

Daftar Pustaka

- Andarwulan, Nuri, Dewi Kurniasih, Riza Aris Apriady, Hardianzah Rahmat, Anna V Roto, and Bradley W. Bolling. 2012. "Polyphenols, Carotenoids, and Ascorbic Acid in Underutilized Medicinal Vegetables." *Journal of Functional Foods* 4(1):339–47.
- Bäckhed, Fredrik, Ruth E. Ley, Justin L. Sonnenburg, Daniel A. Peterson, and Jeffrey I. Gordon. 2005. "Host-Bacterial Mutualism in the Human Intestine." *Science* 307(5717):1915–20.
- Camilleri, Michael. 2015. "Peripheral Mechanisms in Appetite Regulation." *Gastroenterology* 148(6):1219–33.
- Chan, June M., Eric B. Rimm, Graham A. Colditz, Meir J. Stampfer, and Walter C. Willett. 1994. "Obesity, Fat Distribution, and Weight Gain as Risk Factors for Clinical Diabetes in Men." *Diabetes Care* 17(9):961–69.
- Colditz, Graham A., Walter C. Willett, Andrea Rotnitzky, and JoAnn E. Manson. 1995. "Weight Gain as a Risk Factor for Clinical Diabetes Mellitus in Women." *Annals of Internal Medicine* 122(7):481–86.
- Dhurandhar, Nikhil V. 2011. "A Framework for Identification of Infections That Contribute to Human Obesity." *The Lancet Infectious Diseases* 11(12):963–69.
- Ejtahed, Hanieh Sadat, Pooneh Angoorani, Ahmad Reza Soroush, Rasha Atlasi, Shirin Hasani-Ranjbar, Amir M. Mortazavian, and Bagher Larijani. 2019. "Probiotics Supplementation for the Obesity Management; A Systematic Review of Animal Studies and Clinical Trials." *Journal of Functional Foods* 52(September 2018):228–42.
- Fujikawa, S., R. Iguchi, T. Noguchi, and M. Sasaki. 2015. "Cholesterol Crystal Embolization Following Urinary Diversion: A Case Report." *Hinyokika Kiyo. Acta Urologica Japonica* 61(3):99–102.
- Ganapathy, Vadivel, Muthusamy Thangaraju, Puttur D. Prasad, Pamela M. Martin, and Nagendra Singh. 2013. "Transporters and Receptors for Short-Chain Fatty Acids as the Molecular Link between Colonic Bacteria and the Host." *Current Opinion in Pharmacology* 13(6):869–74.
- Gayathramma, K., K. V Pavani, and R. Raji. 2012. "Chemical Constituents and Antimicrobial Activities of Certain Plant Parts of *Sauropus Androgynus* L." *International Journal of Pharma and Bio Sciences* 3(2):561–66.
- He, Xirui, Yajun Bai, Zefeng Zhao, Xiaoxiao Wang, Jiacheng Fang, Linhong Huang, Min Zeng,

- Qiang Zhang, Yajun Zhang, and Xiaohui Zheng. 2016. "Local and Traditional Uses, Phytochemistry, and Pharmacology of *Sophora Japonica* L.: A Review." *Journal of Ethnopharmacology* 187:160–82.
- Jung, Chang Hwa, Iljin Cho, Jiyun Ahn, Tae-Il Jeon, and Tae-Youl Ha. 2013. "Quercetin Reduces High-fat Diet-induced Fat Accumulation in the Liver by Regulating Lipid Metabolism Genes." *Phytotherapy Research* 27(1):139–43.
- Koh, Ara, Filipe De Vadder, Petia Kovatcheva-Datchary, and Fredrik Bäckhed. 2016. "From Dietary Fiber to Host Physiology: Short-Chain Fatty Acids as Key Bacterial Metabolites." *Cell* 165(6):1332–45.
- Laveena, K. B., and M. Chandra. 2018. "Evaluation of Bioactive Compounds, Antioxidant, and Antibacterial Properties of Medicinal Plants *Sauropus Androgynus* L. and *Erythrina Variegata* L." *Asian J Pharm Clin Res* 11:313–17.
- Macfarlane, Sandra, and George T. Macfarlane. 2003. "Regulation of Short-Chain Fatty Acid Production." *Proceedings of the Nutrition Society* 62(1):67–72.
- Makmur, Nur Iman. 2008. "Pengaruh Latihan Fisik Terhadap Tekanan Darah Anak Obes Di Kotamadya Medan."
- Marques, Francine Z., Erin Nelson, Po-Yin Chu, Duncan Horlock, April Fiedler, Mark Ziemann, Jian K. Tan, Sanjaya Kuruppu, Niwanthi W. Rajapakse, and Assam El-Osta. 2017. "High-Fiber Diet and Acetate Supplementation Change the Gut Microbiota and Prevent the Development of Hypertension and Heart Failure in Hypertensive Mice." *Circulation* 135(10):964–77.
- Miean, Koo Hui, and Suhaila Mohamed. 2001. "Flavonoid (Myricetin, Quercetin, Kaempferol, Luteolin, and Apigenin) Content of Edible Tropical Plants." *Journal of Agricultural and Food Chemistry* 49(6):3106–12.
- Muhammadun, A. S. 2010. "Hidup Bersama Hipertensi, in-Books."
- Murray, Robert K., Daryl K. Granner, Peter A. Mayes, and Victor W. Rodwell. 2003. "Biokimia Harper Edisi 25." *Penerbit Buku Kedokteran EGC. Jakarta* 276–83.
- Nahak, G., and R. K. Sahu. 2010. "Free Radical Scavenging Activity of Multi-Vitamin Plant (*Sauropus Androgynus* L. Merr)." *Researcher* 2(11):6–14.

