

## DAFTAR PUSTAKA

1. Ghose T. Handbook of Lipidology. 1st ed. Panama: Jaypee Brothers Medical; 2016. p. 6-7.
2. National Institute of Health. ATP III Guidelines Quick Desk reference. 2005. doi:10.1016/j.bbrc.2005.02.046.
3. WHO. Cardiovascular Disease; 2017.[Cited 2018 November 27], Available from:[https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)).
4. Badan Penelitian dan Pengembangan Kesehatan Republik Indonesia. Riset Kesehatan Dasar. Jakarta; 2013; 1(1) : 90–1.
5. Grundy SM. Metabolic syndrome update. Trends Cardiovasc Med. 2016; 26(3) : 364–73.
6. Catapano *et al.* Combination Therapy in Dyslipidemia. J. Atherosclerosis. 2014; 237(1) : 319-35
7. Chandra KS, Bansal M, Nair T, Iyengar SS, Gupta R, Manchanda SC et al. Consensus statement on management of dyslipidemia in Indian subjects. Indian Heart J. 2014; 66(2) : 23-26.
8. Panjaitan R, Nimah S, Romdhonah, Annisa, Annisa L. Pemanfaatan minyak biji labu kuning (*Cucurbita moschata* Durch.) menjadi sediaan nanoemulsi topikal sebagai agen pengembangan cosmetical anti aging. J Khazanah. 2015; 5(7): 61–81.
9. Lestari B, Meiyanto E. A Review : The Emerging Nutraceutical Potential of Pumpkin Seeds. J. Cancer Chemoprevent. 2018; 9(2) : 92–101.
10. Kulaitiene J, Černiauskiene J, Jariene E, Danilčenko H, Levickiene D. Antioxidant activity and other quality parameters of cold pressing pumpkin seed oil. Not Bot Horti Agrobot Cluj-Napoca. 2018; 46(1): 161–6.
11. Kalaivani A, Sathibabu Uddandrao V V., Brahmanaidu P, Saravanan G, Nivedha PR, Tamilmani P et al. Anti obese potential of *Cucurbita maxima* seeds oil: effect on lipid profile and histoarchitecture in high fat diet induced obese rats. Nat Prod Res. 2017; 5(3) : 1–4.
12. Jim EL. Metabolisme Lipoprotein. J Biomedik. 2013; 5(3): 149–56.
13. Guyton, Hall. Textbook of Medical Physiology. 13th ed. EGC: Jakarta, 2016.

14. Pramono LA, Harbuwono DS. Managing Hypertriglyceridemia in Daily Practice. J of Int Med. 2015; 47(3) : 266–72.
15. Peiretti PG, Meineri G, Gai F, Longato E. Antioxidative activities and phenolic compounds of pumpkin (*Cucurbita pepo*) seeds and amaranth (*Amaranthus caudatus*) grain extracts. Nat Prod Res. 2017; 31(18) : 2178-82.
16. Elinge CM, Muhammad A, Atiku FA, Itodo AU, Peni IJ, Sanni OM et al. Proximate, Mineral and Anti-nutrient Composition of Pumpkin (*Cucurbita pepo L*) Seeds Extract. Int J of Plant. 2012; 2(5): 146–50.
17. Triliana R, Soeatmadji DW, Kalim H. Pengaruh Terapi Suplementasi Fitosterol pada Profil Lemak Plasma, Kadar Apolipoprotein (Apo) B-48 , dan Penghitungan Sel Busa Aorta Tikus Pasca Diet Atherogenik J. Exp. Life Sci. 2012; 2(2): 70–81.
18. Yi J, Knudsen TA, Nielsen A, Duelund L, Christensen M, Hervella P et al. Inhibition of cholesterol transport in an intestine cell model by pine-derived phytosterols. Chem Phys Lipids. 2016; 200(10) : 62–73.
19. Shibata A, Kawakami Y, Kimura T, Miyazawa T, Nakagawa K.  $\alpha$  - Tocopherol Attenuates the Triglyceride- and Cholesterol-Lowering Effects of Rice Bran Tocotrienol in Rats Fed a Western Diet. J. Agric. Food Chem. 2016; 64(26): 5361-5366. doi:10.1021/acs.jafc.6b02228.
20. Waniek et al. Vitamin E ( $\alpha$ - and  $\gamma$ - Tocopherol) Levels in the Community: Distribution, Clinical and Biochemical Correlates, and Association with Dietary Patterns. Nutr J. 2018; 10(1) : 3-8.
21. Christie W.W, Han X. Lipid analysis : Isolation, Separation, Identification and Lipidomic Analysis. 4th ed. Philadelphia : Woodhead Publishing; 2012. p. 4-12.
22. Belitz H.D, Grosch W, Schieberle. Food Chemistry. 4th ed. Berlin : Springer; 2009. p. 158-60.
23. Sanders T.A.B. Functional Dietary Lipids : Food formulation, Consumer Issues, and Innovation for Health. Houston : Woodhead Publishing; 2016. p. 2-8.
24. Leray C. Introduction to Lipidomics : From Bacteria to Man. Florida : Taylor and Francis Group; 2013. p.15-8.
25. Mahley RW. Biochemistry and physiology of lipid and lipoprotein metabolism. In: Becker KL, editor. Principles and Practice of Endocrinology and Metabolism. Philadelphia: Lippincott William & Wilkins; 2001. p.1503-50.

