Ethnobotanical Studies of Plant Resources of Cholistan Desert, Pakistan

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Abstract: The study was conducted to accumulate information about the plant resources used by various communities of Cholistan desert. It was observed that the area is rich in natural flora and the inhabitants are dependent on these plant resources especially for their food, shelter, fuel, timber, fodder and health care. Ethnobotanical uses of plants collected through questionnaire and interview by local people during different seasons of the year. The different races were present in the study area as Kutwal, Sheikh, Makhy, Maby, Mahar, Bhain, Parhiyar, Bohar, Jam and Tanwari. A total number of 90 plant species belonging to 34 families have been reported to be used ethnobotanically.

Keywords: Ethnobotany, Cholistan desert, medicinal uses, food uses, domestic uses.

1. Introduction

Ethnobotany plays an important role in understanding the dynamic relationships between biological diversity and social and cultural systems [1] [2]. Ethnobotanical approaches are significant in emphasizing locally important plant species, particularly for new crude drugs. Many important vital modern drugs achieved by the documentation of indigenous knowledge, in particular the medicinal values of plant species [3]. Plant resources provide materials for survival, medicinal, forage values, but also possess and preserve cultural heritages, biological information and indigenous knowledge [4] [5]. Unfortunately, very little attention has been paid to the ethnobotanical aspects of plants as only hakims are associated with medicinal plants [6] [7] [8] [9]. It is a common practice that was started from the earliest times of mankind's history to use plants for cure diseases and ailments (Hill, 1989)[10]. Plants as a source of medicine is very much important for human beings use [11]. Several studies have been carried out from the world on ethnobotanical uses [12] [13] [14] [15] [16] [17] [18] [19]. The ethnobotany in Pakistan is going to be matured with the passage of time and various studies have been reported from various parts of the country [20] [21] [22] [23] [24] [25] [26]. Main objectives of this ethno botanical study was to record the indigenous knowledge about plants of the entire area. The ethno botanical information gathered aims for the solution of several constraints and conservation of medicinal herbs of the cholistan desert and provide scientific basis for further research.

2. Material and Methods

2.1 Study area

The Cholistan desert spreading over an area of 26,000 km² situated in southern of Punjab province of Pakistan. It is located between 27°42′ and 29°45′ N latitude and 69°52′ and 75°24′ E longitude [27] [28] [29] [30] [31]. It is a hot and sandy desert with mean annual rainfall of 100-250 mm,

usually falling during the monsoon period and in winter and spring. The mean minimum winter temperature is 6.5 °C and the mean maximum in summer is 46.5 °C with an absolute maximum around 51 °C [32] [33] [34].

Inconsistent rainfall supports only a leafless and spiny, scrub desert with stunted and grazed shrubs, and a few trees. The soils of Cholistan are generally saline, alkaline, gypsiferous and often duned. The dunes reach an average height of about 100-150 m [35] [28]. There are no permanent natural surface water reservoirs. The rainwater is harvested in the low-lying areas or trench ponds ('tobas'), Underground water can be found at the depth of 30-50 m and mostly is brackish (9000–24,000 mg/L of salts) [27] [36].

2.2 Data collection

The present exploration was carried out through various field surveys in study area during different seasons of the year. Questionnaire was adopted for interviews and gathered data about ethnobotanical uses from the local inhabitants. The collected information was cross checked with the available literature about medicinal and ethnobotanical uses. During the survey plant specimens were collected from the study area. These were identified with the help of different floras [37] [38] [39] 40] [41].

3. Results and Discussion

A total number of 90 plants species belonging to 74 genera and 34 families were identified which are being used by the nomadic people of Cholistan desert by many ways. The data collected are arranged in alphabetical order of the species name, family name, common name, habit, mode of uses and their medicinal uses given for each species (Table 1). The medicinal uses include parts used, methods of preparation, administration wherever available. Along with these 16 plant species were used as nutritional value and 15 plant species were used as domestic were also explored and documented (Table 2 & 3).

