We claim,

1) A synergistic herbal composition comprising combination of a first ingredient selected from the extract(s), fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the ~~plant parts~~fruit rind of *Punica granatum* and a second ingredient selected from the extract, fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the ~~plant parts~~seed of *Theobroma cacao* for obtaining at least one health benefit related to enhanced anabolic and androgenic activities in the body selected from improving testosterone levels, energy levels, sustained energy, vigor, stamina, healthy aging, cellular longevity, muscle mass, muscle strength sexual function (libido and erectile function) and psychological well-being (mood and focus); reducing stress and alleviating the symptoms associated with the low levels of testosterone in humans.

2) The synergistic herbal composition~~s~~ as claimed in claim 1, wherein the symptoms associated with low levels of testosterone are selected from loss of libido, loss of erectile function, abdominal obesity, decreased muscle mass and strength, fatigue, mood swing, decreased bone density, decreased motivation, decreased memory and concentration.

3) The synergistic herbal composition as claimed in claim 1, where~~-~~in the weight of the first ingredient varies in the range of 10%-90% and the weight of the second ingredient varies in the range of 90% -10% in the composition.

4) The synergistic herbal composition as claimed in claim 1, wherein said composition is standardized to punicalagins in the concentration range of 0.1% to 20% by weight of the composition and theobromine in the concentration range of 0.1% to 10% by weight of the composition.

5) The synergistic herbal composition~~s~~ as claimed in claim 1, wherein the synergistic herbal composition~~s~~ further ~~contain optionally~~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.

6) The synergistic herbal composition~~s~~ as claimed in claim 5, where~~—~~in the pharmaceutically or nutraceutically or dietically acceptable excipients, carriers and diluents are selected from monosaccharide~~'~~s ~~such as~~comprising glucose, dextrose, fructose, galactose ~~etc.~~; ~~Disaccharides~~ disaccharides ~~such as but not limited to~~comprising sucrose, maltose, lactose, lactulose, trehalose cellobiose, chitobiose ~~etc.~~; p~~P~~olycarbohydrates ~~such as~~comprising s~~S~~tarch and modified starch ~~such as~~comprising s~~S~~odium starch glycolate, pre gelatinized

starch, soluble starch, and other modified starches ~~such as but not limited to~~comprising Ultrasperse A & Ultra-tex 4; d~~D~~extrins that are produced by hydrolysis of starch or glycogen ~~such as~~comprising yellow dextrin, white dextrin, m~~M~~altodextrin etc.; p~~P~~olyhydric alcohols or sugar alcohols comprising ~~such as but not limited to~~ s~~S~~orbitol, mannitol, inositol, xylitol, isomalt ~~etc.~~; cellulose based derivatives comprising ~~such as but not limited to~~ microcrystalline cellulose, hydroxy propyl methyl cellulose, hydroxy ethyl cellulose ~~etc.~~; silicates comprising ~~such as but not limited to~~ neusilin, veegum, t~~T~~alc, colloidal silicon dioxide ~~etc~~.; metallic stearates comprising~~such as but not limited to~~ calcium stearate, magnesium stearate, zinc s~~S~~tearate ~~etc.~~; o~~O~~rganic acids comprising ~~such as~~ citric acid, tartaric acid, malic acid, succinic acid, lactic acid, L-ascorbic acid ~~etc.~~; f~~F~~atty acid esters and esters of poly sorbate, natural gums comprising ~~such as but not limited to~~ acacia, carrageenan, Guar gum, Xanthan gum ~~etc.~~; vitamin B group, nicotinamide, calcium pantothenate, amino acids, proteins comprising ~~such as but not limited to~~ casein, gelatin, pectin, agar; organic metal salts comprising ~~such as but not limited to~~ sodium chloride, calcium chloride, dicalcium phosphate, zinc s~~S~~ulphate, zinc chloride ~~etc.~~; n~~N~~atural pigments, flavors, Class I & Class II preservatives and aqueous, alcoholic, hydro-alcoholic, organic solutions of above listed ingredients alone or in combination.

7) The synergistic herbal composition as claimed in claim 5, where~~-~~in the composition ~~(s) can be~~is formulated into a dosage form selected from dry powder form, liquid form, beverage, food product, dietary supplement or any suitable form comprising ~~such as~~ tablet, a capsule, a soft chewable tablet or gummy bear.

