**The influence of Cultural Practices in the spread of Diseases: the case of far North of Cameroon**

**Abstract**

This is an ethnographic study which reveals the fact that the health and healthcare of a given community in time and space mirrors the world view and values of that culture. Thus, the way people relate to nature, other people, time, persons, charity, community, and so forth has a lot to do with the human mechanism. Consequently sickness behavior determines who is susceptible to illness and even who agree to become a patient-since only about one quarter of the ill persons effectively see a medical doctor. It is therefore through cultural standards that one is a patient and what it takes to be a patient in the hospital. Thus culture is general but specific. We would use both qualitative and quantitative methods to put the analysis of this write-up. Meanwhile through participatory observations, interviews, research sampling, focus groups, questionnaires, life stories and ethnology to collect our data as well as maintain objectivity and originality of this study. Meanwhile, the main objective is to understand how culture influence people’s health and healthcare behaviours. Findings show that even religious thoughts on death vary within cultures, and particularly related to hospital-based treatment. Language and cultural interpreters can be essential since they are more available than realized, though there are pitfalls in their use. In effect, one must recognize that personality may overshadow the cultural and an excellent considerate affiliation can be balance for many cultural lapses. To that effect, medication and diet necessitate meticulous considerations. Hence, the view of a physical pain and psychosomatic suffering varies from culture to culture and influence the mind-set and success of care-givers than patients. Although our culture is our identity, it would be knowledgeable to guide members of the community about the different health systems and the need to understand that some cases of healthcare need a blend.