Ethnobotanical magnitude towards sustainable utilization of wild foliage in Arabian Desert

Prakash C. Phondani*, Arvind Bhatt, Esam Elsarrag, Yousef A. Horr

Gulf Organization for Research and Development, Qatar Science and Technology Park, Unit 203, Doha, Qatar

A R T I C L E   I N F O
Article history:
Received 15 February 2015
Accepted 5 March 2015
Available online 2 April 2015

Keywords:
Native plants
Informants
Ethnobotanical uses
Sustainable utilization
Landscaping
Arabian Desert

A B S T R A C T
The present investigation was deals with identifying traditional uses of medicinal plants for curing a variety of ailments and degree of religious conservation for retention of ethnobotanical knowledge. The study was carried out in the State of Qatar to document the ethnobotanical uses of 58 medicinally important plant species including identification, botanical name, Arabic name, family, habit, habitat, distribution pattern, and the plant parts used for curing variety of ailments. The documented species belong to 54 plant genera and 30 botanical families. They have been used to cure more than 38 different kinds of human ailments. A majority of ethnobotanical plant species belonging to shrubs (41.38%) followed by perennial herbs (31.04%), annual herbs (18.96%) and trees (8.62%) respectively. The frequency of ethnobotanical plant species were recorded maximum in fabaceae (13.79%), followed by lamiaceae, chenopodiaceae (6.89% each), asteraceae, capparaceae, polygonaceae, aizoaceae (5.17% each), brassicaceae, asclepiadaceae, convolvulaceae, zygophyllaceae, solanaceae (3.44% each) while, remaining 17 families had one (1.72%) species each. Perception of stakeholders concerning prioritization and categorization of potential native plants and 25 ethnobotanical species were prioritized and ranked on the basis of their multipurpose use value, feasibility climatic conditions and Global Sustainability Assessment System (GSAS) criteria measures i.e. drought resistant, low water requirement, growth performance, survival rate, canopy size, adaptation potential, low maintenance and use value for sustainability and landscaping. The analysis emphasized the potentials of ethnomedicinal research, sustainable utilization, conservation initiatives, and urgent need to document ethnobotanical knowledge for sustainability and scientific validation to prevent their losses.

1. Introduction

Millions of plants constitute the floristic treasure on the planet and are integral part of life and potential curative agents for various health related disorders both of human and animals. Medicinal preparations derived from natural sources especially from plants, have been widely used in various cultures since time immemorial. The tradition of herbal medicine is becoming more accepted globally for conventional medicine as clinical research, analysis and quality control are capable of demonstrating the treatment value of herbal medicine. Furthermore, traditional plant based medicine is rapidly growing economic importance. In developing countries, traditional plant based system of medicine is often the only accessible and affordable. Herbal therapy has come of age and today, medicinal plants play a significant role in human health care globally. About 64% of the total world population remains dependent on traditional medicine for their healthcare needs. Plant resources provide humans with materials that have economic, medicinal and forage values. However, habitat loss, urbanization, industrialization, migration of rural populations to urban areas for livelihood and cultural changes in indigenous communities are threatening this knowledge. During the last decade, considerable attention has been focused not only on how plants are used, but also on how they are perceived and managed, as well as the mutual relationships between societies and the plants on which they depend.
Herbal medicine is widespread in the Gulf region and medicinal plants can be found in many souqs (local markets). The number of healers practicing folk or traditional medicine in the Arabian Gulf is unknown, but is probably substantial based on the number of published case studies and reports from hospitals that have treated patients with complications from improperly carried out folk medical practices. The practice is dying out (which is mostly unwritten), due to less interest or ignorance of young generation. Besides this, some plants are facing extinction from habitat loss due to impact of global warming, climate change, urbanization and overgrazing of animals. The Quran and Hadith mention a great number of wild plants that are still used in folk medicine. Despite some undesirable side-effects, Gulf folk mention a great number of wild plants that are still used in folk medicine. 

Regular field surveys were conducted to collect information on habit, habitat, distribution pattern, rate, canopy size, adaptation potential, low maintenance and use value for urban landscaping and also sharing our experiences with the informants. 

2. Material and methods

2.1. Study area

The State of Qatar is a peninsula extending from Arabian Desert as outcrop in the Western Arabian Gulf, its land is arid or semi-arid and highly saline. It is surrounded by Saudi Arabia, Bahrain, United Arab Emirates and Iran. The country is situated midway along the western coast of the Arabian Gulf between latitudes 24.27°—26.10° North and longitudes 50.45°—51.40° East. It covers approximately 11,437 square kilometres on a low-lying limestone peninsula projecting northward about 160 km into the Gulf. The coastline is approximately 550 km long and bounds the country to the west, north and east. This region is - among the warmest parts of the world; the temperature during summer is as high as 50 °C or more. The rain is scarce and does not exceed 152 mm per year. The vegetation of Qatar comprises herbaceous plants, grasses, dwarf shrubs and a few tree species.

