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(57) Abstract :

ABSTRACT The invention discloses a novel, synergistic polyherbal composition for the prevention and treatment of a spectrum of chronic diseases. It comprises standardized extracts of *Withania somnifera* root, *Curcuma longa* rhizome, *Gymnema sylvestre* leaves, *Bacopa monnieri* whole plant, and *Azadirachta indica* stem bark and leaves, combined in a specific weight ratio ranging from 10:15:8:12:10 to 15:20:12:15:12, respectively. This formulation provides a multi-target therapeutic approach by concurrently exerting adaptogenic, anti-inflammatory, hypoglycemic, lipid-lowering, neuroprotective, immunomodulatory, and antimicrobial actions. The composition is effective against illnesses including obesity, diabetes, depression, dementia, systemic lupus erythematosus, autism spectrum disorder, cardiovascular disease, and periodontal disease, addressing their common underlying pathologies of inflammation, oxidative stress, and metabolic dysregulation. The invention encompasses the extraction methods, synergistic ratio, pharmacological evidence, and pharmaceutical formulations thereof.

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