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 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 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 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, wherein 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 as claimed in claim 1, wherein the synergistic herbal 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.

6) The synergistic herbal composition as claimed in claim 5, wherein the pharmaceutically or nutraceutically or dietically acceptable excipients, carriers and diluents are selected from monosaccharides comprising glucose, dextrose, fructose, galactose; disaccharides comprising sucrose, maltose, lactose, lactulose, trehalose cellobiose, chitobiose; polycarbohydrates comprising starch and modified starch comprising sodium starch glycolate, pre gelatinized starch, soluble starch, and other modified starches comprising Ultrasperse A & Ultra-tex 4;

dextrins that are produced by hydrolysis of starch or glycogen comprising yellow dextrin, white dextrin, maltodextrin etc.; polyhydric alcohols or sugar alcohols comprising sorbitol, mannitol, inositol, xylitol, isomalt; cellulose based derivatives comprising microcrystalline cellulose, hydroxy propyl methyl cellulose, hydroxy ethyl cellulose; silicates comprising neusilin, veegum, talc, colloidal silicon dioxide.; metallic stearates comprising calcium stearate, magnesium stearate, zinc stearate; organic acids comprising citric acid, tartaric acid, malic acid, succinic acid, lactic acid, L-ascorbic acid; fatty acid esters and esters of poly sorbate, natural gums comprising acacia, carrageenan, Guar gum, Xanthan gum; vitamin B group, nicotinamide, calcium pantothenate, amino acids, proteins comprising casein, gelatin, pectin, agar; organic metal salts comprising sodium chloride, calcium chloride, dicalcium phosphate, zinc sulphate, zinc chloride; natural 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, wherein the composition is formulated into a dosage form selected from dry powder form, liquid form, beverage, food product, dietary supplement or any suitable form comprising tablet, a capsule, a soft chewable tablet or gummy bear.

8) The synergistic herbal composition as claimed in claim 5, wherein the composition is formulated into a nutritional/dietary supplement selected from the dosage form of healthy food, or food for specified health uses comprising solid food including chocolate or nutritional bars, semisolid food like cream, jam, or gel or beverage including 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 herbal composition as claimed in any one of claims 1 to 5, wherein the extracts are produced using at least one solvent selected from C1-C5 alcohols comprising ethanol, methanol, n-propanol, isopropyl alcohol; ketones comprising acetone, methylisobutyl ketone, chlorinated solvents comprising methylene dichloride and chloroform, water and mixtures thereof; C1-C7 hydrocarbons comprising hexane; esters comprising ethyl acetate and mixtures thereof.

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 comprising combination of a first ingredient selected from the extract(s), fraction(s), active compound(s) and phytochemicals or mixtures thereof derived from the 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 seed of *Theobroma cacao.*

11) The method as claimed in claim 10, wherein the 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.

12) The method of claim 10 or 11, wherein 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.

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 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 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.