2.2. Methodology

2.2.1. Extensive literature review approach

An extensive literature review was carried out to gather information on locality, Arabic name, botanical name, family and ethnobotanical efficacy of native plants in a desert climate. 

2.2.2. Frequent field survey approach

A preliminary survey of the diversity of the native plants in Qatar has been made and lead to the identification of the plant species which are used for medicinal purposes with the help of local and non-local informants. Regular field surveys were conducted to collect information on habit, habitat, distribution pattern, collection season, use of plant parts and status in their natural habitat.

2.2.3. Interview based approach

During the surveys, attempts were made to collect all possible information regarding the traditional use of medicinal plants. A semi-structured questionnaire, personal interviews, and consultation with local and non-local informants were conducted.

2.2.4. Learning-sharing approach

Subsequent interviews were conducted with 70 different stakeholders (local and non-local people, traditional healers, shepherds, camel owners, field labourers, plant nursery owners, researchers, architects and academics) having knowledge about the native plants and their uses for different purposes i.e., medicinal, economical and ecological. Perception of different stakeholders concerning prioritization, categorization and ranking of suitable native plant species based on their use value and criteria measures of global sustainability assessment system i.e. drought resistant, low water requirement, growth performance, survival rate, canopy size, adaptation potential, low maintenance and use value for urban landscaping and also sharing our experiences with the informants.

2.2.5. Specimen display approach

In this approach, we showed the collected plant specimens to the informants in order to elicit information. Later, we also showed photo of these plants to the people to confirm the identity. The same plant specimens were shown to different people to confirm the accuracy of the results.

2.2.6. Interactive discussions approach

Meetings and group discussions held with different stakeholders about the different uses of plants, their conservation strategies, prioritization and categorization of reported plant species and the fate of traditional knowledge systems. Cross-checking of collected information was done during field visit and interaction with stakeholders.

3. Results and discussion

The results showed that herbal medicine is still playing a significant role in meeting fundamental traditional healthcare needs of inhabitants in the region of the Arabian Gulf. During the survey, the reported 58 native plants species, distributed among 54 plant genera and 30 botanical families and they were used for curing 38 different kinds of human ailments. A majority of ethnobotanical plant species belonging to shrubs (41.38%) followed by perennial herbs (31.04%), annual herbs (18.96%) and trees (8.62%) respectively (Table 1). The major plant families, which contributed the native plants in folk medicine with maximum frequency were recorded in Fabaceae (13.79%), followed by Lamiaceae, Chenopodiaceae (6.89%) each, Asteraceae, Capparaceae, Polygonaceae, Boraginaceae, Aizoaceae (5.17% each), Brassicaceae, Asclepiadaceae, Convulvulaceae, Zygophyllaceae, Solanaceae (3.44% each) while, remaining 17 families had one (1.72%) species each (Fig. 1).

