DAFTAR PUSTAKA

Abdulla, M. H., Sattar, M. A., & Johns, E. J. (2011). The Relation between Fructose-Induced Metabolic Syndrome and Altered Renal Haemodynamic and Excretory Function in the Rat. *International Journal of Nephrology*, *2011*, 1–17. https://doi.org/10.4061/2011/934659

Agustin Iskandar, et al. (2018). *Mengenal Toxoplasma Gondii, Obesitas, dan Sindrom Metabolik*.

Alfie, J., & Cuffaro, P. E. (2019). Hypertension in the elderly. *Encyclopedia of Biomedical Gerontology*, *4*(5), 258–270. https://doi.org/10.1016/B978-0-12-801238-3.62166-9

Alhawari, H. H., Al-Shelleh, S., Alhawari, H. H., Al-Saudi, A., Aljbour Al-Majali, D., Al-Faris, L., & Alryalat, S. A. (2018). Blood Pressure and Its Association with Gender, Body Mass Index, Smoking, and Family History among University Students. *International Journal of Hypertension*, *2018*. https://doi.org/10.1155/2018/4186496

Appel, L. J. (2017). The Effects of Dietary Factors on Blood Pressure. *Cardiology Clinics*, *35*(2), 197–212. https://doi.org/10.1016/j.ccl.2016.12.002

Ay, M., Charli, A., Jin, H., Kanthasamy, A., & Kanthasamy, A. G. (2016). *Quercetin*. 447–452. https://doi.org/10.1016/B978-0-12-802147-7.00032-2

B, B., & H, R. (2011). Plant flavonoids as angiotensin converting enzyme inhibitors in regulation of hypertension. *Functional Foods in Health and Disease*, *1*(5), 172–188. http://www.functionalfoodscenter.net/files/43940078.pdf

Bahadoran, Z., Hosseini-Esfahani, F., Mirmiran, P., Mehran, M., Hosseinpanah, F., & Azizi, F. (2011). Dietary fructose and cardiovascular disease risk factors in adults: Tehran lipid and glucose study. *Iranian Journal of Endocrinology and Metabolism*, *13*(3), 272–282.

Barrios-Ramos J, Garduño-Siciliano L, Loredo-Mendoza M, Chamorro-Cevallos G, J.-F. M. (2014). A Quick Model for the Induction of Metabolic Syndrome Markers in Rats. *Internal Medicine: Open Access*, *04*(01), 1–5. https://doi.org/10.4172/2165-8048.1000137

Bimandama, M. A., & Soleha, T. U. (2016). Hubungan Sindrom Metabolik dengan Penyakit Kardiovaskular. *Jurnal Majority*, *5*(2), 49–55.

Borjesson, M., Onerup, A., Lundqvist, S., & Dahlof, B. (2016). Physical activity and exercise lower blood pressure in individuals with hypertension: Narrative review of 27 RCTs. *British Journal of Sports Medicine*, *50*(6), 356–361. https://doi.org/10.1136/bjsports-2015-095786

Brown, L., & Panchal, S. K. (2011). Rodent models for metabolic syndrome research. *Journal of Biomedicine and Biotechnology*, *2011*(May). https://doi.org/10.1155/2011/351982

Cain C. T. Clark et al. (2020). The effect of psyllium supplementation on blood pressure: a systematic review and meta-analysis of randomized controlled trials. *European Journal of Nutrition*. https://doi.org/10.1007/s00394-020-02300-6

Castillo, I. J. B., Angelia, M. R. N., Torio, M. A. O., & Belina-Aldemita, M. D. (2017). Antihypertensive property of the peptic and chymotryptic hydrolysates derived from the crude protein extract of okra [Abelmoschus esculentus (L.) Moench] seeds. *International Food Research Journal*, *24*(6), 2586–2592.

