

## DAFTAR PUSTAKA

1. Aritake S, Kaneita Y, Ohtsu T, Uchiyama M, Mishima K, Akashiba T, et al. 2015. Prevalence of fatigue symptoms and correlations in the general adult population. *Sleep Biol Rhythms*, 13(2):146–54.
2. Meng H, Hale L, Friedberg F. 2011. Prevalence and predictors of fatigue in middle-aged and older adults: evidence from the health and retirement study. *Lett To Ed*, 59(10):1–3.
3. Sherwood L. 2012. *Human Physiology: From Cells to Systems* ed 8. Brooks Cole.
4. Yu G, Traish AM. 2011. Induced testosterone deficiency: from clinical presentation of fatigue, erectile dysfunction and muscle atrophy to insulin resistance and diabetes. *Horm Mol Biol Clin Investig*, 8(1):425–30.
5. Traish AM, Abdallah B, Yu G. 2011. Androgen deficiency and mitochondrial dysfunction: implications for fatigue, muscle dysfunction, insulin resistance, diabetes, and cardiovascular disease. *Horm Mol Biol Clin Investig*, 8(1):431–44.
6. Taufiqurrachman N. 2009. Pengaruh Pemberian Ekstrak Purwoceng (Pimpinella alpina Molk) terhadap Peningkatan Indikator Vitalitas Pria. *Sains Medika*, 1(1):53–62.
7. Rao PM, Kelly DM, Jones TH. 2013. Testosterone and insulin resistance in the metabolic syndrome and T2DM in men. *Nat Rev Endocrinol*, 9(8):479–93.
8. Hashimoto T, Brooks GA. 2008. Mitochondrial lactate oxidation complex and an adaptive role for lactate production. *Med Sci Sports Exerc*, 40(3):486–94.
9. Enoki T, Yoshida Y, Lally J, Hatta H, Bonen A. 2006. Testosterone increases lactate transport, monocarboxylate transporter (MCT) 1 and MCT4 in rat skeletal muscle. *J Physiol*, 577(Pt 1):433–43.
10. Moore, K. L., Dalley, A. F., & Agur, A. M. R. 2010. *Clinically Oriented Anatomy* (6th ed.). Philadelphia: Lippincott Williams & Wilkins.
11. Susan S. 2016. *Gray's anatomy : the anatomical basis of clinical practice* (41st ed). Philadelphia: Elsevier.
12. Mescher, A. L., & Junqueira, L. C. U. 2013. *Junqueira's basic histology: Text and atlas* (Thirteenth edition.). New York: McGraw Hill Medical.
13. Bhuiyan P S, Rajgopal Lakshmi, Shyamkishore K. 2014. *Inderbir Singh's Textbook of Human Neuroanatomy (Fundamental and Clinical)* 9th ed. New Delhi : Jaypee Brothers Medical Publisher LTD.

14. Rodwell, V. W., Botham, K. M., Kennelly, P. J., Weil, P. A., Bender, D. A. 2015. *Harper's illustrated biochemistry* (30th ed.). New York: McGraw-Hill Education LLC.
15. Ren-Jay S, Timothy D. 2013. Relative Contributions of Central and Peripheral Factors in Human Muscle Fatigue during Exercise: A Brief Review. *Journal of the American Society of Exercise Physiologists*, 16 (6): 1-17.
16. Boron, Boulpaep. 2012. *Medical physiology: A cellular and molecular approach*.
17. Hall, Guyton. 2011. *Guyton and Hall textbook of medical physiology*. Philadelphia, PA: Saunders Elsevier.
18. Costanzo, L. S. 2011. *Physiology*. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.
19. Nindl BC, Kraemer WJ, Deaver DR, Peters JL, Marx JO, Heckman JT, et al. 2001. LH secretion and testosterone concentrations are blunted after resistance exercise in men. *J Appl Physiol*, 91: 1251–1258.
20. Tremblay MS, Copeland JL, Helder W Van, Mark S, Copeland JL, Van W. 2004. Effect of training status and exercise mode on endogenous steroid hormones in men. *J Appl Physiol*, 96: 531–539.
21. Hackney AC. 2005. Relationship between stress hormones and testosterone with prolonged endurance exercise. *Eur J Appl Physiol*, 93: 375–380.
22. Hospital M. 1980. Plasma cortisol, androstenedione, testosterone and luteinizing hormone in running exercise of different intensities. *Scand. J. elin. Lab. Invest*, 40: 403–9.
23. Factors OE. 1993. Stress and Other Environmental Factors Affecting Fertility in Men and Women: Overview by Andres Negro-Vilar. *Environmental Health Perspectives Supplements*, 101:59–64.
24. Review I, Zitzmann M, Nieschlag E. 2001. Testosterone levels in healthy men and the relation to behavioural and physical characteristics : facts and constructs. *European Journal of Endocrinology*, 144: 183–97.
25. Rahardjo M, Shusena A, I Darwati. 2006. Produksi dan Mutu Simplicia Purwoceng Berdasarkan Lingkungan Tumbuh dan Umur Tanaman. *Jurnal Bahan Alam Indonesia*, 1(5): 310–6.
26. Ireng D, Ika R. 2006. Status Penelitian Purwoceng ( Pimpinella alpina Molk.) di Indonesia. *Buletin Plasma Nutfah*, 12(1): 9–15.
27. Sri S, Yuliani. 2010. Efek Androgenik dan Anabolik Ekstrak Etanol Akar Purwoceng pada Anak Ayam Jantan. *Seminar Nasional Teknologi*

*Peternakan dan Veteriner* 2010, (i):744–55.

28. Efri M, Cucu S, Herlina M. 2008. Kajian Aktivitas Antioksidan Esktrak Kulit Manggis (*Garcinia mangostana* L) dalam Rangka Pemanfaatan Limbah Kulit Manggis Di Kecamatan Puspahiang Kabupaten Tasikmalaya.
29. Jendzjowsky NG, Delorey DS. 2011. A prospective evaluation of non-interval- and interval-based exercise training progressions in rodents. *Appl. Physiol. Nutr. Metab.*, 36: 723–9.
30. Koch LG, Meredith T a, Fraker TD, Metting PJ, Britton SL. 1998. Heritability of treadmill running endurance in rats. *Am J Physiol*, 275(5 Pt 2): 1455–60.
31. Taufiqurrachman. 2012. Kadar Testosteron dan Apoptosis pada Sel Penis dan Prostat dengan Pemberian Buceng. *Media Medika Indonesia*, 46:50–7.
32. American College of Sports Medicine. 2014. *ACSM'S Guidelines for Exercise Testing and Prescription*. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.
33. Tortora, Derrickson. 2012. *Principles of Anatomy and Physiology* 13th ed. New Jersey: John Wiley & Sons, Inc.
33. Joyner, Coyle. 2008. Endurance exercise performance: the physiology of champions. *J physiol*, 586(Pt 1): 35–44.