- Negi, P., and G. Jayaprakasha. 2001. "Antibacterial Activity of Grapefruit (Citrus Paradisi) Peel Extracts." *European Food Research and Technology* 213(6):484–87.
- Nicholson, Jeremy K., Elaine Holmes, James Kinross, Remy Burcelin, Glenn Gibson, Wei Jia, and Sven Pettersson. 2012. "Host-Gut Microbiota Metabolic Interactions." *Science* 336(6086):1262–67.
- Nikolov, P., J. Nikolova, M. Orbecova, T. Deneva, L. Vladimirova, P. Atanasova, and F. Nikolov. 2015. "Flow Mediated Vasodilation and Some Biomarkers of Endothelial Activation in Pre-Hypertensive Objects." *The West Indian Medical Journal*.
- O'keefe, Stephen J. D. 2016. "Diet, Microorganisms and Their Metabolites, and Colon Cancer." *Nature Reviews Gastroenterology & Hepatology* 13(12):691.
- Papathanasopoulos, Athanasios, and Michael Camilleri. 2010. "Dietary Fiber Supplements: Effects in Obesity and Metabolic Syndrome and Relationship to Gastrointestinal Functions." *Gastroenterology* 138(1):65–72.
- Patonah, Patonah, Elis Susilawati, and Ahmad Riduan. 2018. "Aktivitas Antiobesitas Ekstrak Daun Katuk (Sauropus Androgynus L. Merr) Pada Model Mencit Obesitas." *PHARMACY: Jurnal Farmasi Indonesia (Pharmaceutical Journal of Indonesia)* 14(2):137–52.
- Ríos-Covián, David, Patricia Ruas-Madiedo, Abelardo Margolles, Miguel Gueimonde, Clara G. de los Reyes-Gavilán, and Nuria Salazar. 2016. "Intestinal Short Chain Fatty Acids and Their Link with Diet and Human Health." *Frontiers in Microbiology* 7:185.
- Samaha, Frederick F., Nayyar Iqbal, Prakash Seshadri, Kathryn L. Chicano, Denise A. Daily, Joyce McGrory, Terrence Williams, Monica Williams, Edward J. Gracely, and Linda Stern. 2003. "A Low-Carbohydrate as Compared with a Low-Fat Diet in Severe Obesity." *New England Journal of Medicine* 348(21):2074–81.
- Schneeberger, Marc, Ramon Gomis, and Marc Claret. 2014. "Hypothalamic and Brainstem Neuronal Circuits Controlling Homeostatic Energy Balance." *Journal of Endocrinology* 220(2):T25–46.
- Selvi, V. S., G. Govindaraju, and A. Basker. 2011. "Antifungal Activity and Phytochemical Analysis of Cympogon Citratus, Sauropus Androgynus and Spillanthus Acmella Plants." *World Journal of Fungal and Plant Biology* 2(1):6–10.
- Shab-Bidar, S., F. Hosseini-Esfahani, P. Mirmiran, S. Hosseinpour-Niazi, and F. Azizi. 2014.