Table 1: List of plants with their family name, common name, habit, mode of use and medicinal uses

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Plant name	Family	Common name	Habit	Mode of use	Medicinal uses
Alhagi maurorum	Papilionaceae	Jawansa	Shrub	Roots/whole Plant in the form of infusion and decoction	Blood purifier, cough and asthma
Abutilon muticum	Malvaceae	Kanghi-buti	Shrub	Leaves and Roots in the form of decoction	Kidney infection, kidney stones and gastritis.
Acacia jacquemontii	Mimosaceae	Banwli	Tree	Thorns used as infusion and decoction	Fever, cough, chicken pox and small pox
Acacia nilotica	Mimosaceae	Babul or Kikar	Tree	Leaves, fruit, flowers, and gum all ingredients mixed in sugar (misri) and making powder. One tea spoon taking three times daily. Tooth sticks used cleaning the teeth	Impotency, night fall, sexual debility and leucorrhoea
Aerva javanica	Amaranthaceae	Bui	Shrub	Root, root bark and leaves used as decoction and infusion	Vesicle stones and gall stones
Anticharis linearis	Scrophulariacea e	Assmani butti	Herb	Leaves past on forehead and on eyes in headache and eyes pain. Decoction used in hypotension.	Fatigue, headache, eyes sore, and hypotensive.
Arnebia hispidissima	Boraginaceae	Sorkhi butti	Herb	Whole plant used in the form of infusion and decoction	Hysteria, dysmenorrhoea, epilepsy and insanity
Asphodelus tenuifolius	Asphodelaceae	Piazi	Herb	Whole plant used as powder	Blood purifier, eczema, asthma, cold and allergy
Blepharis sindica	Acanthaceae	Gandi-Buti	Herb	Whole plant used as decoction	Low blood pressure, anemia and weakness
Boerhavia diffusa	Nyctaginaceae	Biskhipra	Herb	Roots used in the form of decoction	Kidney failure, hematuria and burning urination
Boerhavia procumbens	Nyctaginaceae	Biskhipra	Herb	Whole plant used as a decoction and infusion	Kidney failure, hematuria, blood purifier and septic condition
Calligonum polygonoides	Polygonaceae	Phog	Shrub	Flowers used as vegetable, floral buds and green twigs chewing and past on eyes	Conjunctivitis, heart burn, sore throat and fever
Calotropis procera	Asclepiadaceae	Ak	Shrub	Latex (Milk collected on cotton) and leaves past on joints and rupturing the wounds. Flowering and shot buds eating in snake poisons and used as a decoction in others diseases	Wound healing, ulcer, arthritis, fever, jaundice, hepatitis, and epilepsy.
Capparis decidua	Capparidaceae	Karir	Tree	Fruit making pickles, leaves and stem used as a decoction and infusion. Roots used as tooth stick for cleaning the teeth	Hemorrhoids, fungus infection, fevers, obesity, constipation, gastric ulcer, and bone fractures
Capparis spinosa	Capparidaceae	Kubber	Shrub	Fruits used as vegetable, leaves and flowers used as a decoction and infusion	Arthritis, asthma, hepatitis, splenomegaly and fever
Caralluma edulis	Asclepiadaceae	Seetoo	Herb	Whole plant used as vegetable and salad.	Diuretic and aphrodisiac.
Cassia italica	Caesalpinaceae	Ghoray wall or sana	Shrub	Whole plant used as decoction	Arthritis, dyspepsia, fever and constipation
Cenchrus ciliaris	Poaceae	Dhaman	Grass	Whole plant used in the form of infusion	Anti-anthelmintic, kidney pain, tumors and wound healing.
Cenchrus setigerus	Poaceae	Dhaman	Grass	Whole plant used in the form of infusion	Allergy, fever and intestinal worms.
Chenopodium album	Chenopodiaceae	Bathu	Herb	Whole plant used as vegetable and in the form of decoction	anthelmintic, diuretic, aphrodisiac, tonic, useful in biliousness, abdominal pain, eye diseases, throat troubles,
Chrozophora plicata	Euphorbiaceae	Nilkari	Herb	Whole plant used as decoction	Wounds, ulcer, cough, asthma and tuberculosis.
Cistanche tubulosa	Orobanchaceae	Phaphorr	Herb/ parasite	Whole plant used as a decoction and infusion	Impotency, cough, gastric ulcer, vomiting and diarrhea
Citrullus colocynthis	Cucurbitaceae	Tumma or Kor tumma	Herb	Roots used as tooth stick for cleaning the teeth and gums swelling and fruits as decoction	Menstrual disorder, diabetes, sciatica and digestive disorders