Cicero, A. F. G., & Colletti, A. (2016). Role of phytochemicals in the management of metabolic syndrome. *Phytomedicine*, *23*(11), 1134–1144. https://doi.org/10.1016/j.phymed.2015.11.009

Cicero, A. F. G., Derosa, G., Bove, M., Imola, F., Borghi, C., & Gaddi, A. V. (2010). Psyllium improves dyslipidaemia, hyperglycaemia and hypertension, while guar gum reduces body weight more rapidly in patients affected by metabolic syndrome following an AHA Step 2 diet. *Mediterranean Journal of Nutrition and Metabolism*, *3*(1), 47–54. https://doi.org/10.1007/s12349-009-0056-1

Coltuc, R.-V., & Stoica, V. (2016). Metabolic Syndrome - Cardiovascular and Metabolic, Complex, Difficult to Quantify Risk Factor. *Modern Medicine*, *23*(1), 54–59. http://www.medicinamoderna.ro/res/pdf/2016/2016-01-055.pdf

Dehghan, M. (2017). Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study. *The Lancet*, *390*(10107), 2050–2062. https://doi.org/10.1016/S0140-6736(17)32252-3

Ekmekcioglu, P. R. and C. (2016). Impact of Salt Intake on the Pathogenesis and Treatment of Hypertension. *Advs Exp. Medicine, Biology-Neuroscience and Respiration.*, *6*(October 2014), 57–66. https://doi.org/10.1007/5584

Elagizi, A., Kachur, S., Lavie, C. J., Carbone, S., Pandey, A., Ortega, F. B., & Milani, R. V. (2018). An Overview and Update on Obesity and the Obesity Paradox in Cardiovascular Diseases. *Progress in Cardiovascular Diseases*, *61*(2), 142–150. https://doi.org/10.1016/j.pcad.2018.07.003

Esmaeilzadeh, D., Razavi, B. M., & Hosseinzadeh, H. (2020). Effect of Abelmoschus esculentus (okra) on metabolic syndrome: A review. *Phytotherapy Research*, *March*, 1–11. https://doi.org/10.1002/ptr.6679

Fauza, A., Djamiatun, K., & Al-Baarri, A. N. (2019). Studi Karakteristik dan Uji Aktivitas Antioksidan dari Tepung Buah Okra (Abelmoschus esculentus). *Jurnal Aplikasi Teknologi Pangan*, *8*(4), 137. https://doi.org/10.17728/jatp.4449

Grundy, S. M. (2016). Metabolic syndrome update. *Trends in Cardiovascular Medicine*, *26*(4), 364–373. https://doi.org/10.1016/j.tcm.2015.10.004

Islam, M. T. (2019). Phytochemical information and pharmacological activities of Okra (Abelmoschus esculentus): A literature-based review. *Phytotherapy Research*, *33*(1), 72–80. https://doi.org/10.1002/ptr.6212

James, G. D., & Gerber, L. M. (2018). Measuring arterial blood pressure in humans: Auscultatory and automatic measurement techniques for human biological field studies. *American Journal of Human Biology*, *30*(1). https://doi.org/10.1002/ajhb.23063

Jimoh, M. A., MacNaughtan, W., Williams, H. E. L., Greetham, D., Linforth, R. L., & Fisk, I. D. (2016). Sodium ion interaction with psyllium husk (Plantago sp.). *Food and Function*, *7*(9), 4041–4047. https://doi.org/10.1039/c6fo00785f

Joyner, M. J., Wallin, B. G., & Charkoudian, N. (2016). Sex differences and blood pressure regulation in humans. *Experimental Physiology*, *101*(3), 349–355. https://doi.org/10.1113/EP085146

Kamso, S., Dharmayati, P., Lubis, U., Juwita, R., Kurnia, Y., & Besral, R. (2011). Prevalensi dan Determinan Sindrom Metabolik pada Kelompok Eksekutif di Jakarta dan Sekitarnya Prevalency and Determinant Metabolic Syndrome on Executive Group in Jakarta and Nearby Areas. *Jurnal Kesehatan Masyarakat Nasiona*, *Vol. 6*, 85–90.

Kanter, J. E., & Bornfeldt, K. E. (2016). Impact of diabetes mellitus. *Arteriosclerosis, Thrombosis, and Vascular Biology*, *36*(6), 1049–1053. https://doi.org/10.1161/ATVBAHA.116.307302

Kartini, E., Murbawanni, E. A., & Tsani, A. F. A. (2018). *Asupan Gula-manis minuman dan Metabolik Sindrom Komponen pada Remaja*. *12*(Isphe), 18–22.