Initially few native plant species were tried by local people, professional plant nursery owners, researchers and experts for urban landscaping, however subsequent investigation showed that out of 58 recorded ethnobotanical plant species, 25 (Tecomella undulata, Dodonaea viscosa, Nerium oleander, Capparis cartilaginea, Aerva javanica, Aeluropus lagopoides, Suaeda vermiculata, Lavandula subnuda, Arnebia hispidissima, Leptadenia pyrotechnica, Lycium shawii, Blephearis ciliaris, Alhagi gracemorum, Aizoone canariense, Rhanterium epapposum, Calotropis procera, Calligonum comosum, Senna italica, Citrullus colocynthis (check the spelling), Cleome brachycarpa, Gisekia pharmacoideae, Grewia erythraea, Haloxylon salicornicum, Convolvulus glomeratus and Zaleya pentandra) were prioritized, categorized and ranked based on their use value, feasibility to local climatic conditions and fulfill the criteria measures of global sustainability assessment system. Based on perception of experts, their use value (ecological, economical, and medicinal) and suitability to climatic conditions Tecomella undulata
| Botanical name | Arabic name | Family | Habit | Habitat | Distribution | Medicinal uses | Other uses |
|---------------|-------------|--------|-------|---------|--------------|----------------|-----------|
| Abutilon pannosum | Lowaq, ja’ja’an | Malvaceae | Shrub | Occasional on roads in Qatar | Common in Qatar and also recorded in Saudi Arabia and UAE | The plant is used in the treatment of dysentery and gonorrhoea. The plant is used for wound healing and pain killer. | The plant species is also useful for sand binder particularly in desert areas. |
| Aerva javanica | Tuwaim, Tirf, ra’ | Amaranthaceae | Perennial herb | Rocky substrates with shallow sand | Reported in Qatar and it has a native distribution in Arabia, Egypt, India, and Burma | In traditional medicine it is used externally to remove swelling, relieve inflammation and healing of wounds and ulcers. The flowers and roots are used to alleviate kidney problems and rheumatism and the seeds are believed to cure headaches. A gargle is made from the plant to treat toothache. Whole plant used for curing jaundice and hepatitis. | The plant species is deep rooted, and is used as soil binder in desert reclamation. It is also used for fuel and fodder. |
| Aizoaceae | Jafnah, Hadaq | Aizoaceae | Perennial herb | Usually on harder substrates with shallow deposits of sand | Common in Qatar and also recorded in Bahrain, Kuwait, Saudi Arabia, UAE and Africa | The whole plant is used for treating cataracts, jaundice, migraine, painful joints and as an aphrodisiac. The whole plant is used for fever. | The plant species is used for fodder. |
| Anastatica hierochuntica | Kaf maryam, kaf al athra, Jumay' Fatimah, Birkan, Qufay'ah | Brassicaceae | Annual herb | Abundant in shallow sandy deposits, including runnels and small depressions | Common in Qatar and also recorded in Bahrain, Kuwait, Saudi Arabia, UAE, Sahara Desert, North Africa and regions of Egypt, Israel, Iraq, Jordan, Pakistan, and Iran. | The plant species used for fevers including malaria. | The thick dark-red roots used as cosmetic and dye. |
| Arnebia hispidissima | KaHil, MelleiH, Hasheshat al ‘Arneb | Boraginaceae | Annual herb | Abundant on shallow sandy deposits in all habitat types except saline areas | Common in Qatar and also recorded in Bahrain, Kuwait, Saudi Arabia, UAE and Egypt | The roots are ground to make a powder (kohl) and used to treat eye inflammation and cataracts. The seeds have healing and antiinflammatory properties. Used for the treatment of kidney disorders, urinary tract disorders and blood purification in baluch tribe. | The plant species used for fodder. |
| Blepharis ciliaris | Shawk al-Dub, Naqi, Niqeyf | Acanthaceae | Perennial herb | Abundant on hard substrates with shallow deposits | Common in Qatar and also recorded in Bahrain, Kuwait, Saudi Arabia, UAE and Africa | The seeds have healing and antiinflammatory properties. Used for the treatment of kidney disorders, urinary tract disorders and blood purification in baluch tribe. | The woody base was used for firewood. |
| Boerhavia elegans | Choisy | Nyctaginaceae | Perennial herb | Moist and dry rocky areas | Rare in Qatar and also recorded in Iran, Pakistan, India and Tropical East Africa | The fruits are edible and freshen the mouth with their tart taste. Twigs to be pounded and added to milk as a flavouring or tonic. It is used in a balm for skin ailments. Leaves and latex are used for treating wounds, pain, and scorpion stings and for strengthening muscles affected by paralysis. | Wood used in preparation of the best charcoal for the manufacture of black gunpowder. |
| Calligonum comosum | Abal, Arta | Polygonaceae | Shrub | Sand, high dunes | Rare in Qatar and also recorded in Bahrain, Kuwait, Saudi Arabia, and UAE | The woody base was used for firewood. | The plant species used for fodder. |
| Calotropis procera | Sodomin's, ushar, ashkhar | Asclepiadaceae | Small tree | Farms, roadsides and gardens | Local in Qatar and also recorded in Bahrain, Kuwait, and UAE | The woody base was used for firewood. | The plant species used for fodder. |
| Capparis cartilaginea | Shafallah | Capparaceae | Shrub | Stony and rocky areas and compact silty soils in depressions and road sides | Arabian Gulf including Qatar and Israel, Iraq, South Iran North and Tropical East Africa | It is used for bruises, childbirth, earache, headache, paralysis, snakebite and swelling. It is highly useful in landscape gardening, afforestation and reforestation. They can stop (continued on next page) | (continued on next page) |
| Botanical name                        | Arabic name          | Family             | Habit         | Habitat                        | Distribution                                                                 | Medicinal uses                                                                 | Other uses                                |
|--------------------------------------|----------------------|--------------------|---------------|--------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------|
| *Centaurea pseudoinaica*              | Birkan, murrar       | Asteraceae         | Annual herb   | Shallow sandy deposits         | Common in Qatar and also recorded in Kuwait, E Saudi Arabia, and UAE          | It is used to cure wounds and kidney disorders.                               | soil erosion and preserve agricultural land. |
| *Citrus colocynthis (L.) Schrad.*    | Handhal, Shary, Hadaj| Cucurbitaceae      | Perennial herb | Sandy areas                    | Common in Qatar also recorded in Bahrain, Kuwait, E Saudi Arabia, and UAE    | The plant is well known to have strong laxative properties; other medicinal uses include treatment of dog, insect and snake bites; to relieve pain in joints and as a hair dye. | The ripe fruit were used to prepare gunpowder. |
