We claim,

1. A non-therapeutic use of ~~A~~ a Sphaeranthus indicus derived herbal ingredient selected from ~~the~~ extracts and fractions standardized to at least one frullanolide/eudesmanoid sesquiterpene compound as a natural energy enhancer ~~to~~ for ~~provide~~ providing an onset and steady maintenance of energy and mental alertness in a warm blooded healthy animal or mammal in need thereof.

2. A non-therapeutic use of ~~A~~ a composition comprising at least one Sphaeranthus indicus derived herbal ingredient selected from ~~the~~ extracts and fractions standardized to at least one frullanolide/eudesmanoid sesquiterpene compound in combination with at least one biologically active ingredient selected from extract of Garcinia mangostana fruit rind, Osmium basilicum, Zingiber officinalis, Tribulus terrestris, vitamins, amino acids, taurine, an extract of Ginkgo biloba, Rhodiola and an extract of guarana, optionally containing an excipient, diluent or carrier, as a natural energy enhancer ~~to~~ for providing ~~provide~~ an onset and steady maintenance of energy and mental alertness in a warm blooded healthy animal or mammal in need thereof.

3. A non-therapeutic use of ~~A~~ a composition comprising at least one Sphaeranthus indicus derived herbal ingredient selected from ~~the~~ extracts and fractions standardized to at least one frullanolide/eudesmanoid sesquiterpene compound in combination with an extract of Garcinia mangostana fruit rind standardized to α-mangostin or γ-mangostin or both and at least one excipient/diluent as a natural energy enhancer ~~to~~ for ~~provide~~ providing an onset and steady maintenance of energy and mental alertness in a warm blooded healthy animal or mammal in need thereof.

4. The use ~~Sphaeranthus indicus derived ingredient according to~~ as claimed in any one of claims 1 to 3, wherein the compound for standardization is selected from the group consisting of 7-hydroxyfrullanolide; 11α,13-dihydro-3α,7α-dihydroxy-4,5-epoxy-6β,7- eudesmanolide; 11α,13-dihydro-7α-acetoxy-3β-hydroxy-6β,7-eudesm-4-enolide; 3-keto-β-eudesmol; 11α,13-dihydro-3α,7α-dihydroxyeudesm-4-en-6α, 12-olide; 11α,13-dihydro-3α,7α-dihydroxyfrullanolide; 11α,13-dihydro-7α,13-

dihydroxyfrullanolide; 11α,13-dihydro-7α-hydroxy-13-methaoxyfrullanolide; 2α,7α-dihydroxy-4-en-l l,13-dihydroeudesm-6,12-olide; 2α-hydroxycostic acid; 3-keto-7α-hydroxyeudesm-4-en-6,12-olide (cryptomeridiol); 4-epicryptomeridiol; sphaeranthanolide; 2α-hydroxysphaerantholide; 2α-acetoxysphaerantholide; 2α,7α-dihydroxysphaerantholide; 2α-acetoxy-7α-hydroxysphaerantholide and 2α- acetoxy-5α-hydroxyisosphaerantholide or mixtures thereof.

5. The use ~~Sphaeranthus indicus derived ingredient~~ as claimed in claims 1 ~~and~~ or 2, wherein the Sphaeranthus indicus derived ingredient is obtained from at least one of the plant part selected from leaves, flower heads, stem, root, whole plant or mixtures thereof or is chemically synthesized.

6. The use ~~herbal extracts and fractions~~ as claimed in any one of claims 1 to 3, wherein the extracts and the fractions are obtained by extraction with a solvent ~~for extracting or fractionating is~~ selected from the group consisting of C1 to C5 alcohols; C1 to C7 hydrocarbons; esters; water and mixtures thereof.

7. The use as claimed in claim 1 or 2, wherein the extracts and fractions are standardized to 7-hydroxyfrullanolide/other frullanolide/eudesmanoid sesquiterpene(s) compound.

~~7~~8. The use ~~Sphaeranthus indicus extracts or fractions standardized to at least one frullanolide/eudesmanoid sesquiterpene compound~~ as claimed in claims ~~1 and 2~~, wherein the concentration of the active compound 7-hydroxyfrullanolide/other frullanolide/eudesmanoid sesquiterpene(s) in the extract(s) and fraction(s) ~~derived from Sphaeranthus indicus~~ either individually or together varies in the range of 0.01% to 99.99%.

9. The use as claimed in claim 7, wherein the extracts and fractions are standardized to 5% 7-hydroxyfrullanolide.

~~8~~10. The ~~compositions~~ use as claimed in claims 2 ~~and~~ or 3, wherein the concentration of active compounds, α-mangostin and γ-mangostin, either individually or jointly in Garcinia mangostana derived extract~~(s)~~ or fraction~~(s)~~ varies from 0.01% to 99.99%.

~~9~~11. The ~~herbal ingredient or composition~~ use as claimed in any one of claims 1 to 3, wherein ~~said~~ the ingredient or the composition is formulated into a dietary supplement, food ingredient, beverage, snack or energy drink.

~~10~~12. The ~~herbal ingredient derived from Sphaeranthus indicus standardized to 7-hydroxyfrullanolide~~ use as claimed in ~~according to~~ claim 1, wherein the ingredient is used for enhancing physical activity, physical fitness, mental alertness, enhancing energy levels, stamina levels, circulatory health, blood vessel health and for providing better mental health in warm blooded healthy animal or mammal.

~~11~~13. The ~~composition~~ use ~~according to~~ as claimed in claim 2 or 3, wherein the composition is used for enhancing physical activity, physical fitness, mental alertness, enhancing energy levels, stamina levels, circulatory health, blood vessel health and for providing better mental health in warm blooded healthy animal or mammal.

~~12~~14. A non-therapeutic method of enhancing natural energy to provide an onset and steady maintenance of energy and mental alertness in a warm blooded healthy animal or mammal in need thereof, wherein the method comprises administering to ~~a subject or mammal or~~ the warm blooded healthy animal or mammal an ~~therapeutically~~ effective quantity of at least one Sphaeranthus indicus derived herbal ingredient selected from ~~the~~ extracts and fractions standardized to at least one frullanolide/eudesmanoid sesquiterpene compound ~~as claimed in claim 1~~.

~~13~~15. A non-therapeutic method of enhancing natural energy to provide an onset and steady maintenance of energy and mental alertness in a warm blooded healthy animal or mammal in need thereof, wherein the method comprises administering to ~~a subject~~

~~or mammal or~~ the warm blooded healthy animal or mammal an ~~therapeutically~~ effective quantity of ~~a~~ the composition as claimed in claim 2.

~~14~~16. A non-therapeutic method of enhancing natural energy to provide an onset and steady maintenance of energy and mental alertness in a warm blooded healthy animal or mammal in need thereof, wherein the method comprises administering to ~~a subject or mammal or~~ the warm blooded healthy animal or mammal an ~~therapeutically~~ effective quantity of ~~a~~ the composition as claimed in claim 3.