

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization

International Bureau

(43) International Publication Date
23 April 2020 (23.04.2020)



(10) International Publication Number
WO 2020/079712 A1

(51) International Patent Classification:

A61P 15/00 (2006.01) A61K 9/14 (2006.01)
A61K 36/81 (2006.01) A61K 31/58 (2006.01)
A61K 9/08 (2006.01) A61K 31/702 (2006.01)

(21) International Application Number:

PCT/IN2019/050774

(22) International Filing Date:

19 October 2019 (19.10.2019)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:

201841039628 19 October 2018 (19.10.2018) IN

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(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,
AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ,
CA, CH, CL, CN, CO, CR, CU, CZ, DE, DJ, DK, DM, DO,
DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN,
HR, HU, ID, IL, IN, IR, IS, JO, JP, KE, KG, KH, KN, KP,
KR, KW, KZ, LA, LC, LK, LR, LS, LU, LY, MA, MD, ME,
MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ,
OM, PA, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW, SA,
SC, SD, SE, SG, SK, SL, SM, ST, SV, SY, TH, TJ, TM, TN,
TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.

(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,

GM, KE, LR, LS, MW, MZ, NA, RW, SD, SL, ST, SZ, TZ,
UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ,
TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK,
EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV,
MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM,
TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW,
KM, ML, MR, NE, SN, TD, TG).

Declarations under Rule 4.17:

- as to applicant's entitlement to apply for and be granted a patent (Rule 4.17(ii))
- as to the applicant's entitlement to claim the priority of the earlier application (Rule 4.17(iii))

Published:

- with international search report (Art. 21(3))
- before the expiration of the time limit for amending the claims and to be republished in the event of receipt of amendments (Rule 48.2(h))

(54) Title: WITHANIA SOMNIFERA COMPOSITION, METHOD OF PREPARATION AND USE THEREOF

(57) Abstract: The invention provides to an enriched *Withania somnifera* (Ashwagandha) extract composition comprising withanolide glycosides, withanolide aglycones and reduced levels of withaferin-A. The invention also provides to process for the preparation of these compositions and further provides to methods of improving testosterone levels, energy levels, sustained energy, vigor, stamina, and muscle mass and muscle strength using these compositions.



WO 2020/079712 A1