Khitan, Z., & Kim, D. H. (2013). Fructose: A key factor in the development of metabolic syndrome and hypertension. *Journal of Nutrition and Metabolism*, *2013*(May 2013). https://doi.org/10.1155/2013/682673

Kopin, L., & Lowenstein, C. (2017). In the Clinic® dyslipidemia. *Annals of Internal Medicine*, *167*(11), ITC81–ITC95. https://doi.org/10.7326/AITC201712050

Kumar, D. S., Tony, D. E., Kumar, P., Kumar, K. A., Rao, D. B. S., & Nadendla,

R. (2013). *Ethnobotany: A Method Manual, Chapman & Hall,*. *3*(4), 129–132.

Liu, H., Su, W. W., Long, C. F., Zhang, W. J., Li, P. B., Wu, Z., Liao, Y. Y., Zeng, X., Chen, T. Bin, Zheng, Y. Y., Yan, Z. H., Bi, C., & Yao, H. L. (2018). An experimental model for hypertensive crises emergencies: Long-term high-fat diet followed by acute vasoconstriction stress on spontaneously hypertensive rats. *Experimental Biology and Medicine*, *243*(5), 481–495. https://doi.org/10.1177/1535370218759270

Lozano, W. M. (2019). Diet-Induced Rabbit Models for the Study of Metabolic Syndrome. *Animals Review*, 4–12. https://doi.org/10.3390/ani9070463

Majd, N. E., Tabandeh, M. R., Shahriari, A., & Soleimani, Z. (2018). Okra (Abelmoscus esculentus) Improved Islets Structure, and Down-Regulated PPARs Gene Expression in Pancreas of High-Fat Diet and Streptozotocin-Induced Diabetic Rats. *Cell Journal*, *20*(1), 31–40. https://doi.org/10.22074/cellj.2018.4819

Manik, A. E. S., Melati, M., Kurniawati, A., & Faridah, D. D. N. (2019). Hasil dan Kualitas Okra (Abelmoschus esculentus L. Moench.) Merah dan Okra Hijau dengan Jenis Pupuk yang Berbeda. *Jurnal Agronomi Indonesia (Indonesian Journal of Agronomy)*, *47*(1), 68–75. https://doi.org/10.24831/jai.v47i1.22295

Marques, F. Z., Nelson, E., Chu, P. Y., Horlock, D., Fiedler, A., Ziemann, M., Tan, J. K., Kuruppu, S., Rajapakse, N. W., El-Osta, A., Mackay, C. R., & Kaye, D. M. (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), 964–977. https://doi.org/10.1161/CIRCULATIONAHA.116.024545

Marti, E., Estri, A. K., & Rahayu, M. H. (2020). The Effect Of Java Langgam Music Therapy As Adjuvant Therapy Towards Changes Blood Pressure In Hypertension Patients In Puskesmas Depok Ii Sleman Yogyakarta. *Jurnal Ners Dan Kebidanan Indonesia*, *7*(2), 86. https://doi.org/10.21927/jnki.2019.7(2).86-95

Marunaka, Y., Marunaka, R., Sun, H., Yamamoto, T., Kanamura, N., Inui, T., & Taruno, A. (2017). Actions of quercetin, a polyphenol, on blood pressure. *Molecules*, *22*(2), 5–8. https://doi.org/10.3390/molecules22020209

Mayyas, F., Alzoubi, K. H., & Al-Taleb, Z. (2017). Impact of high fat/high salt diet on myocardial oxidative stress. *Clinical and Experimental Hypertension*, *39*(2), 126–132. https://doi.org/10.1080/10641963.2016.1226894

McCracken, E., Monaghan, M., & Sreenivasan, S. (2018). Pathophysiology of the metabolic syndrome. *Clinics in Dermatology*, *36*(1), 14–20. https://doi.org/10.1016/j.clindermatol.2017.09.004

Mendizábal, Y., Llorens, S., & Nava, E. (2013). Hypertension in metabolic syndrome: Vascular pathophysiology. *International Journal of Hypertension*, *2013*(May 2014). https://doi.org/10.1155/2013/230868

Mitra, M., & Wulandari, W. (2019). Factors affecting uncontrolled blood pressure among elderly hypertensive patients in Pekanbaru City, Indonesia. *Open Access Macedonian Journal of Medical Sciences*, *7*(7), 1209–1213. https://doi.org/10.3889/oamjms.2019.255

Mondal, K., Shivalinge Gowda, K. P., & Manandhar, S. (2019). Anti-hypertensive effect of abelmoschus esculentus (Okra) seed extracts in fructose-induced hypertensive rats. *Indian Journal of Physiology and Pharmacology*, *63*(2), 175–181.

