**We claim:**

1. A water formulation comprising a combination of:
    a. an herbal composition which comprises *Ocimum sanctum* extract, *Withania somnifera* extract, *Tinospora cordifolia* extract, *Garcinia cambogia* extractand *Bacopa monnieri* extract;
    b. a Vitamin D3 nanogel; and
    c. an essential oil composition which comprises rosemary oil, spearmint oil, menthol mint oil and cardamom oil.

2. The water formulation as claimed in claim 1, wherein *Ocimum sanctum* extract, *Withania somnifera* extract, *Tinospora cordifolia* extract, *Garcinia cambogia* extract and *Bacopa monnieri* extract are each present in the water formulation at a concentration in the range from 0.25 g/L to 2.28 g/L.

3. The water formulation as claimed in claim 1, wherein vitamin D3 is present at a concentration in the range from 1012 IU/L to 6072 IU/L.

4. The water formulation as claimed in claim 1, wherein rosemary oil, spearmint oil, menthol mint oil and cardamom oil are each present in the essential oil composition at a concentration in the range from 1.26 pL/L to 11.38 pL/L.

5. The water formulation as claimed in claim 2, wherein each of *Ocimum sanctum* extract, *Withania somnifera* extract, *Tinospora cordifolia* extract, *Garcinia cambogia* extract and *Bacopa monnieri* extract is present in the herbal composition at a concentration range of 7% w/w to 60% w/w.

6. The water formulation as claimed in claim 3, wherein each of rosemary oil, spearmint oil, menthol mint oil and cardamom oil are present in the essential oil composition at a concentration range of 8% v/v to 25% v/v.

**7.** A method for preparation of water formulation as claimed in claim 1, comprising: a. preparing an herbal composition, wherein the herbal composition comprises *Ocimum sanctum* extract, *Withania somnifera* extract, *Tinospora cordifolia* extract, *Garcinia cambogia* extract and *Bacopa monnieri* extract; b. preparing vitamin D3 nanogel; c. preparing an essential oil composition, wherein the essential oil composition comprises rosemary oil, spearmint oil, menthol mint oil and cardamom oil; d. homogenizing the mixture of herbal composition obtained in step a), vitamin D3 nanogel obtained in step b) and essential oil composition obtained in step c) to obtain composite composition; and e. dissolving the composite composition obtained in step (d) in water to obtain a water formulation.

**8.** The method as claimed in claim 7 , wherein *Ocimum sanctum* extract, *Withania somnifera* extract, *Tinospora cordifolia* extract, *Garcinia cambogia* extract or *Bacopa monnieri* extract are prepared by a method comprising: a. treating raw *Ocimum sanctum, Withania somnifera, Tinospora cordifolia, Garcinia cambogia* or *Bacopa monnieri* with methanol-water solvent, wherein methanol and water are present at a ratio of 7:3 to obtain a supernatant containing the extract; and b. evaporating the solvent from the supernatant to obtain *Ocimum sanctum* extract, *Withania somnifera* extract, *Tinospora cordifolia* extract, *Garcinia cambogia* extract or *Bacopa monnieri* extract.

**9.** The method as claimed in claim 8, wherein the treatment with methanol- water solvent is carried at a temperature in a range from 30°C to 50°C.

**10.** The method as claimed in claim 8, wherein the treatment with methanol- water solvent is carried for a period in a range from 0.5 hours to 3.5 hours.

**11.** The method as claimed in claim 7, wherein each of *Ocimum sanctum* extract, *Withania somnifera* extract, *Tinospora cordifolia* extract, *Garcinia cambogia* extract *and Bacopa monnieri* extract is present in the herbal composition at a concentration range of 7% w/w to 60% w/w.

**12.** The method as claimed in claim 7, wherein each of rosemary oil, spearmint oil, menthol mint oil and cardamom oil are present in the essential oil composition at a concentration range of 8% v/v to 25% v/v.

**13.** The method as claimed in claim 7, wherein vitamin D3 is present in the water formulation at a concentration in the range from 1012 IU/L to 6072 IU/L.