- “Metabolic Syndrome Profiles, Obesity Measures and Intake of Dietary Fatty Acids in Adults: Tehran Lipid and Glucose Study.” *Journal of Human Nutrition and Dietetics* 27(SUPPL2):98–108.
- Shore, Stephanie A., and Jeffrey J. Fredberg. 2005. “Obesity, Smooth Muscle, and Airway Hyperresponsiveness.” *Journal of Allergy and Clinical Immunology* 115(5):925–27.
- Singh, Shrawan, D. R. Singh, K. M. Salim, Amit Srivastava, L. B. Singh, and R. C. Srivastava. 2011. “Estimation of Proximate Composition, Micronutrients and Phytochemical Compounds in Traditional Vegetables from Andaman and Nicobar Islands.” *International Journal of Food Sciences and Nutrition* 62(7):765–73.
- Susanti, N. M. P., I. N. A. Budiman, and N. K. Warditiani. 2014. “Skrining Fitokimia Ekstrak Etanol 90% Daun Katuk (*Sauropus Androgynus* (L.) Merr.).” *Jurnal Farmasi Udayana* 3(1):279778.
- Syahrudin, Erman, R. Herawaty, and R. W. S. Ningrat. 2013. “Effect of Fermented Katuk Leaf (*Sauropus Androgynus* L. Merr.) in Diets on Cholesterol Content of Broiler Chicken Carcass.” *Pakistan Journal of Nutrition* 12(11):1013.
- Syv  ne, Mikko, and Marja-Riitta Taskinen. 1997. “Lipids and Lipoproteins as Coronary Risk Factors in Non-Insulin-Dependent Diabetes Mellitus.” *The Lancet* 350:S20–23.
- Trompette, Aur  lien, Eva S. Gollwitzer, Koshika Yadava, Anke K. Sichelstiel, Norbert Sprenger, Catherine Ngom-Bru, Carine Blanchard, Tobias Junt, Laurent P. Nicod, and Nicola L. Harris. 2014. “Gut Microbiota Metabolism of Dietary Fiber Influences Allergic Airway Disease and Hematopoiesis.” *Nature Medicine* 20(2):159–66.
- De Vadder, Filipe, Petia Kovatcheva-Datchary, Daisy Goncalves, Jennifer Vinera, Carine Zitoun, Adeline Duchampt, Fredrik B  ckhed, and Gilles Mithieux. 2014. “Microbiota-Generated Metabolites Promote Metabolic Benefits via Gut-Brain Neural Circuits.” *Cell* 156(1–2):84–96.
- Vincent, Heather K., Cheryl M. Bourguignon, Arthur L. Weltman, Kevin R. Vincent, Eugene Barrett, Karen E. Innes, and Ann G. Taylor. 2009. “Effects of Antioxidant Supplementation on Insulin Sensitivity, Endothelial Adhesion Molecules, and Oxidative Stress in Normal-Weight and Overweight Young Adults.” *Metabolism* 58(2):254–62.
- Wang, Guang-Yi, and Jay D. Keasling. 2002. “Amplification of HMG-CoA Reductase Production

Enhances Carotenoid Accumulation in *Neurospora Crassa*.” *Metabolic Engineering* 4(3):193–201.

Woods, S. L., E. S. S. Froelicher, S. A. Motzer, and E. J. Bridges. 2009. “Cardiac Nursing (Woods).”

Yadav, Hariom, Ji-Hyeon Lee, John Lloyd, Peter Walter, and Sushil G. Rane. 2013. “Beneficial Metabolic Effects of a Probiotic via Butyrate-Induced GLP-1 Hormone Secretion.” *Journal of Biological Chemistry* 288(35):25088–97.

Yamamoto, M., S. Shimura, Y. Itoh, T. Ohsaka, M. Egawa, and S. Inoue. 2000. “Anti-Obesity Effects of Lipase Inhibitor CT-II, an Extract from Edible Herbs, *Nomame Herba*, on Rats Fed a High-Fat Diet.” *International Journal of Obesity* 24(6):758.

Young, Terry, Mari Palta, Jerome Dempsey, James Skatrud, Steven Weber, and Safwan Badr. 1993. “The Occurrence of Sleep-Disordered Breathing among Middle-Aged Adults.” *New England Journal of Medicine* 328(17):1230–35.

Yu, Shih-Fing, Chia-Tung Shun, Tzer-Ming Chen, and Yen-Hui Chen. 2006. “3-O- β -D-Glucosyl-(1 $\rightarrow$ 6)- β -D-Glucosyl-Kaempferol Isolated from *Sauropus Androgenus* Reduces Body Weight Gain in Wistar Rats.” *Biological and Pharmaceutical Bulletin* 29(12):2510–13.

Zduńczyk, Zenon, Jerzy Juśkiewicz, and Isabel Estrella. 2006. “Cecal Parameters of Rats Fed Diets Containing Grapefruit Polyphenols and Inulin as Single Supplements or in a Combination.” *Nutrition* 22(9):898–904.

Zuhra, Cut Fatimah, Juliati Br Tarigan, and Herlince Sihotang. 2008. “Aktivitas Antioksidan Senyawa Flavonoid Dari Daun Katuk (*Sauropus Androgunus* (L) Merr.).”