CLAIMS

1. A Salacia composition, comprising at least 12% polyphenols, at least 2% mangiferin, and at least 1% 25, 26-oxidofriedelane-1,3-dione by weight of the composition, which are components extracted from *Salacia* plant parts, and which exhibits activity including reducing appetite, activating Hormone Sensitive Lipase and/or maintaining a healthy lipid profile, through inhibition of HMG- CoA Reductase enzyme, wherein the components are obtained from the *Salacia* plant parts as an extract by a first extraction with a solvent at 60°C - 65°C for three hours, then filtered, and by a second extraction from the material obtained from the first extraction with a solvent at 60°C - 65°C for one hour, and then filtered.

2. The composition of claim 1, wherein the extract consists essentially of at least 12% of polyphenols, at least 2% of mangiferin and at least 1% of 25, 26-oxidofriedelane-1,3-dione by weight of the extract.

3. The composition of claim 1, wherein the extract is obtained by solvent extraction from aerial, sub-aerial, underground parts of Salacia, and/or combinations thereof.

4. The composition of claim 1, wherein the extract is prepared from stems, leaves, roots of Salacia reticulata and/or Salacia oblonga, and combinations thereof.

5. The composition of claim 1, wherein the extract is obtained using a food grade nonaqueous polar solvent.

6. The composition of claim 5, wherein the food grade polar non-aqueous polar solvent is selected from ethanol, isopropyl alcohol, n-butanol, acetone or mixtures thereof.

7. The composition of claim 5, wherein the food grade non-aqueous polar solvent is ethanol.

8. The composition of claim 5, wherein a weight to volume ratio of Salacia plant to the food grade non-aqueous polar solvent used to obtain the extract ranges from 1: 2 to 1: 30.

9. ~~A method of reducing appetite, activating hormone sensitive lipase, and/or inhibition of HMG-CoA reductase enzyme which comprises administering~~ Use of an effective amount of a *Salacia* composition in the preparation of a medicament for reducing appetite, activating hormone sensitive lipase, and/or inhibition of HMG-CoA reductase enzyme for administration to a subject in need thereof, the composition comprising at least 12% polyphenols, at least 2% mangiferin, and at least 1% 25, 26-oxidofriedelane-1,3-dione by weight of the composition, which are components extracted from *Salacia* plant parts, and obtained by a first extraction from the *Salacia* plant parts with a solvent at 60°C - 65°C for three hours, then filtered, and by a second extraction from the material obtained from the first extraction with a solvent at 60°C - 65°C for one hour, and then filtered.

10. The ~~method~~ use of claim 9, which when administered to a subject in need thereof, the ~~method~~ use comprises maintaining a healthy lipid profile by inhibition of HMG-CoA Reductase enzyme.

11. The ~~method~~ use of claim 9, which when administered to a subject in need thereof, the ~~method~~ use comprises maintaining healthy lipid profile by inhibiting HMG-CoA Reductase enzyme at IC50 of not less than 400 µg/ml.

12. The ~~method~~ use of claim 9, which when administered to a subject in need thereof, the ~~method~~ use comprises reducing food intake.

13. The ~~method~~ use of claim 9, which when administered to a subject in need thereof, the ~~method~~ use comprises increasing fecal fat excretion.

14. A process for preparation of novel Salacia composition, comprising at least 12% polyphenols, at least 2% mangiferin, and at least 1% of 25, 26-oxidofriedelane-1,3-dione by weight of the composition, which are extracted from Salacia plant parts, and which reduces appetite, activates Hormone Sensitive Lipase, and/or manages healthy lipid profile, the process comprising:

i. Drying and grinding plant parts of Salacia;
ii. Stirring the plant parts of step i with a food grade non-aqueous polar solvent at 60°C - 65°C for three hours;
iii. Filtering the food grade non-aqueous polar solvent from step ii;
iv. Restirring the plant parts with food grade non-aqueous polar solvent at 60°C - 65°C for one hour;
v. Filtering the food grade non-aqueous polar solvent;
vi. Combining filtrate from step iii and v and evaporating to obtain the Salacia composition in the form of an extract; and
vii. Further purifying the resulting extract by the partitioning with a food grade solvent, wherein the food grade non-aqueous polar solvent of step ii and step iv and the food grade solvent of step vii are selected from the group of ethanol, isopropyl alcohol, n-butanol, acetone, and mixtures thereof.

15. The process of claim 14, wherein the plant parts are selected from aerial, sub-aerial, underground plant parts of Salacia and the combinations thereof.

16. The process of claim 14, wherein the plant parts are selected from stems, leaves, roots of Salacia reticulata and/or Salacia oblonga, and the combinations thereof.

17. The process of claim 14, wherein a weight to volume ratio of the plant parts to the food grade non-aqueous polar solvent ranges from 1: 2 to 1: 30.

18. The process of claim 14, wherein the food grade non-aqueous polar solvent is ethanol.