| *Cleome amblyocarpa*                  | Mnitna, oum jlaie    | Capparaceae        | Annual herb   | Sandy saline depressions       | Local Qatar and also recorded in E Saudi Arabia, UAE                         | The plant used to treat abdominal and rheumatic pains.                       |                                                                                     |
| *Cleome brachycarpa*                  | Zaafl, mkhaysah      | Capparaceae        | Annual herb   | Sandy and saline               | Rare in Qatar and also recorded in UAE                                       | Used as a diuretic and astringent a powerful narcotic and stomach irritant.   |                                                                                     |
| *Convulvulus glomeratus*              | Ullayq               | Convolvulaceae     | Perennial herb | Recorded from cultivated in light or sandy soils                          | Rare in Qatar and also recorded in UAE                                       | Taken as a purgative.                                                        |                                                                                     |
| *Convulvulus virgatus*                | Adlam, hub al-risha  | Convolvulaceae     | Perennial herb | It grows on dry sandy and gravelly soils                                   | Recorded in Qatar and Pakistan (Baluchistan), S. Iran, Muscat, Oman          |                                                                                     |                                                                                     |
| *Convolvulus virgatus*                | Delile               | Chenopodiaceae     | Shrub         | Coastal areas and deeper saline sand                                      | Common in Qatar and also recorded in Bahrain, E Saudi Arabia, and UAE        | Leaves are used to treat jaundice.                                            |                                                                                     |
| *Crotalaria persica*                  | Nzah                 | Fabaceae           | Shrub         | Low sand dunes                 | Recorded in Qatar and native in UAE, Oman Ethiopia, Iran, Somalia, and Pakistan| Whole plant crushed and boiled in water given in constipation.                |                                                                                     |
| *Dodonaea viscosa*                    | Shahus, shatt, gashaar| Sapindaceae        | Small tree    | Mainly planted by road sides                                              | Common in Qatar and also recorded in Saudi Arabia, and UAE                    | The leaves are used for treating toothache.                                   | As an ornamental and for screening; often clipped into hedges. It is also useful for control of soil erosion. |
| *Fagonia indica*                      | Dhuraymah, shwaikah, shka'e | Zygophyllaceae | Perennial herb | Harder substrates               | Common in Qatar and also recorded in Bahrain, E Saudi Arabia, and UAE         | Powdered leaves and roots boiled in water taken by mouth as a treatment for colic, or to soothe fever. Whole plant boiled in water used to wash in cases of venereal disease or mixed with thyme taken by mouth to treat kidney stones and eye problems. |                                                                                     |
| *Gisekia pharnacioides*               | Dedman               | Molluginaceae      | Annual herb   | Sandy, disturbed soils often in orchards                                  | Recorded in Arabian Gulf and widespread in Africa, Florida, Iran, and Pakistan. | Traditionally the plant is used on swellings. However it is also use to cause abortion. The plant is used as tranquilizer to treat headaches. | It is often collected as fodder for cattle, goat and sheep. Good fodder for camels grazing when annuals and grasses are not available. A source of firewood. |
| *Grewia erythrea*                     | Sherhaan, ghada      | Tiliaceae          | Small tree    | Hillsides                      | Recorded in Arabian Gulf and Iran, Pakistan, India, Sri Lanka and Africa     | The plant traditionally used to treat hypoglycaemia.                          |                                                                                     |
| *Haloxylon salicornicum*              | Rimth                | Chenopodiaceae     | Shrub         | Shallow to deep sands or silty soil                                       | Local in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, and UAE | The plant is used to cure scorpion stings. It is used to ‘strengthen back muscles after childbirth, chest pains, flatulence, stomach problems and as a sedative. |                                                                                     |
| *Haplophyllum tuberculatum*           | Musaykah, taf al-tais/ sinan at-tais | Rutaceae          | Shrub         | Sandy soils                    | Local in Qatar and also recorded in Bahrain, Kuwait, Saudi Arabia, and UAE    |                                                                                     |                                                                                     |
| Species                                      | Common Names                    | Family              | Type            | Habitat                                      | Distribution                                      | Uses                                                                                   |
|----------------------------------------------|---------------------------------|---------------------|-----------------|----------------------------------------------|---------------------------------------------------|--------------------------------------------------------------------------------------------|
| *Heliotropium kotschyi* (Bunge) Gürke       | Turnsole, Heliotrope, Ramarim, Dhanab al-Qarq | Boraginaceae        | Shrub           | Sandy, often compacted soils, including coastal beach sand | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, and UAE | Dried powdered leaves are used as a poultice for abscesses, boils, sprains and swellings. Also used for treating ulcers, mouth blisters and snake bites. The roots are used for an analgesic and as an anti-inflammatory; leaves are used as a hair wash. The plant known in medicine from the earliest times used to treat chest and throat problems, and epilepsy. It is also used for Insecticide. |
