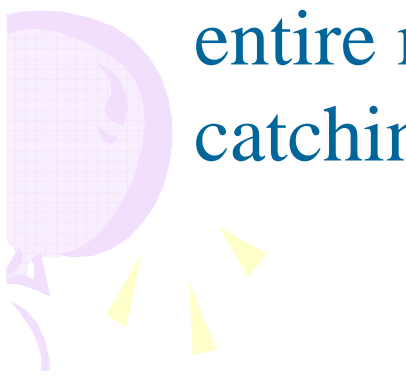


# Avoiding Coldness

- Women must refrain from all contact with water and wind during the ritual of *Tso-Yueh-Tsu*
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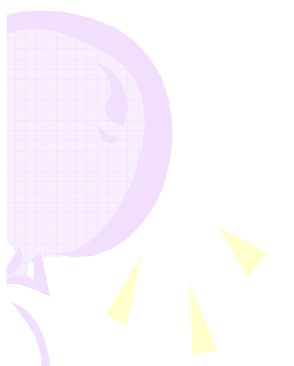


## Avoiding Coldness (續)

- Contact with water can give rise in future years to asthma, arthritis, and chronic aches and pains
  - If wind blows in on her body, it will enter and she will inevitably develop rheumatism, or literally, “wind-moisture-disease”
  - Women who follow the *Tso-Yueh-Tzu* tradition must neither bathe nor wash their hair for the entire month to avoid getting an infection or catching a cold
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# Hotness-Augmenting Diet

- Hot foods : chicken, rice, onions, garlic, and ginger
  - Cold foods : green beans, turnips, Chinese cabbage, bamboo shoots, leafy green vegetables, and most fruits
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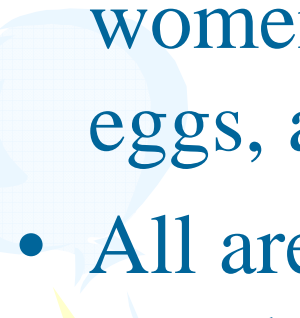
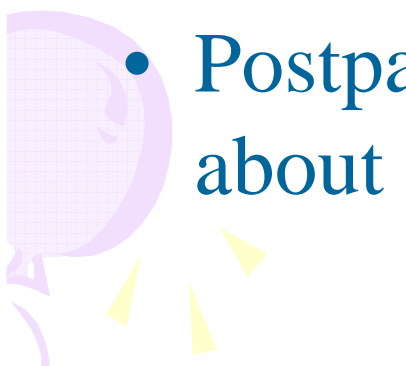


# Hotness-Augmenting Diet (續)

- Hot foods are good for postpartum women because they create “fire” and thereby supplement or restore health
- The best foods to eat are those high in protein and calories. Good choices are egg, rice, noodles, brown sugar, ginger, chicken, and the internal organs of pigs
- The noteworthy dish of sesame-oil chicken is prepared by slowly simmering the chicken in large amounts of sesame oil and rice wine.

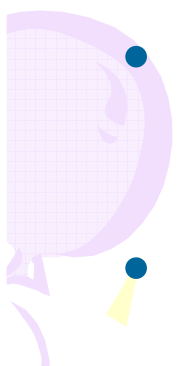


# Hotness-Augmenting Diet (續)

- Numerous other hot foods that are beneficial to and emphatically prescribed for postpartum women include chicken soup, livers, kidneys, eggs, and pork livers and kidneys.
  - All are prepared by slowly simmering them together with black dates in ginseng broth, or in sesame oil and rice wine.
  - Postpartum women should eat extra meals, about five or six a day.
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# Adherence to Taboos

- Cannot go outside
  - Cannot go to any temple or burn incense to the gods
  - Cannot eat at the table with the rest of the family
  - Cannot resume sexual intercourse during the month
  - Stay in bed as much as possible.
  - Squatting and sitting in a straight-backed chair are forbidden.
  - Reading and crying must be avoided.
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# *Tso-Yueh-Tzu* Nursing Center
















