

DAFTAR PUSTAKA

- Adawiah, D. S., & Muawanah, A. 2015. "Aktivitas antioksidan dan kandungan komponen bioaktif sari buah namnam". *J. Kim. Val. J. Penelit. dan Pengemb. Ilmi Kim*, 1(2), 130-136.
- Alara, O. R., Abdurahman, N. H., dan Olalere, O. A. 2018. "Ethanolic extraction of bioactive compounds from Vernonia amygdalina leaf using response surface methodology as an optimization tool ". *Journal of Food Measurement and Characterization*, 12(2): 1107-1122.
- Al Mamari, H. H. 2021. "Phenolic Compounds: Classification, Chemistry, and Updated Techniques of Analysis and Synthesis". In *Phenolic Compounds*. IntechOpen.
- Aminah, A., dan Anna, P. K. 2011. "Influence of ripening stages on physicochemical characteristics and antioxidant properties of bitter gourd (*Momordica charantia*)". *International Food Research Journal*, 18(3): 895-900 (2011).
- Andriani, D., dan Murtisiwi, L. 2020. "Uji Aktivitas Antioksidan Ekstrak Etanol 70% Bunga Telang (*Clitoria ternatea L*) dari Daerah Sleman dengan Metode DPPH". *Pharmacon: Jurnal Farmasi Indonesia*, 17(1), 70-76.
- Arifin, B., dan Ibrahim, S. 2018. Struktur, bioaktivitas dan antioksidan flavonoid. *Jurnal Zarah*, 6(1), 21-29.
- Azmir, J., Zaidul, I. S. M., Rahman, M. M., Sharif, K. M., Mohamed, A., Sahena, F., dan Omar, A. K. M. 2013. "Techniques for extraction of bioactive compounds from plant materials: A review". *Journal of food engineering*, 117(4): 426-436.
- Badan Pusat Statistik. 2016. Produksi Hortikultura di Indonesia.
- Bahriul, P., Rahman, N., dan Diah, A. W. M. 2014. "Uji aktivitas antioksidan ekstrak daun salam (*Syzygium Polyanthum*) dengan menggunakan 1, 1-Difenil-2-Pikrilhidrazil". *Jurnal Akademika Kimia*, 3(3), 143-149.
- Balai Pengkajian Teknologi Pertanian. 2019. Budidaya Tanaman Pare.
- Chandrasekara, N., dan Shahidi, F. 2011. "Antioxidative potential of cashew phenolics in food and biological model systems as affected by roasting". *Food Chemistry*, 129(4): 1388-1396.
- Choi, J. S., Kim, H. Y., Seo, W. T., Lee, J. H., dan Cho, K. M. 2012. "Roasting enhances antioxidant effect of bitter melon (*Momordica charantia L.*) increasing in flavan-3-ol and phenolic acid contents". *Food Science and Biotechnology*, 21(1): 19-26.

- Chua, L. S., Lau, C. H., Chew, C. Y., dan Dawood, D. A. S. 2019. "Solvent fractionation and acetone precipitation for crude saponins from *Eurycoma longifolia* extract". *Molecules*, 24(7): 1 - 10.
- Dhalaria, R., Verma, R., Kumar, D., Puri, S., Tapwal, A., Kumar, V., dan Kuca, K. 2020. "Bioactive compounds of edible fruits with their anti-aging properties: A comprehensive review to prolong human life ". *Antioxidants*, 9(11): 814 - 829.
- Djasang, S. 2019. "Analisis Hasil Pemeriksaan Kadar Low-Density Lipoprotein (LDL-CHOL) Metode Direk dan Indirek". *Jurnal Media Analis Kesehatan*, 8(2), 43-51.
- Ernawati, E. E., Farida, Y., & Taurhesia, S. 2021. "Formulasi Serum Antioksidan Kombinasi Ekstrak Buah Ceremai dan Kulit Buah Semangka". *Majalah Farmasetika*, 6(5): 398-408.
- Firdiyani, F., Agustini, T. W., & Ma'ruf, W. F. 2015. "Ekstraksi senyawa bioaktif sebagai antioksidan alami Spirulina platensis segar dengan pelarut yang berbeda". *JPHPI* 2015,18 (1): 28-37.
- Gad, A. S., & Sayd, A. F. 2015. "Antioxidant properties of rosemary and its potential uses as natural antioxidant in dairy products—A review". *Food and Nutrition Sciences*, 6(01), 179.
- Gulcin, İ. 2020. "Antioxidants and antioxidant methods: An updated overview". *Archives of toxicology*, 94(3): 651-715.
- Handayani, H., Sriherfyna, F. H., & Yunianta, Y. 2016. " Ekstraksi Antioksidan Daun Sirsak Metode Ultrasonic Bath (Kajian Rasio Bahan: Pelarut Dan Lama Ekstraksi)[In Press Januari 2016]". *Jurnal pangan dan agroindustri*, 4(1).
- Hwang, E. S. 2018. "Comparison of antioxidant capacity and α -glucosidase inhibitory activity between bitter melon (*Momordica charantia*) fruit and leaf extract". *Asian Pacific Journal of Tropical Biomedicine*, 8(4): 189 - 193.
- Janesch, J., Gusenbauer, C., Mautner, A., Gindl-Altmutter, W., & Hansmann, C. 2021. "Efficient Wood Hydrophobization Exploiting Natural Roughness Using Minimum Amounts of Surfactant-Free Plant Oil Emulsions". *ACS Omega*, 6(34), 22202–22212. doi:10.1021/acsomega.1c02885.
- Juniarti Departemen Biokimia, F. K. (2011). Analisis senyawa metabolit sekunder dari ekstrak metanol daun surian yang berpotensi sebagai antioksidan. *Makara Journal of Science*, Vol. 15, no. 1, april 2011: 48-52.
- Kim, H. G., Kim, G. W., Oh, H., Yoo, S. Y., Kim, Y. O., dan Oh, M. S. 2011. "Influence of roasting on the antioxidant activity of small black soybean (*Glycine max* L. Merrill)". *LWT-Food Science and Technology*, 44(4): 992-998.