| *Indigofera oblongifolia* Forssk.           | Hasar                           | Fabaceae            | Shrub           | It is found in grassland, sandy and stoney soils, and near streams. | Rare in Qatar and also recorded in UAE            | Used in traditional medicine to cure many diseases such as cough, cold, diarrhoea and inflammatory skin disorder. The whole plant is used against diarrhoea and as an astringent. Used in traditional medicine to cure many diseases such as cough, cold, diarrhoea and inflammatory skin disorder. The whole plant is used against diarrhoea and as an astringent. |
| *Lavandula submuda* Benth.                  | Harq, Somr, Lavander            | Lamiaceae           | Perennial herb  | Rocky habitats                               | Recorded in Arabian Gulf and widespread in North Africa | Used in traditional medicine to cure many diseases such as cough, cold, diarrhoea and inflammatory skin disorder. The whole plant is used against diarrhoea and as an astringent. Used in traditional medicine to cure many diseases such as cough, cold, diarrhoea and inflammatory skin disorder. The whole plant is used against diarrhoea and as an astringent. |
| *Leptadenia pyrotechnica* (Forssk.) Decne.  | Markh, Shajarat al Nar           | Asclepiadaceae      | Shrub           | Sandy habitats                               | Local in Qatar and also recorded in Bahrain, E Saudi Arabia, and UAE | The plant medicinally used as a diuretic, laxative and tonic. Grazed by animals and the berries are eaten by man; the leaves provide browsing for camels. Widely planted in towns for shade and landscaping. |
| *Leucas inflata* Benth.                     | Jeidad, rihana, rahl, qotnya     | Lamiaceae           | Perennial herb  | Stony desert wadis                           | Recorded in Arabian Gulf including Egypt, Sudan, Ethiopia, Eritrea | Used in traditional medicine to cure many diseases such as cough, cold, diarrhoea and inflammatory skin disorder. The whole plant is used against diarrhoea and as an astringent. Used in traditional medicine to cure many diseases such as cough, cold, diarrhoea and inflammatory skin disorder. The whole plant is used against diarrhoea and as an astringent. |
| *Limonium axillare* (Forssk.) Kuntze        | Qataf                           | Plumbaginaceae      | Shrub           | Saline habitat                               | Common in Qatar and also recorded in Bahrain, Saudi Arabia, and UAE | The plant medicinally used as a diuretic, laxative and tonic. Grazed by animals and the berries are eaten by man; the leaves provide browsing for camels. Widely planted in towns for shade and landscaping. |
| *Lycium shawii* Roem. & Schult.             | Awsaj                           | Solanaceae          | Shrub           | Sandy and silty depressions, runnels, wadis and on rocky slopes. | Common in Qatar and also recorded in Bahrain, E Saudi Arabia, and UAE | Eaten by camels. The buds are edible and dried hair is used as kindling. |
| *Monsonia nivea* (Decne.) Webb               | Qarnow, Dahmah                  | Geraniaceae         | Annual herb     | Gravel and stone plains                      | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, and UAE | Some local people boil it to cure fevers. The bitter roots are used medicinally, including as a diuretic and emetic. The leaves are used for the treatment of bronchitis and coughs. The entire plant is used as a stimulant and aphrodisiac. It is used in traditional medicine to cure diuretic. Leaves are used to remove the toxicity & sensitivity of snake bite, insect bite, and scorpions bite. Widely documented as an important grazing plant. It is also used for fire wood. |
| *Nerium oleander* L.                        | Haban                           | Apocynaceae         | Small tree      | Near running water                           | Recorded in Qatar, Oman and UAE                  | The bitter roots are used medicinally, including as a diuretic and emetic. The leaves are used for the treatment of bronchitis and coughs. The entire plant is used as a stimulant and aphrodisiac. It is used in traditional medicine to cure diuretic. Leaves are used to remove the toxicity & sensitivity of snake bite, insect bite, and scorpions bite. Widely documented as an important grazing plant. It is also used for fire wood. |
| *Paronychia arabica* (L.) DC.                | Arfaj, arfol al hamam, shadq al jamal | Caryophyllaceae     | Annual herb     | Shallow sandy soils                          | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, and UAE | The entire plant is used as a stimulant and aphrodisiac. It is used in traditional medicine to cure diuretic. Leaves are used to remove the toxicity & sensitivity of snake bite, insect bite, and scorpions bite. Widely documented as an important grazing plant. It is also used for fire wood. |
| *Pulicaria undulata* (L.) Kostel.            | Jithjath, Shay el-jebel         | Asteraceae          | Perennial herb  | Disturbed gravelly or silty soils            | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, and UAE | The entire plant is used as a stimulant and aphrodisiac. It is used in traditional medicine to cure diuretic. Leaves are used to remove the toxicity & sensitivity of snake bite, insect bite, and scorpions bite. Widely documented as an important grazing plant. It is also used for fire wood. |
| *Reseda acheri* Boiss.                      | Shawlah                         | Resedaceae          | Perennial herb  | Gravel plains                                | Rare in Qatar and also recorded in Kuwait, UAE   | Some local people boil it to cure fevers. The bitter roots are used medicinally, including as a diuretic and emetic. The leaves are used for the treatment of bronchitis and coughs. The entire plant is used as a stimulant and aphrodisiac. It is used in traditional medicine to cure diuretic. Leaves are used to remove the toxicity & sensitivity of snake bite, insect bite, and scorpions bite. Widely documented as an important grazing plant. It is also used for fire wood. |
| *Rhazya stricta* Decne.                     | Harmal, Adfar                   | Apocynaceae         | Shrub           | Tropical regions, alluvial plains and sandy areas | Local in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, and UAE | Recorded in Arabian Gulf and India, Pakistan, Afghanistan | Used in the treatment of digestive disorders and for its antimicrobial properties. Important medicinal plant in desert areas of Arabian Peninsula. Dry plant more effective than fresh one, leaves bitter. The plant is a general tonic, digestive, anti-inflammatory and anti-microbial, stimulant, anticancer, and pain killer. Widely documented as an important grazing plant. It is also used for fire wood. |

