We claim,

1. An enriched *Withania somnifera* extract composition comprising 3-15% of withanolide glycosides, 2.5-8% of withanolide aglycones, and 0.01-0.7% of withaferin-A, for obtaining at least one health benefit selected from improving testosterone levels, energy levels, sustained energy, vigor, stamina, muscle mass and muscle strength; and reducing cortisol and stress.

2. The composition as claimed in claim 1, wherein the composition further comprises at least one additional component selected from the group consisting of biological agent(s); pharmaceutically acceptable active ingredients, vitamins, minerals; pharmaceutically or nutraceutically or dietically acceptable, excipients, carriers or diluents.

3. The composition as claimed in claim 2, wherein the pharmaceutically or nutraceutically or dietically acceptable excipients, carriers and diluents are selected from glucose, fructose, sucrose, maltose, sucralose, acelfame K, yellow dextrin, white dextrin, aerosil, microcrystalline cellulose, neusilin, calcium stearate, magnesium stearate, sorbitol, stevioside, monoaamonium glycyrrhizinate, sodium alginate, com syrup, lactose, citric acid, tartaric acid, malic acid, succinic acid, lactic acid, L-ascorbic acid, dl-alpha-tocopherol, glycerin, propylene glycol, glycerin fatty ester, poly glycerin fatty ester, sucrose fatty ester, sorbitan fatty ester, propylene glycol fatty ester, acacia, carrageenan, casein, gelatin, pectin, agar, vitamin B group, nicotinamide, calcium pantothenate, amino acids, proteins, calcium salts, pigments, flavors, preservatives, distilled water, saline, aqueous glucose solution, alcohol, propylene glycol and polyethylene glycol, various animal and vegetable oils, white soft paraffin, paraffin, flavorants, colourants and wax.

4. The composition as claimed in claim 3, wherein the composition(s) is formulated into a dosage form selected from dry powder form, liquid form, beverage, food product, dietary supplement or any suitable form including a tablet, a capsule, a soft chewable tablet or a gummy bear.

5. The composition as claimed in claim 1, wherein the Withania somnifera plant parts used for preparing the composition is selected from roots, stems, leaves, tender stems, tender twigs, aerial parts or whole plant or mixtures thereof.

6. A process for the preparation of *Withania somnifera* extract composition comprising 3-15% of withanolide glycosides, 2.5-8% of withanolide aglycones, and 0.01-0.7% of withaferin-A; wherein the said process comprises the steps of;

(i) Extracting powdered *Withania somnifera* root raw material with organic solvent/aqueous organic solvent followed by concentration of the extract under vacuum and temperature to obtain extract concentrate;

(ii) Adjusting the pH of the said extract concentrate to in the range of pH 8.5 to 12 using inorganic bases at ambient temperature;

(iii) Re-extracting the pH adjusted extract concentrate with a water immiscible organic solvent, followed by evaporation of organic solvent to obtain a thick paste and finally drying the said paste to obtain the extract composition.

7. The process for the preparation of *Withania somnifera* extract composition as claimed in claim 6, wherein the solvent is selected from C_1- C_5 alcohols like ethanol, methanol, n-propanol, isopropyl alcohol; or water; or mixtures thereof.

8. The process for the preparation of *Withania somnifera* extract composition as claimed in claim 6, wherein the inorganic base is selected from potassium carbonate, potassium hydroxide, sodium bicarbonate, sodium carbonate and sodium hydroxide.

9. A method, excluding any method of treatment by therapy, of improving testosterone levels, energy levels, sustained energy, vigor, stamina, muscle mass and muscle strength; reducing cortisol and stress in mammals; wherein the method comprises supplementing the human subject with an effective dose of Withania somnifera extract composition comprising withanolide glycosides in the range of 3-15%, withanolide aglycones in the range of 2.5-8%, and withaferin-A in the range of 0.01-0.7%; and comprising at least one additional ingredient selected from the group consisting biological agent(s); pharmaceutically acceptable active ingredients, vitamins, minerals; pharmaceutically or nutraceutically or dietically acceptable, excipients, carriers or diluents.

10. Use of *Withania somnifera* extract composition comprising withanolide glycosides in the range of 3-15%, withanolide aglycones in the range of 2.5- 8%, and withaferin-A in the range of 0.01-0.7%; and comprising at least one additional ingredient selected from the group consisting of biological agent(s); pharmaceutically acceptable active ingredients, vitamins, minerals; pharmaceutically or nutraceutically or dietically acceptable, excipients, carriers or diluents, excluding use in a method of treatment by therapy, for improving testosterone levels, energy levels, sustained energy, vigor, stamina, and muscle mass and muscle strength.