

Traditional Healing with Medicinal Plants in the Western Desert of Dhofar: A Study on *Peganum harmala* L and *Aloe vera* L. Burm. f.

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ABSTRACT

This study addresses the topic of traditional medicine with medicinal plants in the western desert of Dhofar Governorate, which is an area rich in heritage knowledge related to folk medicine that the inhabitants have relied on since ancient times to treat diseases. This region is characterized by the use of a variety of medicinal plants that have proven effective in treating several health issues, within therapeutic practices linked to the environment and local cultural heritage. Among the most prominent of these plants is the Harmal locally known as “Athifir” (*Peganum Harmala* L), which is one of the medicinal plants used since ancient times in alternative folk medicine to treat various types of diseases and health problems such as fever and skin ulcers. As for the local plant Sabra locally known as “Al-Saical (*Aloe vera* (L.) Burm.f), it is known for its ability to accelerate the healing of wounds and regenerate skin cells, and it is also used to disinfect wounds due to its antiseptic and soothing properties. The study also reviews the benefits and challenges associated with traditional treatments. The research is based on several main axes, where the first section discusses the types of folk plants used in treatment in the western desert of Dhofar, while the second section highlights the methods of their use and their therapeutic properties circulated among the inhabitants. It is expected that the study will reveal the extent of the spread and impact of traditional medicine with plants in the Dhofar desert, along with the culture and beliefs in preserving it, in addition to clarifying the extent of the local community’s acceptance of combining it with modern medicine.