- Kusbiantoro, D. 2018. "Pemanfaatan kandungan metabolit sekunder pada tanaman kunyit dalam mendukung peningkatan pendapatan masyarakat". *Kultivasi*, 17(1), 544-549.
- Lee, S. H., Jeong, Y. S., Song, J., Hwang, K. A., Noh, G. M., dan Hwang, I. G. 2017. "Phenolic acid, carotenoid composition, and antioxidant activity of bitter melon (*Momordica charantia* L.) at different maturation stages" . *International journal of food properties*, 20(sup3): S3078-S3087.
- Lee, J. J., dan Yoon, K. Y. 2021. "Optimization of ultrasound-assisted extraction of phenolic compounds from bitter melon (*Momordica charantia*) using response surface methodology". *CyTA-Journal of Food*, 19(1): 721-728.
- Lopes, A. P., Galuch, M. B., Petenuci, M. E., Oliveira, J. H., Canesin, E. A., Schneider, V. V. A., dan Visentainer, J. V. 2020. "Quantification of phenolic compounds in ripe and unripe bitter melons (*Momordica charantia*) and evaluation of the distribution of phenolic compounds in different parts of the fruit by UPLC-MS/MS". *Chemical Papers*, 74(8): 2613-2625.
- Lopes, A. P., Petenuci, M. E., Galuch, M. B., Schneider, V. V. A., Canesin, E. A., dan Visentainer, J. V. 2018. "Evaluation of effect of different solvent mixtures on the phenolic compound extraction and antioxidant capacity of bitter melon (*Momordica charantia*)". *Chemical Papers*, 72(11): 2945-2953.
- Malangngi, L., Sangi, M., & Paendong, J. 2012. "Penentuan kandungan tanin dan uji aktivitas antioksidan ekstrak biji buah alpukat (*Persea americana* Mill.)". *Jurnal Mipa*, 1(1), 5-10.
- Mishra, R., & Bisht, S. S. 2011. "Antioxidants and their characterization". *J. Pharm. Res*, 4(8), 2744-2746.
- Nayik, G. A., dan Gull, A. (Eds.). 2020. *Antioxidants in Vegetables and Nuts-Properties and Health Benefits*. Springer.
- National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 5281115, alpha-Eleostearic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/alpha-Eleostearic-acid>.
- National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 5281116, Erucic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Erucic-acid>.
- National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 10465, Heptadecanoic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Heptadecanoic-acid>.
- National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 3893, Lauric acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Lauric-acid>.

National Center for Biotechnology Information (2022). PubChem Compound Summary for CID 11005, Myristic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Myristic-acid>.

National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 445639, Oleic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Oleic-acid>.

National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 985, Palmitic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Palmitic-acid>.

National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 445638, Palmitoleic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Palmitoleic-acid>.

National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 13849, Pentadecanoic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Pentadecanoic-acid>.

National Center for Biotechnology Information 2022. PubChem Compound Summary for CID 5281, Stearic acid. Retrieved January 16, 2022 from <https://pubchem.ncbi.nlm.nih.gov/compound/Stearic-acid>.

Ng, Z. X., Chai, J. W., dan Kuppusamy, U. R. 2011. "Customized cooking method improves total antioxidant activity in selected vegetables". *International journal of food sciences and nutrition*, 62(2): 158-163.