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Cleome brachycarpa	Capparidaceae	Noli or kastoori	Herb	Whole plant	Intestinal worms, inflammations of internal organs and hepatic disorders
Cleome scaposa	Capparidaceae	Kastoori Buti	Herb	Whole plant used as a decoction	Malarial fever, ulcer, diabetes and burning sensation in body.
Convolvulus prostrartus	Convolvulaceae	Hiran Buti	Herb	Leaves and soft twigs used as decoction and infusion	Excessive thirst, hotness, diabetes, constipation and fever
Corchorus depressus	Tiliaceae	Bhao-phali	Herb	Whole plant used as a infusion, powder and decoction	Aphrodisiac, premature ejaculation, night fall and polyuria
Cressa cretica	Convolvulaceae	Oin	Herb	Whole plant used as a paste and decoction	Fungus infection, asthma, blood purifier and eczema
Crotalaria burhia	Papilionaceae	Chag	Shrub	Whole plant boiling in water used externally and decoction	Leukoderma, fever, arthritis and skin diseases
Cucumis melo var. agrestis	Cucurbitaceae	Chibbar	Herb	Fruit used as vegetable and powder and also decoction	Hyperacidity, increase appetite and constipation.
Cymbopogon iwarancusa	Poaceae	Kitrin or Khawi	Grass	Roots and whole plant used as infusion and decoction	cardio-myopathy Cholera, thirst, fever, and hysteria
Cyperus conglomeratus	Cyperaceae	Deela	Sedges	Whole used as a decoction and infusion.	Dyspepsia, hyperacidity and constipation
Cyperus rotundus	Cyperaceae	Deela or Murki	Sedges	Roots and Tubers use decoction and infusion	Diabetes, burning smaturation and inflammation
Dipterygium glaucum	Capparidaceae	Phel	Shrub	Whole plant used as a decocotion and infusion	Jaundice, blood purifier, psoriasis and ring-worms
Echinops echinatus	Asteraceae	Unt Katara	Herb	Whole plant and roots used powder and decoction	Hepatitis, jaundice, fever, anorexia and sexual debility
Ephedra ciliata	Ephedraceae	Choti Phog	Shrub	Floral buds and green twigs used as decoction	Asthma, bronchitis, headache and cough
Euphorbia granulata	Euphorbiaceae	Hazar Dani	Herb	Whole plant used as paste and decoction	Blood purifier, leprosy, and psoriasis
Euphorbia prostrata	Euphorbiaceae	Hazar Dani	Herb	Whole plant used as paste and decoction	Piles, eczema, gangrene Scabies and psoriasis
Fagonia cretica	Zygophyllaceae	Dhamasa	Herb	Whole plant used as a infusion and decoction	Blood purifier, wounds, hepatitis, cancer, chronic fever, jaundice and cysts.
Farsetia hamiltonii	Brassicaceae	Fareed buti or Lathia	Herb	Whole plant used as powder and decoction	Diabetes, numbness of lower limbs, polyuria and Inflammations.
Gisekia oharnaceoids	Aizoaceae	Buloka Sag	Herb	Whole plant used as decoction	Hepatitis, Jaundice, ulcer, anorexia and constipation
Glinus lotoides	Molluginaceae	Phatokar	Herb	Whole used as decoction	Ulcer, Wound healer and antiseptic.
Corchorus trilacularis	Гiliaceae	Bari Buo-phali	Herb	Leaves used as infusion	Burning urination and kidney infection
Haloxylon stocksii	Chenopodiaceae	Khar or sSaji	Shrub	Whole plant making ash and mixed with sugar	Gastric ulcers and renal stones
Haloxylon salicornicum	Chenopodiaceae	Lana	Shrub	Whole plant making ash and mixed with sugar	Dyspepsia, ulcer and antidote of insects
Heliotropium crispum	Boraginaceae	Hathi Sundi	Herb	Whole plant used as a decoction and powder	Kidney stone, impotency and weakness
Heliotropium europaeum	Boraginaceae	Hathi Sundi	Herb	Whole plant used as a decoction and powder	Aphrodisiac and hypertension.
Heliotropium strigosum	Boraginaceae	Gorakh Pan	Herb	Whole plant used as a decoction and powder	Jaundice, hepatitis, blood purifier and arthritis
Indigofera siseliflora	Papilionaceae	Jantri	Herb	Whole plant used decoction and infusion	Jaundice, hepatitis, blood purifier and urticaria disorders
Indigofera argentea	Papilionaceae	Neel	Herb	Whole plant used as decoction and infusion	Malaria, jaundice, headache, and gastric disorder
Launaea nudicaulis	Asteraceae	Bhattal	Herb	Whole plant used as decoction	Chronic constipation
Launaea resedifolia	Asteraceae	Dhudhkal	Herb	Whole plant used as decoction	Hepatitis, anorexia and fever.