26. Botham KM, Mayes PA. Bioenergetika dan metabolisme karbohidrat serta lipid. In: Murray RK, Granner DK, Mayes PA, Rodwell VW, editors. Biokimia Harper (Edisi 27). Jakarta: EGC; 2012. p.95-249.
27. Augustyn *et al.* Lipoprotein; 2019. [Cited September 10]. Available from <https://www.britannica.com/science/lipoprotein>.
28. Malloy MJ, Kane JP. Disorders of lipoprotein metabolism. In: Gardner DG, Shoback D, editors. Greenspan's Basic & Clinical Endocrinology. 8th ed. New York: McGraw Hill, 2007; p.770-95.
29. Rader DJ, Hobbs HH. Disorders of lipoprotein metabolism. In: Fauci AS, Braunwald E, Kasper DL, Hauser SL, Longo DL, Jameson JL, Loscalzo J, editors. Harrison's Principles of Internal Medicine. New York: McGrawHill Medical; 2008. p.2416-28.
30. Wolska A, Dunbar RL, Freeman LA, Ueda M, Amar MJ, Sviridov DO, et al. Apolipoprotein C-II: New findings related to genetics, biochemistry, and role in triglyceride metabolism. *Atherosclerosis*;2017. 267: 49-60. PubMed PMID: 29100061. Pubmed Central PMCID: 5705268.
31. Guyton, Hall. Textbook of Medical Physiology. 13th ed. EGC: Jakarta; 2016.
32. Sherwood L. Introduction to Human Physiology. 8th Ed. In : Ong *et al.* , Editor. Fisiologi Manusia : Dari Sel Ke Sistem. Ed. 8. Jakarta : EGC; 2014. p.659-62.
33. Adam JM. Dislipidemia. In: Sudoyo AW, Setiyohadi B, Alwi I, Simadibrata M, Setiati S, editors. Buku Ajar Ilmu Penyakit Dalam. Jakarta: Interna Publishing; 2010. p.1984-92.
34. Semenkovich CF. Disorders of lipid metabolism. In : Goldiman L, Ausiello D, editors. Cecil Medicine. 23rd ed. Philadelphia : Elsevier; 2007. p.732-45.
35. Departemen Kesehatan RI. Peraturan Menteri Kesehatan Republik Indonesia Nomor 5 Tahun 2014 Tentang Paduan Praktik Klinis Bagi Dokter Di Fasilitas Pelayanan Kesehatan Primer; 2014.
36. Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults. Executive Summary of the Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). *JAMA: J of the American Med Ass.* 2001; 285(19) : 2486-97. doi:10.1001/jama.285.19.2486

37. Mensink R P, Zock PL, Kester ADM, Katan MB. Effects of dietary fatty acids and carbohydrates on the ratio of serum total to HDL cholesterol and on serum lipids and apolipoproteins: a meta-analysis of 60 controlled trials. *Am j Clin Nutr.* 2003; 77(2) : 1146-55.
38. Zheng C, Khoo C, Furtado J, Ikewaki K, Sacks FM. Dietary monounsaturated fat activates metabolic pathways for triglyceride-rich lipoproteins that involve apolipoproteins E and C-III. *Am j Clin Nutr.* 2008; 99(3) : 272-81.
39. Grundy S M, Becker D, Clark LT, Cooper RS, Denke MA, Howard WmJ, Hunninghake DB, Illingworth DR, Luepker RV, McBride P, McKenney JM, Pasternak RC, Stone NJ, Horn LV. National Cholesterol Education Program (NCEP) Expert Panel on Detection Evaluation and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III): Final Report. Washington, DC: National Institutes of Health, National Heart, Lung, and Blood Institute. 2002; NIH Publication No.02:5215.
40. Dattilo A M, Kris-Etherton PM. Effects of weight reduction on blood lipids and lipoproteins: a meta-analysis. *Am j Clin Nutr.* 1992; 56(1) : 320-8
41. Maeda K, Noguchi Y, Fukui T. The effects of cessation from cigarette smoking on the lipid and lipoprotein profiles: a meta-analysis. *Prev Med.* 2003; 37(2) : 283-90.
42. Katan M B, Grundy SM, Jones P, Law M, Miettinen T, Paoletti R. Efficacy and safety of plant stanols and sterols in the management of blood cholesterol levels. *Mayo Clin Proc.* 2003; 78(1) : 965-78.
43. Barter P J, Brandrup-Wognsen G, Palmer MK, Nicholls SJ. Effect of statins on HDL-C: a complex process unrelated to changes in LDL-C: analysis of the VOYAGER Database. *J Lipid Res.* 2010; 51(32) : 1546-53.
44. Endo A. The discovery and development of HMG-CoA reductase inhibitors. *J Lipid Res.* 1992; 33(1) : 1569-82.
45. Reckless JP D, Henry P, Pomykaj T, Lim ST, Massaad R, Vandormael K, Johnson-Levonas AO, Lis K, Brudi P, Allen C. Lipid-altering efficacy of ezetimibe/simvastatin 10/40 mg compared with doubling the statin dose in patients admitted to the hospital for a recent coronary event: the INFORCE study. *Int J Clin Pract.* 2008; 62(4) : 539-54.