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| Botanical name               | Arabic name | Family          | Habit            | Habitat                        | Distribution                             | Medicinal uses                                                                 | Other uses                                                                 |
|-----------------------------|-------------|-----------------|------------------|-------------------------------|------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| Rhynchosia minima (L.) DC.   | Baql        | Fabaceae        | Perennial herb   | Sand and gravel               | Rare in Qatar and also recorded in UAE  | It used in the treatment of skin diseases.                                    |                                                                            |
| Rumex dentatus L.            | Khillah     | Polygonaceae    | Annual herb      | Damp and sandy soils          | Local in Qatar and also recorded in Kuwait, E Saudi Arabia, and UAE | It is used as a cooling agent against sunstroke and that the root is astringent and applied to skin disorders. The leaves and seeds are used to treat scorpion stings. |                                                                            |
| Rumex vesicatorius L.        | Hummayd     | Polygonaceae    | Annual Herb      | Rocky terrain in shallow deposits of sand or silt | Local in Qatar and also recorded in Kuwait, E Saudi Arabia, and UAE |                                                                            |                                                                            |
| Salsola imbricata Forssk.    | Khareet     | Chenopodiaceae  | Shrub            | Coastal saline areas          | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, UAE | The flowers are used as a diuretic and anti-inflammatory.                      |                                                                            |
| Salvia aegyptiaca L.         | Na‘aim/na‘eem, Ra‘al | Lamiaceae      | Shrub            | Shallow silty or sandy soils in rocky areas | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, UAE |                                                                            | The plant is used in the treatment of diarrhoea, gonorrhoea, haemorrhoids and eye diseases. Treatment of gangrenous, disinfection of body wounds and hoof and eye infection. Leaves are used for constipation and stomach cramps. |
| Scrophularia deserti Delelje | Zeita, ‘Afeena, Zafairah | Scrophulariaceae | Perennial herb    | Shallow sand or sandy runnels | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, UAE |                                                                            |                                                                            |
| Senecio alexandra Mill.      | Makki, Helul | Fabaceae        | Shrub            | A garden weed                 | Recorded in Arabian Gulf including Qatar, Bahrain, E Saudi Arabia, and UAE |                                                                            |                                                                            |
| Senecio italica Mill.        | Ishriq, helul | Fabaceae        | Shrub            | Compacted soils on gravelly and rocky areas | Recorded in Arabian Gulf including Qatar, Bahrain, E Saudi Arabia, and UAE |                                                                            |                                                                            |
| Sesuvium verrucosum Raf.     | Rohama, guwaiifa | Aizoaceae      | Shrub            | Moist or dry flats, saline or alkaline habitats | Recorded in Arabian Gulf, Saudi Arabia, Bahrain, and Americas |                                                                            |                                                                            |
| Suaeda vermiculata Forssk. ex J.F. Gmel. | Suweid | Chenopodiaceae  | Shrub            | Coastal saline habitats        | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, UAE |                                                                            |                                                                            |
| Tecomella undulata D.Don     | Farfar, ferfer | Bignoniaceae   | Small tree       | Drier parts                   | Recorded in Arabian Gulf including Qatar and Iran, Afghanistan, Pakistan and India |                                                                            |                                                                            |
| Tephrosia apollinea (Delile) Link | Dhafra, omayye, nafal | Fabaceae        | Shrub            | Sandy desert areas            | Recorded in Arabian Gulf including Qatar, Pakistan, Iran, Egypt, Eritrea, Sudan, Somali Socotra, and Ethiopia |                                                                            |                                                                            |
| Teucrium polium L.           | Ja‘ad/yaad   | Lamiaceae       | Perennial herb   | Stony runnels and silty soils | Local in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, and UAE |                                                                            |                                                                            |
| Trigonella hamosa L.         | Nafal, qutifa, qirqas, darjal | Fabaceae        | Annual herb      | Frequent or abundant in farms and gardens | Common in Qatar and also recorded in Bahrain, Kuwait, E Saudi Arabia, UAE |                                                                            |                                                                            |
| Withania somnifera (L) Dunal | Babu, sumal far, hamal balbool, Morgan, simm frakh | Solanaceae      | Shrub            | Recorded from cultivated in garden, sunny edge; dappled shade | Introduced in Arabian Gulf including Qatar, Iraq, S. Iran, Syria, Turkey, Palestine, Pakistan and India |                                                                            |                                                                            |

