

Abstract

Traditional healers in the Cholistan Desert of Pakistan play a crucial role in local healthcare, leveraging deep knowledge of the region's unique flora where modern medical facilities are scarce. This chapter documents 50 plant species from 45 genera and 26 families, comprising 26 herbs, 16 shrubs, and 6 trees, with grasses (Poaceae) and sedges (Cyperaceae) being the least common. Perennial plants dominate with 34 species, while 16 are annual. The most represented family is Fabaceae, followed by Amaranthaceae, Apocynaceae, Asteraceae, Convolvulaceae, Solanaceae, and Zygophyllaceae. Medicinal uses range from treating digestive disorders to skin conditions. Key plants include *Boerhavia diffusa* for stomach ailments and kidney stones; *Citrullus colocynthis*, *Prosopis cineraria*, and *Abutilon pannosum* var. *pannosum* for digestive issues; and *Cressa cretica* and *Cleome brachycarpa* for skin diseases. Preparation methods are mainly powders, decoctions, and infusions, with whole plants (27%), leaves (16%), and roots (12%) commonly used. This study underscores the essential role of traditional healers in preserving and transmitting medicinal knowledge, contributing to sustainable healthcare solutions. By documenting this heritage, the chapter ensures that the medicinal potential of Cholistan's plants continues to benefit local and global communities.