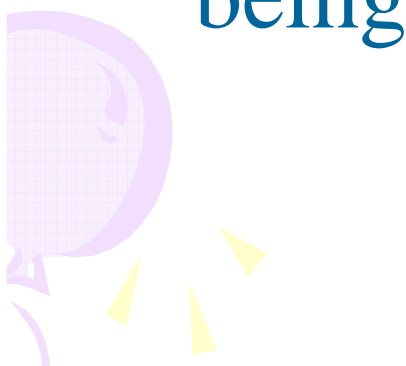
# Three general principles

Three general principles for women to follow during the ritual of *Tso-Yueh-Tzu* involve:

- Avoiding things that will cause disease and specific somatic ailments in the future
  - Consuming hot foods and avoiding cold foods
  - Not offending the gods or contaminating others with polluted fetal blood
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# Conclusion - 1

- the firmly-rooted traditional Chinese ritual of *Tso-Yueh-Tzu* was recognized as having a direct bearing upon mental well-being and familial relationships
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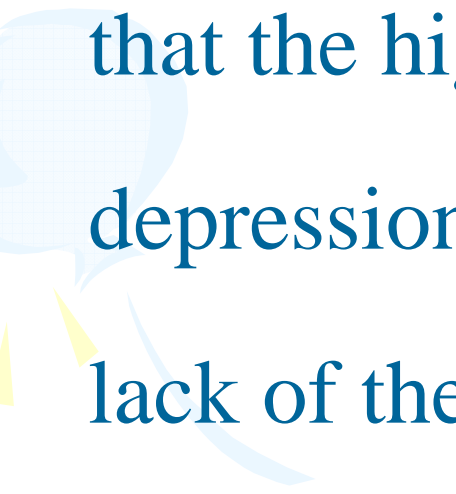
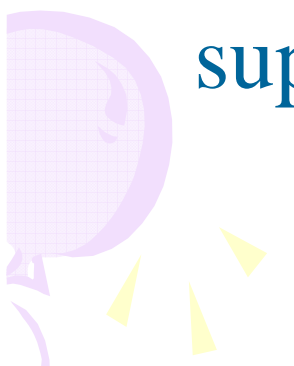


## Conclusion - 2

- A crucial and overriding condition that makes all the above possible is that a woman must have someone to accompany her in doing the month. Traditionally, this is the woman's mother-in-law, because of the predominant pattern of patrilocal residence after marriage.





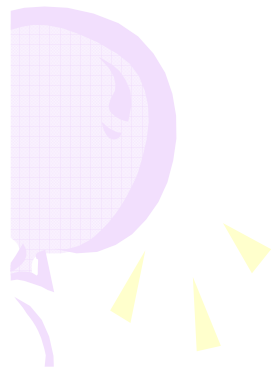
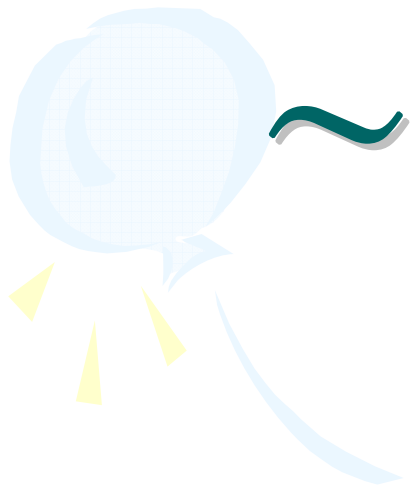
## Conclusion - 3

- Stern and Kruckman (1983) hypothesized that the higher incidence of postpartum depression in the U.S. may result from the lack of these basic components of social support.
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# 醫療照顧

- 醫護人員在照顧不同文化下之周產期婦女，應盡可能對他們的信仰保持開放態度，了解其行為、接受其行動，採不批評的態度
  - 若是此種差異可能威脅產婦的健康時，可能需要先了解她不願改變的信念，提供衛教讓其接受治療，但仍尊重病人最後的決定，給予病人尊嚴的照顧。
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～ 謝謝聆聽 ～