46. Yokoyama M OH, Matsuzaki M, Matsuzawa Y, Saito Y, Oikawa S, Sasaki J, Hishida H, Itakura H, Kita T, Kitabatake A, Nakaya N, Sakata T, Shimada K, Shirato K. Effects of eicosapentaenoic acid on major coronary events in hypercholesterolaemic patients (JELIS): a randomised openlabel, blinded endpoint analysis. Lancet. 2007; 369(89) : 1090-8.
47. Knopp R H. Drug treatment of lipid disorders. N Engl J Med 1999; 341(2) : 498-511.
48. Kamanna V S, Kashyap ML. Mechanism of action of niacin. Am J Cardiol. 2008; 101(1) : 20B-6B.
49. Barter P J, Brewer HB Jr, Chapman MJ, Hennekens CH, Rader DJ, Tall AR. Cholesteryl ester transfer protein: a novel target for raising HDL and inhibiting atherosclerosis. Arterioscler Thromb Vasc Biol. 2003; 23(5) : 160-7.
50. Reiner Z. Combined therapy in the treatment of dyslipidemia. Fundam Clin Pharmacol. 2010; 24(6) : 19-28.
51. Falah R.N. Zukini (*Cucurbita pepo* L.); 2014. Cited Juli 29]. Available at <http://www.bbpp-lembang.info/index.php/arsip/artikel/artikel-pertanian/823-zukini-cucurbita-pepo-l>.
52. Morrison et al. Replacement of Dietary Saturated Fat by PUFA-Rich Pumpkin Seed Oil Attenuates Non-Alcoholic Fatty Liver Disease and Atherosclerosis Development, with Additional Health Effects of Virgin over Refined Oil. PLOS One. 2015; 10(9) : 1-19. DOI:10.1371/journal.pone.0139196.
53. Filbrandt Katelyn, R. Effect of pumpkin seed oil cake on the textural and sensory properties of white wheat. Menomonie: Food and Natural Journal. 2012; 4(6) : 13-9.
54. Gohari Ardabili, A., Farhoosh, R., & Haddad Khodaparast, M. H. Chemical composition and physicochemical properties of pumpkin seeds (*Cucurbita pepo* Subsp. *pepo* Var. *Styriaka*) grown in Iran. J of Agr Sci and Tech. 2011; 13(8) : 105–6.
55. Caili, F., Huan, S., & Quanhong, L. A review on pharmacological activities and utilization technologies of pumpkin. Plant Foods for Human Nutrition. 2006; 61(2) : 70–7.
56. Ayyildiz HF, Topkafa M, Kara H. Pumpkin (*Cucurbita pepo* L.) Seed Oil. Fruit Oils: Chemistry and Functionality. 1st ed. Switzerland : Springer; 2019. p.766-88.

