To investigate the influences from below, measurements of radio wave absorption in the lower ionosphere have been intensively studied. From the measurements in Europe, wave-like oscillations of absorption were identified and related to localized meteorological and wave processes in lower atmosphere. In this paper, data and analysis are mainly focused on East Asia sector. At first, a 4-year historical record of absorption measurement in China by sweep frequency method is presented. In this record 27-day variation of the absorption appear in most seasons, except in winter when the absorption was also strongly enhanced. In winter anomaly, the periods of oscillations are identified to be in the range of 8-12 day which should be related to planetary wave activity in lower atmosphere. Besides, $f_{\text{min}}$ data of 5 mid-latitude ionosondes in Japan are used as an indirect measurement. Comparing with measurements in 40-50 degree, stronger winter enhancement usually occurs in 50-60 degree. With $f_{\text{min}}$ data covering two solar cycles, the analysis shows that in winter 8-12 day oscillations always exists, while in the other seasons all kinds of wave-like activities almost vanish around solar minimum years. This result confirms the relationship between winter anomaly in East Asia sector and the localized planetary wave activity.