Ng, Z. X., dan Kuppusamy, U. R. 2019. "Effects of different heat treatments on the antioxidant activity and ascorbic acid content of bitter melon, Momordica charantia". *Brazilian Journal of Food Technology*, 22: 1-9.

Okoli, C. 2015. "A guide to conducting a standalone systematic literature review". *Communications of the Association for Information Systems*, 37(1): 879 - 910.

Oney-Montalvo, J., Uc-Varguez, A., Ramírez-Rivera, E., Ramírez-Sucre, M., dan Rodríguez-Buenfil, I. 2020." Influence of soil composition on the profile and content of polyphenols in habanero peppers (*Capsicum chinense* Jacq.) ". *Agronomy*, 10(9): 1 - 14 .

Pal, S. M., Avneet, G., dan Siddhraj, S. S. 2018. "Gallic acid: Pharmacological promising lead molecule: A review". *International Journal of Pharmacognosy and Phytochemical Research*, 10: 132-138.

Park, H., Moon, B. dan Kim, S., 2016. "Reduction in bitter taste and quality characteristics in pickled bitter melon (*Momordica charantia* L.) by different pretreatment conditions". *Korean Journal of Food Science and Technology*, 48(5): 466-473.

- Perez, J. L., Jayaprakasha, G. K., dan Patil, B. S. 2019. "Metabolite profiling and in vitro biological activities of two commercial bitter melon (*Momordica charantia* Linn.) cultivars". *Food chemistry*, 288: 178-186.
- Phaniendra, A., Jestadi, D. B., & Periyasamy, L. 2015. "Free radicals: properties, sources, targets, and their implication in various diseases". *Indian journal of clinical biochemistry : IJCB*, 30(1), 11–26. <https://doi.org/10.1007/s12291-014-0446-0>
- Pizzino, G., Irrera, N., Cucinotta, M., Pallio, G., Mannino, F., Arcoraci, V., Squadrito, F., Altavilla, D., & Bitto, A. 2017. "Oxidative Stress: Harms and Benefits for Human Health". *Oxidative medicine and cellular longevity*, 2017, 8416763. <https://doi.org/10.1155/2017/8416763>.
- Priyanto, A., dan Islamiyati, R. 2018. "Uji Aktivitas Antioksidan Pada Batang Tebu Hijau dan Batang Tebu Merah Menggunakan Metode Peredaman Radikal Bebas DPPH". *Cendekia Journal of Pharmacy*, 2(1): 50-59.
- Purnamaningsih, H., Nururrozi, A., dan Indarjulianto, S. 2017. "Saponin: Dampak terhadap Ternak (Ulasan)". *Jurnal Peternakan Sriwijaya*, 6(2): 79-90.
- Saeed, F., Afzaal, M., Niaz, B., Arshad, M. U., Tufail, T., Hussain, M. B., dan Javed, A. 2018. "Bitter melon (*Momordica charantia*): a natural healthy vegetable". *International Journal of Food Properties*, 21(1): 1270-1290.
- Sasidharan, S., Chen, Y., Saravanan, D., Sundram, K. M., & Latha, L. Y. 2011. Extraction, isolation and characterization of bioactive compounds from plants' extracts. *African journal of traditional, complementary, and alternative medicines*, 8(1).
- Septiningsih, R., Sutanto, S., dan Indriani, D. 2017. "Aktivitas Antioksidan Ekstrak Etanol Daun, Buah dan Biji Pare (*Momordica charantina L*)". *FITOFARMAKA: Jurnal Ilmiah Farmasi*, 7(1): 4-12.
- Snee, L.S., Nerurkar, V.R., Dooley, D.A., Efird, J.T., Shovic, A.C., Nerurkar, P.V. 2011. "Strategies to Improve Palatability and Increase Consumption Intentions for *Momordica charantia* (Bittermelon): A Vegetable Commonly Used for Diabetes Management". *Nutrition journal*. 2011,10:78–88.
- Sólyom, K., Solá, R., Cocero, M. J., dan Mato, R. B. 2014. "Thermal degradation of grape marc polyphenols". *Food chemistry*, 159: 361-366.
- Soucek, M. D., Khattab, T., & Wu, J. 2012. "Review of autoxidation and driers". *Progress in Organic Coatings*, 73(4), 435-454.
- Subramaniam, S., Rosdi, M. H. B., dan Kuppusamy, U. R. 2017. "Customized cooking methods enhance antioxidant, antiglycemic, and insulin-like properties of *Momordica charantia* and *Moringa oleifera*". *Journal of Food Quality*, 2017: 1-9.