57. United States Department of Agriculture. "Cucurbita pepo L. field pumpkin". ; 2013. Cited 2019 Juli 20]. Available at <https://plants.usda.gov>.
58. Mbondo, J. K. Formulation and evaluation of pumpkin seed (*Cucurbita pepo*) tablets. Nairobi. 2013; 1(3) : 1-9.
59. Adeel, A., Sohail, A., & Masud, T. Characterization and antibacterial study of pumpkin seed oil (*Cucurbita pepo*). Life Sciences Leaflets. 2014; 49(2) : 53–64.
60. Abdel-Rahman, M. K. Effect of pumpkin seed (*Cucurbita pepo* L.) diets on benign prostatic hyperplasia (BPH): Chemical and morphometric evaluation in rats. World Journal of Chemistry. 2006; 1(1) : 33–40.
61. Patel, S. Pumpkin (*Cucurbita* sp.) seeds as nutraceutic: A review on status quo and scopes. Mediterranean Journal of Nutrition and Metabolism. 2013; 6(3) : 183–9.
62. Ozuna, C., & León-Galván, M. (2017). Cucurbitaceae seed protein hydrolysates as a potential source of bioactive peptides with functional properties. BioMed Research International. 2017; 1(2) : 1–16.
63. Fokou, E., Achu, M., Kansci, G., Ponka, R., Fotso, M., Tchiegang, C., & Tchouanguep, F. Chemical properties of some Cucurbitaceae oils from Cameroon. Pakistan J of Nut. 2009; 8(9) : 1325–34.
64. Stevenson, D. G., Eller, F. J., Wang, L., Jane, J.-L., Wang, T., & Inglett, G. E. Oil and tocopherol content and composition of pumpkin seed oil in 12 cultivars. J of Agr and Food Chem. 2007; 55(10) : 4005–13.
65. Caili, F., Huan, S., & Quanhong, L. A review on pharmacological activities and utilization technologies of pumpkin. Plant Foods for Human Nutrition. 2006; 61(2) : 70–7.
66. Vujasinovic, V., Djilas, S., Dimic, E., Romanic, R., & Takaci, A. Shelf life of cold-pressed pumpkin (*Cucurbita pepo* L.) seed oil obtained with a screw press. J of the American Oil Chem Soc. 2010; 87(12) : 1497–1505.
67. Fruhwirth, G. O., & Hermetter, A. Production technology and characteristics of Styrian pumpkin seed oil. European J of Lip Sci and Tech. 2008; 110(7) : 637–44.
68. Yadav, M., Jain, S., Tomar, R., Prasad, G., & Yadav, H. (2010). Medicinal and biological potential of pumpkin: An updated review. Nutrition Research Reviews. 2010; 23(2) : 184–90.

69. Lerma-García, M. J., Saucedo-Hernández, Y., Herrero-Martínez, J. M., Ramis-Ramos, G., Jorge-Rodríguez, E., & Simó-Alfonso, E. F. Statistical classification of pumpkin seed oils by direct infusion mass spectrometry: Correlation with GC-FID profiles. European Journal of Lipid Science and Technology. 2015; 117(3) : 331.
70. Morrison et al. Replacement of Dietary Saturated Fat by PUFA-Rich Pumpkin Seed Oil Attenuates Non-Alcoholic Fatty Liver Disease and Atherosclerosis Development, with Additional Health Effects of Virgin over Refined Oil. PLOS One. 2015; 10(9) : 1-19.
71. Petkova, Z. Y., & Antova, G. Changes in the composition of pumpkin seeds (*Cucurbita moschata*) during development and maturation. Grasas y Aceites. 2015; 66(1) : 058.
72. Arief M, Novriansyah R, Budianto IT, Bimo M, Harmaji. Potensi Bunga Karamuning (*Melastoma malabathricum* L.) terhadap Kadar Kolesterol Total dan Trigliserida pada Tikus Putih Jantan Hiperlipidemia yang diinduksi Propiltiourasil. J. Prestasi. 2012; 1(2):118-26.
73. Departemen Kesehatan RI. Pedoman Pengujian dan Pengembangan Fitofarmaka : Penapisan Farmakologi, Pengujian Fitokimia dan Pengujian Klinik. Jakarta : Yayasan Pengembangan Obat Bahan Alam Phyto Medica. Departemen Kesehatan RI : 1993.
74. Ali HK. Dasar-dasar Statistika. PT Raya Grafindo Persada: Jakarta, 2006. p.257-62.
75. Andari F. Pengaruh Pemberian Serbuk Biji Labu Kuning (*Cucurbita moschata*) Terhadap Penurunan Kadar Kolesterol Total Pada Tikus Wistar Jantan Hiperkolesterolemia. J of Nutr Col. 2014; 3(4) : 509-16.
76. Lugasi A. Phytosterol-Enriched Foods:Role in Lowering Serum Cholesterol Level, Community Authorising and Conditions of Marketing. National Institute for Food and Nutrition Science. 2009; 3(3) : 381–40.
77. U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference.
78. Ermawati D, Rachmawati B, W NS. Efek suplementasi  $\beta$ -carotene terhadap kolesterol total, trigliserida dan malondialdehid pada tikus *Sprague dawley* yang diabet. Jurnal Gizi Indonesia. 2014; 2(2) : 47–52.
79. Dwiputro, BA. Pengaruh Pemberian Jus Lidah Buaya ((*Aloe vera*) terhadap Kadar Kolesterol Total Serum Tikus Jantan Strain Wistar Hiperlipidemia. Fakultas Kedokteran, Universitas Diponegoro; 2006.

80. Chandrasekara A, Shahidi F. Antioxidant Phenolics of Millet Control Lipid Peroxidation in Human LDL Cholesterol and Food Systems. J of the American Oil Chem Soc. 2012; 89(2) : 275-85.

