

WHAT IS CLAIMED IS:

1. An herbal composition comprising:
a Vitex negundo extract;
a Cardiospermum halicacabum extract; and
a Bambusa arundinacea extract.
2. The composition according to claim 1, further comprising a Citrus sinensis extract.
3. The composition according to claim 1, further comprising a Boswellia serrata extract or a Curcuma longa extract.
4. The composition according to claim 1, further comprising a Boswellia serrata extract and a Curcuma longa extract.
5. The composition according to claim 2, further comprising a Boswellia serrata extract or a Curcuma longa extract.
6. The composition according to claim 2, further comprising a Boswellia serrata extract and a Curcuma longa extract.
7. The composition according to claim 1, wherein the composition comprises:
from about 20% to about 40% of the Vitex negundo extract, by weight relative to the total weight of the herbal composition;
from about 30% to about 50% of the Cardiospermum halicacabum extract, by weight relative to the total weight of the composition; and
from about 2% to about 10% of the Bambusa arundinacea extract, by weight relative to the total weight of the composition.

8. The composition according to claim 7, further comprising from about 2% to about 10% of a *Citrus sinensis* extract, by weight relative to the total weight of the composition.

9. The composition according to claim 8, further comprising:
from about 2% to about 10% of a *Boswellia serrata* extract, by weight relative to the total weight of the composition; and
from about 10% to about 20% of a *Curcuma longa* extract, by weight relative to the total weight of the composition.

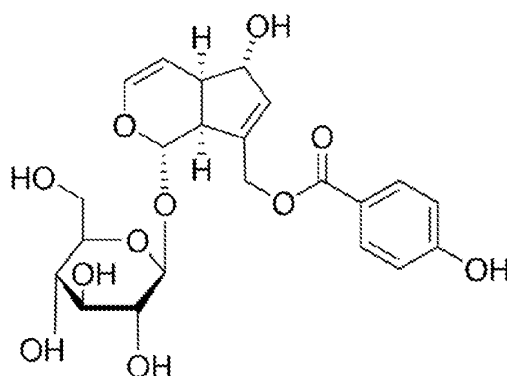
10. The composition according to claim 1, wherein the weight ratio of the *Vitex negundo* extract to the *Cardiospermum halicacabum* extract ranges from about 1:1 to about 1:2.5.

11. The composition according to claim 1, wherein the weight ratio of the *Vitex negundo* extract to the *Cardiospermum halicacabum* extract ranges from about 1:1.1 to about 1:1.5.

12. The composition according to claim 1, wherein the composition does not comprise glucosamine.

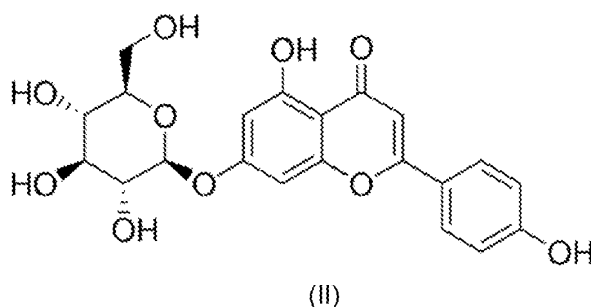
13. The composition according to claim 1, wherein the composition further comprises a Green tea extract, a *Delonix elata* extract, an *Aesculus hippocastanum* extract, a *Citrus limon* extract, an *Ashwagandha* extract, a *Murraya koenigii* extract, a *Bacopa monnieri* extract, an *Evolvulus alsinoides* extract, a *Wrightia tinctoria* extract, a *Sophora japonica* extract, a *Cissus quadrangularis* extract, a *Commiphora mukul* extract, a *Terminalia arjuna* extract, a *Momordica charantia* extract, a *Phyllanthus niruri* extract, or an *Ocimum sanctum* extract, or any combination thereof.

14. The composition according to claim 1, wherein the composition is a dietary supplement.
15. The composition according to claim 1, further comprising at least one pharmaceutically acceptable excipient or antioxidant.
16. The composition according to claim 1, wherein the Vitex negundo extract comprises at least one iridoid glycoside.
17. The composition according to claim 1, wherein the at least one iridoid glycoside is a compound according to Formula (I):



(I)

- or a pharmaceutically acceptable salt or solvate thereof.
18. The composition according to claim 1, wherein the Cardiospermum halicacabum extract comprises at least one hydroxy flavone derivative.
19. The composition according to claim 18, wherein the at least one hydroxy flavone derivative is a compound according to Formula (II):



or a pharmaceutically acceptable salt or solvate thereof.

20. An herbal composition comprising:

a *Vitex negundo* extract;

a *Cardiospermum halicacabum* extract; and

glucosamine.

21. The composition according to claim 20, further comprising a *Citrus sinensis* extract.

22. The composition according to claim 21, further comprising a *Bambusa arundinacea* extract.

23. The composition according to claim 22, further comprising a *Boswellia serrata* extract and a *Curcuma longa* extract.

24. The composition according to claim 19, wherein the composition comprises:

from about 5% to about 20% of the *Vitex negundo* extract, by weight relative to the total weight of the herbal composition;

from about 10% to about 30% of the *Cardiospermum halicacabum* extract, by weight relative to the total weight of the composition; and

from about 30% to about 50% of the glucosamine, by weight relative to the total weight of the composition.

25. The composition according to claim 24, further comprising from about 2% to about 10% of a *Citrus sinensis* extract, by weight relative to the total weight of the composition.

26. The composition according to claim 25, further comprising from about 2% to about 10% of a *Bambusa arundinacea* extract, by weight relative to the total weight of the composition.

27. The composition according to claim 26, further comprising:
from about 2% to about 10% of a *Boswellia serrata* extract, by weight relative to the total weight of the composition; and
from about 10% to about 20% of a *Curcuma longa* extract, by weight relative to the total weight of the composition.

28. The composition according to claim 20, wherein the weight ratio of the *Vitex negundo* extract to the *Cardiospermum halicacabum* extract ranges from about 1:1.5 to about 1:2.5.

29. A method of making an herbal composition comprising:
extracting *Vitex negundo* aerial parts to form a *Vitex negundo* extract;
extracting *Cardiospermum halicacabum* aerial parts to form a *Cardiospermum halicacabum* extract;
combining the *Vitex negundo* extract and the *Cardiospermum halicacabum* extract; and
blending the combined extracts.

30. A method of improving joint health in a subject, comprising:
administering an herbal composition to the subject, wherein the herbal composition comprises a *Vitex negundo* extract and a *Cardiospermum halicacabum* extract.