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Zaleya pentandra was last in rank in terms of plantation for urban landscaping (Table 2).

A total of 58 ethnobotanically important plant species were documented, with their different parts being used in a variety of medicines such as leaves (27.58%), roots (12.06%), stems (8.62%), seeds (10.34%), bark (1.72%), fruits (3.44%), flowers (6.89%), whole plant (12.06%), and others (6.5%) was reported (Fig. 2). Further, habitat preference studies shows that 67.25% belonged to xerophytes and 29.31% belongs to halophytes and few of them were xerohalophytes (3.44%) (Fig. 3). The percentage of recorded plant species used for curing each ailment was analyzed and it showed that maximum plant species (48.29%) used for curing common ailments i.e. wounds and boils, cough and cold, fever etc. followed by 32.76% plant species used for curing moderate ailments i.e. diarrhoea, cataract, ear disorders, hair loss etc. and less percentage of reported plant species (18.95%) used for curing serious ailments i.e. jaundice, ulcer, urinary disorders, anticancer etc. Analysis of the data revealed that single species or sometimes combinations of species were used for curing individual or numerous diseases together (Fig. 4).

In Gulf Cooperation Council (GCC) countries, native plants deserve special attention to their ecological, economical and medicinal importance.26,27 Large human populations in developing nations is dependent on plant resources for healthcare, because allopathic medicine can cure a wide range of diseases. However, its high prices and occasional side effects are causing many people to return to herbal medicines which tend to have fewer side effects.3 It is also a matter of great concern that the transmission of traditional knowledge is decreasing, through several generations, because of no proper way of documenting this heritage except to specific individuals interested in preserving their traditions.11,28 On the other hand, the native medicinal plants are under threat due to the effect of global warming, impact of climate change, overgrazing of animals, anthropogenic and developmental activities such as urbanization and growth of mega-structures. These are examples of the direct assault on nature resulting in the loss of local flora.7,29–31

The methods of using ethnobotanically valuable plants varied according to the nature of diseases. In some cases, most of the plant species were not used alone but together in specific amounts. In a majority of the cases, a decoction made of leaves, stems, barks, fruits and roots was administered or rubbed on the body for curing diseases. Most of the decoctions were prepared by crushing the plant parts with the help of mortar and pestle, but some were made by boiling plant parts in water, decanting the liquid and drinking it after cooling. Some plant decoctions were used directly on the wounds or the infected parts of the body. Paste of some plants was plastered to set dislocated or fractured bones or muscular pain. Some of the minor ailments like headache, cuts, and skin disorders were treated with external application. Some herbal medicines were taken on an empty stomach for best results and in others; there were some restrictions on food for the period of medication. The method of use of these plants varied according to the nature of different compounds present in different parts of the plants, with specific doses and nature of diseases.11