Leptadenia pyrotechnica	Asclepiadaceae	Khip	Shrub	Leaves and shoots used as a decoction and powder	Obesity, constipation, dysmenorrhea, jaundice and
Limeum indicum	Aizoaceae	Lonri	Herb	Whole plant used as infusion	fever Haemorrhoids, diabetes and dyspepsia
Melilotus officinalis	Papilionaceae	Sinji	Herb	Whole plant use vegetable and decoction	Headache, vomiting and appetizer.
Mollugo cerviana	Molluginaceae	Padi or Sarr	Herb	Whole plant used as decoction	Fever, burning micturition and gonorrhoea
Mukia madaraspatana	Cucurbitaceae	Gawala-kakri	Climber	Shoots, roots and seeds used as a decoction and infusion	Jaundice, fever, muscular weakness and lumbago
Neurada procumbens	Neuradaceae	Chhapri	Herb	Whole Plant used as "Panjeeri" (Cooking in butter with flour of chickpea) and decoction	Sexual tonic, sunstroke, low blood pressure.
Oligochaeta ramosa	Asteraceae	Birham Dandi	Herb	Whole plant used as decoction and infusion.	Allergy, jaundice, arthritis and excessive hotness
Oligomeris linifolia	Resedaceae	-	Herb	Whole plant used as infusion	Jaundice, chronic fever and constipation
Oxystelma esculantum	Asclepiadaceae	Dudhani	Climber	Whole plant used as a decoction and infusion	Hepatoprotective, chronic fever, Dysuria, gonorrhoea and blood purifier
Panicum antidotale	Poaceae	Murrot or Bansi Ghaa	Grass	Whole plant used as a decoction	Cough, throat infection, fever and general debility
Panicum turgidum	Poaceae	Murrot	Grass	Whole plant used as a decoction	Antipyretic, cough, dysuria and renal stones
	•		Herb	Leaves, stem and latex used as a paste and decoction	Bleeding tendency, ulcer and wound
Polygala erioptera	Polygalaceae	Asmani Buti	Herb	Whole plant used as decoction and infusion	Blood purifier, hepatitis, jaundice and eczema
Polygonum plebejum	Polygonaceae	Charri Hatha	Herb	Whole plant used as a powder and decoction	Cough, bronchitis, asthma and pneumonia
Praecitrullus fistulosus	Cucurbitaceae	Jangli Tindy	Herb	Fruit use as vegetable and powder	Appetizer, dyspepsia and weakness.
Prosopis cineraria	Mimosaceae	Jandi or Kanda	Tree	Leaves, bark, flowers used as a powder and decoction and dry pods ("Sangrian") used as a dry fruit	Anemia, wound, menstrual disorders and contraceptive
Prosopis juliflora	Mimosaceae	Maskit	Tree	Leaves and bark used as a decoction	Skin disorders, dermatitis, broken bones and cure gall stones.
Psoralea plicata	Fabaceae	Makka Buti	Herb	Roots used as a tooth stick for the cleaning of teeth and seeds use as decoction and powder	Skin diseases, Blood purifier and Psoriasis.
Portulaca oleracea	Portulacaceae	Lonak	Herb	Whole plant used vegetable and decoction.	Cough, piles, constipation and weakness
Pulicaria crispa	Asteraceae	Bui	Shrub	Whole plant used as a decoction	Hepatitis, jaundice and chronic fever
Rhynchosia capitata	Papilionaceae	Choti Ghore Walh	Herb	Whole plant used as a decoction	Dyspepsia, constipation and vomiting
Saccharum bengalense	Poaceae	Sarkanda	Grass	Roots used as decoction and infusion	Renal stone and dysuria.
Salvadora oleoides	Salvadoraceae	Pilu, Wan	Tree	Fruit use as vegetable, stem used as tooth cleaning and leaves used as decoction	Nutritive, anorexia, ulcer, blood purifier and boils
Salsola imbricata	Chenopodiaceae	Lani	Shrub	Used areal part making ash and mix with sugar	Dyspepsia, constipation and Abdominal distension.
Suaeda fruticosa	Chenopodiaceae	Kali Lani	Shrub	Used areal part making ash and mix with sugar	Kidney stone and gout
Seetzenia lanata	Zygophyllaceae	Jeuli Buti	Herb	Whole plant used as decoction Tonic, cough, find hypertension.	
Solanum surratense	Solanaceae	Kandiari	Herb	Fruit and whole plant used as powder and decoction	Jaundice, hepatitis, fever arthralgia and asthma
Sesuvium sesuvioides	Aizoaceae	Barri Ulwaiti	Herb	Whole plant used as a decoction	Arthritis, gout and epistaxis.
Tamarix aphylla	Гатаасасеае	Ukhan, Frash	Tree	Leaves and bark used in form of decoction and ash powder	Jaundice, ulcer, hepatitis, dyspepsia, leucorrhoea, and