- Sudarsi, Y., and Nst, R. M. 2018. "Uji Aktivitas Antioksidan Dan Sifat Organoleptik Teh Herbal Campuran Daging Buah Pare (*Momordica Charantia L.*) DAN KULIT BUAH NAGA MERAH (*Hylocereus Lemairei* (HOOK.) Britton & Rose)". *Photon: Jurnal Sain dan Kesehatan*, 8(2): 59-66.
- Suryadinata, R. V. 2018. "Pengaruh radikal bebas terhadap proses inflamasi pada penyakit paru obstruktif kronis (PPOK)". *Amerta Nutrition*, 2(4), 317-423.
- Susilawati, S., dan Hermansyah, H. 2015. "Aktivitas Larvasida Ekstrak Metanol Buah Pare (*Momordica charantia L.*) Terhadap Larva *Aedes aegypti*". *Molekul*, 10(1), 33-37.
- Sun, Y. E., Wang, W. D., Chen, H. W., & Li, C. 2011. "Autoxidation of unsaturated lipids in food emulsion". *Critical reviews in food science and nutrition*, 51(5), 453-466.
- Tan, S. P., Kha, T. C., Parks, S. E., dan Roach, P. D. 2015. "Bitter Melon (*Momordica charantia L.*) Bioactive Composition and Health Benefits: A Review". *Food Reviews International*, 32(2): 181–202. doi:10.1080/87559129.2015.1057843
- Tan, S. P., Stathopoulos, C., Parks, S., dan Roach, P. 2014. "An optimized aqueous extract of phenolic compounds from bitter melon with high antioxidant capacity". *Antioxidants*, 3(4): 814-829
- Tan, S. P., Parks, S. E., Stathopoulos, C. E., dan Roach, P. D. 2014. "Extraction of flavonoids from bitter melon". *Food and Nutrition Sciences*, 2014, 5: 458 – 465.
- Tan, S. P., Parks, S. E., Stathopoulos, C. E., dan Roach, P. D. 2014. "Greenhouse-grown bitter melon: production and quality characteristics". *Journal of the Science of Food and Agriculture*, 94(9): 1896-1903.
- Tan, S. P., Vuong, Q. V., Stathopoulos, C. E., Parks, S. E., dan Roach, P. D. 2014. "Optimized aqueous extraction of saponins from bitter melon for production of a saponin-enriched bitter melon powder". *Journal of food science*, 79(7): E1372-E1381.
- Tinrat, S. 2014. "Comparison of antioxidant and antimicrobial activities of unripe and ripe fruit extracts of *Momordica cochinchinensis* Spreng (Gac fruit)". *International Journal of Pharmaceutical Sciences Review and Research*, 28(1): 75-82.
- Vuong, Q. V., Golding, J. B., Stathopoulos, C. E., Nguyen, M. H., dan Roach, P. D. 2011. "Optimizing conditions for the extraction of catechins from green tea using hot water". *Journal of separation science*, 34(21): 3099-3106.
- Wawire, M., Oey, I., Mathooko, F., Njoroge, C., Shitanda, D., dan Hendrickx, M. 2011. "Thermal stability of ascorbic acid and ascorbic acid oxidase in african

- cowpea leaves (*Vigna unguiculata*) of different maturities”. *Journal of Agricultural and Food Chemistry*, 59(5): 1774-1783.
- Werdhasari, A. 2014. “Peran antioksidan bagi kesehatan”. *Jurnal Biotek Medisiana Indonesia*, 3(2), 59-68.
- Winchester, C. L., dan Salji, M. 2016. “Writing a literature review”. *Journal of Clinical Urology*, 9(5): 308-312.
- Wissam, Z., Ghada, B., Wassim, A., dan Warid, K. 2012. “ Effective extraction of polyphenols and proanthocyanidins from pomegranate’s peel ”. *International Journal of Pharmacy and Pharmaceutical Sciences*, 4(Suppl 3): 675-682.
- Yadav, B. S., Yadav, R., Yadav, R. B., dan Garg, M. 2016. “Antioxidant activity of various extracts of selected gourd vegetables”. *Journal of food science and technology*, 53(4): 1823-1833.
- Yuda, I. K. A., Anthara, M. S., & Dharmayudha, A. A. G. O. 2013. “Identifikasi golongan senyawa kimia estrak etanol buah pare (*Momordica charantia*) dan pengaruhnya terhadap penurunan kadar glukosa darah tikus putih jantan (*Rattus novergicus*) yang diinduksi aloksan. *Buletin Veteriner Udayana*, 5(2), 87-95.
- Zahid, A., Fozia, M. R., dan Ahmed, S. 2019. “Bitter Gourd as the Potential Source of Various Bioactive Compounds and Its Use for Different Diseases: A Review”. *Science Letters*, 7(3): 99-103.