### 4. Conclusions and future strategies

This research summarized ethnobotanical uses of native plants distributed in desert climate of Arabian Gulf. Native plants represent a part of the natural heritage for the people of the entire Gulf region. Currently, there is no commercial nursery specialized in the production of indigenous plants in the Arabian Gulf. The main reason is the lack of scientific knowledge about the native plants,
particularly proper identification, conservation status, threat assessment, propagation techniques, quality planting materials, and ethnobotanical uses. This will also increase the awareness, particularly of the new generations, about the importance of native plants in desert climate and the natural heritage of the region. The present study provided a practical example of sustainable utilization of native plants for sustaining the traditional healthcare system based on ethnobotanical knowledge and scientific validation of available knowledge before its losses. The outcomes of the present

| Name of plants                  | Preference based on their use value | Total Ranking |
|--------------------------------|-------------------------------------|---------------|
| Tecomella undulata              | 1 5 1                               | 7 I           |
| Dodonaea viscosa                | 2 6 2                               | 10 II         |
| Nerium oleander                | 3 7 3                               | 13 III        |
| Capparis cartilaginea           | 4 8 4                               | 16 IV         |
| Aerva javanica                  | 5 9 5                               | 19 V          |
| Aeturopus lagopoides            | 6 10 6                              | 22 VI         |
| Saeda vermiculata               | 7 11 7                              | 25 VII        |
| Lavandula subhula               | 17 1 8                              | 26 VIII       |
| Arnebia hispidissima            | 9 2 17                              | 28 IX         |
| Leptadenia pyrotechnica         | 10 12 10                            | 32 X          |
| Lycium shawii                   | 11 13 11                            | 35 XI         |
| Blepharis ciliaris              | 12 14 12                            | 38 XII        |
| Ahagi graecorum                 | 13 15 13                            | 41 XIII       |
| Aizoon canariense               | 14 16 14                            | 44 XIV        |
| Rhanterium epapposum            | 15 17 15                            | 47 XV         |
| Calotropis procera              | 25 3 20                             | 48 XVI        |
| Calligonum comosum              | 8 20 21                             | 49 XVII       |
| Senecio italica                 | 22 19 9                             | 50 XVIII      |
| Citrullus colocynthis           | 23 4 24                             | 51 XIX        |
| Cleome brachycarpa              | 18 18 16                            | 52 XX         |
| Giseckia pharmacioides          | 16 21 18                            | 55 XXI        |
| Grevia erythraea                | 19 22 19                            | 60 XXII       |
| Halosyloiu salicornicum         | 23 22 22                            | 65 XXIII      |
| Convolvulus glomeratus          | 21 24 23                            | 68 XXIV       |
| Zaleya pentandra                | 24 25 25                            | 74 XXV        |

Fig. 1. Frequency (%) of medicinal plants is recorded in different plant families.

Fig. 2. Proportion (%) of medicinal plants used for curing variety of ailments.

Fig. 3. Frequency (%) of medicinal plants distributed on their type of nature.
study would help to better understanding and appreciating the multiple values and potential of native plants and also contribute narrowing the gap in the literature. This comprehensive information will help the local people, traditional healers, plant nursery owners, researchers, academicians, architects, landscape designers, land managers, conservation professionals and restoration specialists to identify and use the appropriate native plant species for different developmental schemes. Based on the present study, the following recommendations are suggested for future study:

- Develop and incorporate ethnobotanical knowledge/traditional health care system related curriculum in schools and universities so as to create awareness and interest among the masses.
- Support research and development activities to evaluate and standardise traditional phytomedicines in order to promote their safe, effective and affordable use.
- Establish appropriate and suitable frameworks and approaches for intellectual property rights (IPRs) and benefit sharing.
- Promote home/school herbal gardens by involving the local communities, research organizations and academic institutions.
- An urgent need to identify appropriate collection time of the plant parts used in traditional health care system and threat assessment of potential native plants in the entire Gulf region.
- Develop suitable strategy for prioritization, categorization and mass scale propagation of medicinal plants for urban land-scaping through linkages with government organizations and professional plant nursery owners.
- Encourage private and governmental nurseries for the production and conservation of potential native plants.
- Create awareness for documentation of ethnobotanical knowledge and ecologically, economically, and medicinally valuable native plants used for urban landscaping through trainings, workshops, exposure visits and publications.

Acknowledgements

The authors are thankful to local people, informants, field labours, traditional healers, plant nursery owners, researchers, and experts for their kind support and co-operation in this study. The partial financial support from the Qatar National Research Fund (Grant # 5-260-1-053) for this study is gratefully acknowledged.

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Conflicts of interest

There is no conflict of interest in this article.
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