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					menstrual disorders.
Tephrosia purpurea	Papilionaceae	Jhilli	Shrub	Whole plant used as powder and decoction	Worms, fever, blood purifier, jaundice, hepatitis, ulcers, leprosy, asthma, piles, cancer and urticaria.
Tribulus longipetalus	Zygophyllaceae	Tirkindi or Bakhara	Herb	Whole plant and seeds used as a powder and decoction	Renal stones, impotency, premature ejaculation, night fall and sexual weakness
Tribulus terrestris	Zygophyllaceae	Tirkindi or Bhakra	Herb	Whole plant and seeds used as a powder and decoction	Impotency, sexual weakness, premature ejaculation and piles.
Trianthema triquetra	Aizoaceae	Choti Ulwaiti	Herb	Whole plant used as decoction, powder and infusion	Skin disease, diabetes and inflammation
Withania coagulens	Solanaceae	Paneer		Fruit used as powder and decoction	hepatitis, jaundice, loss of appetite, skin problems, and chronic fever
Withania somnifera	Solanaceae	Asghanh		Leaves and root used as a powder, infusion and decoction	Impotency, premature ejaculation, diabetes, fever and arthritis
Zizyphus spina- christi	Rhamnaceae	Beri	Tree	Fruit, bark, leaves and seeds used as powder decoction	Hemorrhage, leucorrhoea, anemia and spermatorrhoea
Zygophyllum simplex	Zygophyllaceae	Lunak	Herb	Whole plant used powder and decoction	Blood purifier, worms and leukoderma
Zaleya pentandra	Aizoaceae	Itsit, Wisah	Herb	Roots used as powder and decoction	Dysuria, kidney stone, hematuria.