8) The synergistic herbal composition as claimed in claim 5, where~~-~~in the composition~~s~~ ~~can be~~is formulated into a nutritional/dietary supplement~~s~~ selected from the dosage form of healthy food~~s~~, or food for specified health uses comprising ~~such as~~ solid food ~~like~~ including chocolate or nutritional bars, semisolid food like cream, jam, or gel or beverage including ~~such as~~ refreshing beverage, lactic acid bacteria beverage, drop, candy, chewing gum, gummy candy, yoghurt, ice cream, pudding, soft adzuki bean jelly, jelly, cookie, tea, soft drink, juice, milk, coffee, cereal, snack bar.

~~9) The synergistic compositions as claimed in claims 1 to 5, wherein the extract, fraction, active compound or phytochemical is obtained from at least one plant part selected from the group consisting of leaves, stems, tender stems, tender twigs, aerial parts, whole fruit, fruit rind, seed, root, bark, hardwood and mixtures thereof.~~

~~10~~9) The synergistic herbal composition~~s~~ as claimed in any one of claims 1 to 5, wherein the extracts ~~, fraction, active compound or phytochemical~~ are produced using at least one solvent

selected from ~~but not limited to~~ C1-C5 alcohols comprising ~~like~~ ethanol, methanol, n-propanol, isopropyl alcohol; ketones comprising ~~like~~ acetone, methylisobutyl ketone, chlorinated solvents comprising ~~like~~ methylene dichloride and chloroform, water and mixtures thereof; C1-C7 hydrocarbons comprising ~~such as~~ hexane; esters comprising ~~like~~ ethyl acetate ~~and the like~~ and mixtures thereof.

~~11~~10) A method, excluding any method of treatment by therapy, of obtaining at least one health benefit related to enhanced anabolic and androgenic activities in the body selected from improving testosterone levels, energy levels, sustained energy, vigor, stamina, healthy aging, cellular longevity, muscle mass, muscle strength sexual function (libido and erectile function) and psychological well-being (mood and focus); reducing stress and alleviating the symptoms associated with the low levels of testosterone in humans, wherein the method comprises supplementing the human subject with an effective dose of a synergistic herbal composition~~s~~ comprising combination of a first ingredient selected from the extract(s), fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the ~~plant parts~~fruit rind of *Punica granatum* and a second ingredient selected from the extract(s), fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the ~~plant parts~~seed of *Theobroma cacao.*

~~12~~11) The method ~~of obtaining at least one health benefit related to enhanced anabolic and androgenic activities in the body~~ as claimed in claim ~~11~~10, wherein the ~~method comprises supplementing or treating the said mammal or warm blooded animal with a therapeutically effective amount of a synergistic herbal compositions comprising combination of a first ingredient selected from the extract(s), fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the plant parts of *Punica granatum* and a second ingredient selected from the extract(s), fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the plant parts of *Theobroma cacao* and optionally containing~~synergistic herbal composition further comprises 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.

~~13~~12) The method of ~~obtaining at least one health benefit related to enhanced anabolic and androgenic activities in the body as claimed in~~ claim ~~11~~ 10 ~~and~~ or ~~12~~11, where in the symptoms associated with low levels of testosterone in humans are selected from loss of libido, loss of erectile function, abdominal obesity, decreased muscle mass and strength, fatigue, mood swing, decreased bone density, decreased motivation, decreased memory and concentration.

~~14~~13) Use of a synergistic herbal composition comprising combination of a first ingredient selected from the extract(s), fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the ~~plant parts~~fruit rind of *Punica granatum* and a second ingredient selected from the extract(s), fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the ~~plant parts~~seed of *Theobroma cacao*, excluding use in a method of treatment by therapy, for obtaining at least one health benefit related to enhanced anabolic and androgenic activities in the body selected from improving testosterone levels, energy levels, sustained energy, vigor, stamina, healthy aging, cellular longevity, muscle mass, muscle strength sexual function (libido and erectile function) and psychological well-being (mood and focus); reducing stress and alleviating the symptoms associated with the low levels of testosterone in humans.