

# Asian culture

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## (Section) Due) Introduction

The Asian community occupies an extensive region that covers; East Asia, Central Asia, South East Asia, West and Northern Asia. These communities practice several similar cultural and traditional practices that have also been adapted in other parts of the world. Among these practices are; traditional medical practice that involves the use of herbal medicine; the culture of martial arts as well as unique religious beliefs. This discussion will focus on these three aspects of the Asian community and how they have been adopted in other parts of the world.

## Discussion

The use of traditional medicine is a common activity among the Asian Communities with each community practicing similar or distinct practices. In China for example, there is extensive application of Chinese traditional medicine which comes in various forms like balms, powders, tincture, pills together with raw herbs. The Chinese medical practice is majorly used as protective mechanisms to common bodily disorders; it extends to countries like Japan and Tibet. More over, the application of Chinese medicine has also been widely adapted in the Western Countries especially the USA where a good number of the population currently considers the use of Chinese medicine (Carteret 2011).

The other common traditional Asian culture is the aspect of martial arts which is considered to be an imperative stage that every member of the population has to undergo. Martial art is practiced in countries like China, Korea, Japan and even Tibet. In China, there is the practice of Karate, Taekwondo and Judo; they are means that ensure a person maintains good health through constant practice and also develop personal defense

mechanisms in the process of physical attacks. Such kind martial art has not only been adapted in the Western Region but also in other parts of the world for military purposes, health purposes and for leisure.

Consequently, there is also the dimension of religious beliefs; each of the Asian countries practices unique religious practices however; some religious activities are shared among some of these nations. In India, there is Hinduism as the dominant religious practice; although there are other religious practices such as Buddhism, Hellenism and Brahmanism. Some of these religious beliefs such as Buddhism are shared among the Asian countries like in China and Tibet. The practice of such religious beliefs has also been extended to the Western Region where a good number of the population tends to resort to the Asian religious practices in periods of psychological stress and illnesses (Carteret 2011).

#### Reference

Carteret, M. (2011). Dimensions of Culture. Oxford: Word Press.