Table 2: Plants used as food

Table 2. I fam s used as food							
Plant name	Family	Common name	Parts used	Uses			
Acacia jacquemontii	Mimosaceae	Banwli	Pods	Making pickle and vegetable with			
				unreap pod			
Acacia nilotica	Mimosaceae	Kikar	Pods	Making pickle and vegetable with			
				unreap pod			
Calligonum polygonoides	Polygonaceae	Phog	Flowers	Making vegetable			
Capparis decidua	Capparidaceae	Karir	Fruit	Making Pickle and vegetable			
Capparis spinosa	Capparidaceae	Kubber	Fruit and Flowers	Cooking and eat with bread			
Caralluma edulis	Asclepiadaceae	Seetoo	Whole	Making vegetable			
Cencherus ciliaris	Poaceae	Dhaman	Seeds	Making flour and bread			
Cenchrus biflorus	Poaceae	Muhabbat	Seeds	Making flour and bread			
		Butti					
Chenopodium album	Chenopodiaceae	Bathu	Whole plant	Cooking as Vegetable			
Cucumis melo var. agrestis	Cucurbitaceae	Chibbar	Fruit	Fruit eating and cooking			
Panicum antidotale	Poaceae	Murrat	Seeds	Making flour and bread			
Panicum turgidum	Poaceae	Bansi Gha	Seeds	Making flour and bread			
Pennisetum divisum	Poaceae	Murrat	Seeds	Making flour and bread			
Portulaca oleracea	Portulacaceae	Lonak	Whole plant	Cooking and eat with bread			
Prosopis cineraria	Mimosaceae	Jandi	Fruit and pods	Dry fruits eating			
Salvadora oleoides	Salvadoraceae	Pilu, Wan	Fruit, bark and	Fruits eating			
			leaves	_			

Table 3: Plants used as domestic

Plant Name	Family	Common name	Parts used	Uses
Abutilon muticum	Malvaceae	Kanghi buti	Whole	Fire wood
Acacia nilotica	Mimosaceae	Kikar	Wood	Making "Gopas" or room roof and fire wood
Aerva javanica	Amaranthaceae	Bui	Whole plant	Making "Gopas" or room roof and fire wood
Calligonum polygonoides	Polygonaceae	Phog	Whole plant	Making "Gopas" or room roof and fire wood
Calotropis procera	Asclepiadaceae	Ak	Wood	Fire wood
Capparis decidua	Capparidaceae	Karir	Wood	Fire wood and fencing
Crotalaria burhia	Papilionaceae	Chag	Whole plant	Bushes use for fire
Haloxylon stocksii	Chenopodiaceae	Khar or Saji	Whole plant	Making "Soda" or soap powder.
Haloxylon salicornicum	Chenopodiaceae	Lana	Whole plant	Fire wood
Leptadenia pyrotechnica	Asclepiadaceae	Khip	Wood	Making "Gopas" or room roof and fire

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				wood
Prosopis cineraria	Mimosaceae	Jandi	Wood	Making "Gopas "or room roof and fire
				wood
Prosopis juliflora	Mimosaceae	Maskit	Wood	Fire wood
Salvadora oleoides	Salvadoraceae	Pilu, Wan	Wood	Making "Gopas" or room roof and fire
				wood
Tamarix aphylla	Tamaracaceae	Ukhan, Frash	Wood	Making "Gopas" or room roof and fire
				wood
Zizyphus spina-christi	Rhamnaceae	Beri	wood	Fire wood and fencing

The study indicated that the study area has plenty of medicinal plants to treat a wide range of human ailments. Studies on traditional medicinal plants revealed that the local people prefer folk medicine due to low cost and sometimes it is a part of their social life and culture so it is necessary to acquire and preserve this traditional system of plant utilization by proper documentation and identification of specimen. Sustainable harvesting of these plants is essential. Thus there is a need to create awareness of importance of these plants among local people and to provide them guidance and training in collection and processing to enhance the economic benefits from local flora.

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