We claim:

1. A water formulation comprising:

a) an herbal composition selected from Ocimum sanctum extract, Withania somnifera extract, Tinospora cordifolia extract, Garcinia cambogia extract, Bacopa monnieri extract or mixture thereof;

b) a Vitamin D3 nanogel; and

c) an essential oil composition selected from rosemary oil, spearmint oil, menthol mint oil, cardamom oil or mixture thereof.

2. The water formulation as claimed in claim 1, wherein Ocimum sanctum extract, Withania somnifera extract, Tinospora cordifolia extract, Garcinia cambogia extract and Bacopa monnieri extract are each present in the water formulation at a concentration in the range from 0.25 g/L to 2.28 g/L.

3. The water formulation as claimed in claim 1, wherein vitamin D3 is present at a concentration in the range from 1012 IU/L to 6072 IU/L.

4. The water formulation as claimed in claim 1, wherein rosemary oil, spearmint oil, menthol mint oil and cardamom oil are each present in the essential oil composition at a concentration in the range from 1.26 pL/L to 11.38 pL/L.

5. The water formulation as claimed in claim 2, wherein each of Ocimum sanctum extract, Withania somnifera extract, Tinospora cordifolia extract, Garcinia cambogia extract and Bacopa monnieri extract is present in the herbal composition at a concentration range of 7% w/w to 60% w/w.

6. The water formulation as claimed in claim 3, wherein each of rosemary oil, spearmint oil, menthol mint oil and cardamom oil are present in the essential oil composition at a concentration range of 8% v/v to 25% v/v.

7. . A method for preparation of water formulation as claimed in claim 1, comprising: a. preparing an herbal composition, wherein the herbal composition comprises Ocimum sanctum extract, Withania somnifera extract, Tinospora cordifolia extract, Garcinia cambogia extract and Bacopa monnieri extract; b. preparing vitamin D3 nanogel; c. preparing an essential oil composition, wherein the essential oil composition comprises rosemary oil, spearmint oil, menthol mint oil and cardamom oil; d. homogenizing the mixture of herbal composition obtained in step a), vitamin D3 nanogel obtained in step b) and essential oil composition obtained in step c) to obtain composite composition; and e. dissolving the composite composition obtained in step (d) in water to obtain a water formulation.

8. . The method as claimed in claim 7 , wherein Ocimum sanctum extract, Withania somnifera extract, Tinospora cordifolia extract, Garcinia cambogia extract or Bacopa monnieri extract are prepared by a method comprising: a. treating raw Ocimum sanctum, Withania somnifera, Tinospora cordifolia, Garcinia cambogia or Bacopa monnieri with methanol-water solvent, wherein methanol and water are present at a ratio of 7:3 to obtain a supernatant containing the extract; and b. evaporating the solvent from the supernatant to obtain Ocimum sanctum extract, Withania somnifera extract, Tinospora cordifolia extract, Garcinia cambogia extract or Bacopa monnieri extract.

9. . The method as claimed in claim 8, wherein the treatment with methanol- water solvent is carried at a temperature in a range from 30°C to 50°C.

10. The method as claimed in claim 8, wherein the treatment with methanol- water solvent is carried for a period in a range from 0.5 hours to 3.5 hours.

11. The method as claimed in claim 7, wherein each of Ocimum sanctum extract, Withania somnifera extract, Tinospora cordifolia extract, Garcinia cambogia extract and Bacopa monnieri extract is present in the herbal composition at a concentration range of 7% w/w to 60% w/w.

12. The method as claimed in claim 7, wherein each of rosemary oil, spearmint oil, menthol mint oil and cardamom oil are present in the essential oil composition at a concentration range of 8% v/v to 25% v/v.

13. . The method as claimed in claim 7, wherein vitamin D3 is present in the water formulation at a concentration in the range from 1012 IU/L to 6072 IU/L.