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.

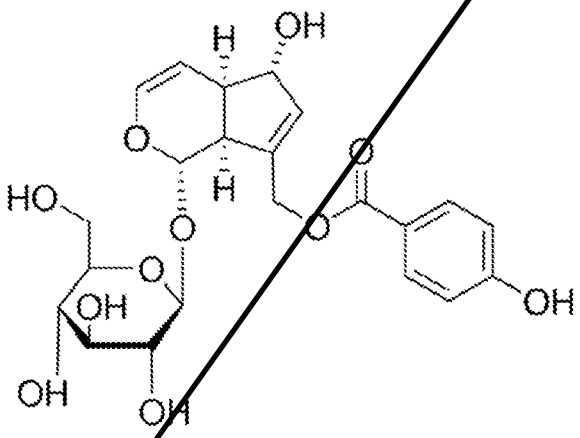
13. The composition according to claim 1, wherein the composition further comprises a Green tea extract, a Delonix elata extract, an Aesculus hippocastanum extract, a Citrus limon extract, an Ashwagandha extract, a Murraya koenigii extract, a Bacopa monnieri extract, an Evolvulus alsinoides extract, 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):

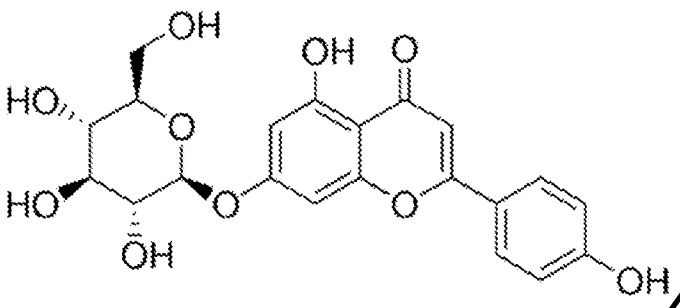


(I)

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):



(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 Cardiospemum 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.