Moreno-Fernández, S., Garcés-Rimón, M., Vera, G., Astier, J., Landrier, J. F., & Miguel, M. (2018). High fat/high glucose diet induces metabolic syndrome in an experimental rat model. *Nutrients*, *10*(10), 1–15. https://doi.org/10.3390/nu10101502

Müller-Wieland, P. D. med D., Nauck, M., Petersmann, A., Müller-Wieland, D., Schleicher, E., Müller, U. A., Landgraf, R., Freckmann, G., & Heinemann, L. (2019). Definition, Classification and Diagnosis of Diabetes Mellitus. *Diabetologe*, *15*(2), 128–134. https://doi.org/10.1007/s11428-019-0460-1

Murphy, M. P. (2013). Mitochondrial dysfunction indirectly elevates ROS production by the endoplasmic reticulum. *Cell Metabolism*, *18*(2), 145–146. https://doi.org/10.1016/j.cmet.2013.07.006

Ni Made Ayu Nila Septianingrum, et al. (2018). Identifikasi kandungan Fitokimia Ekstrak Okra Merah (Abelmoschus Esculntus) Dan Uji Aktivitas Antibiotik Terhadap Bakteri Eschericia coli. *Journal of Chemical Information and Modeling*, *53*(9), 1689–1699. https://doi.org/10.1017/CBO9781107415324.004

Olivia, Z., & Agustini, R. (2019). Pengaruh Pemberian Sekam Psyllium (Psyllium Husk) Terhadap Kadar LDL Dan Kadar HDL Tikus Putih (Rattus Norvegicus) Galur Wistar Hiperkolesterolemia. *Jurnal Kesehatan*, *7*(2), 75–81. https://doi.org/10.25047/j-kes.v7i2.93

Pal, S., Khossousi, A., Binns, C., Dhaliwal, S., & Radavelli-Bagatini, S. (2012). The effects of 12-week psyllium fibre supplementation or healthy diet on blood pressure and arterial stiffness in overweight and obese individuals. *British Journal of Nutrition*, *107*(5), 725–734. https://doi.org/10.1017/S0007114511003497

Patel, M. K., Tanna, B., Gupta, H., Mishra, A., & Jha, B. (2019). Physicochemical, scavenging and anti-proliferative analyses of polysaccharides extracted from psyllium (Plantago ovata Forssk) husk and seeds. *International Journal of Biological Macromolecules*, *133*, 190–201.

https://doi.org/10.1016/j.ijbiomac.2019.04.062

Puzserova, A., & Bernatova, I. (2016). Blood pressure regulation in stress: Focus on nitric oxide-dependent mechanisms. *Physiological Research*, *65*, S309–S342. https://doi.org/10.33549/physiolres.933442

Saxena, T., Ali, A. O., & Saxena, M. (2018). Pathophysiology of essential hypertension: an update. *Expert Review of Cardiovascular Therapy*, *16*(12), 879–887. https://doi.org/10.1080/14779072.2018.1540301

Sherling, D. H., Perumareddi, P., & Hennekens, C. H. (2017). Metabolic Syndrome: Clinical and Policy Implications of the New Silent Killer. *Journal of Cardiovascular Pharmacology and Therapeutics*, *22*(4), 365–367. https://doi.org/10.1177/1074248416686187

Sherwood. (2016). Textbook of Human Physiology. In *Bmj* (Vol. 1, Issue 5277). https://doi.org/10.1136/bmj.1.5277.531-b

Shulman, G. I. (2014). Ectopic Fat in Insulin Resistance, Dyslipidemia, and Cardiometabolic Disease. *New England Journal of Medicine*, *371*(12), 1131–1141. https://doi.org/10.1056/nejmra1011035

Togliatto, G., Lombardo, G., & Brizzi, M. F. (2017). The future challenge of reactive oxygen species (ROS) in hypertension: From bench to bed side. *International Journal of Molecular Sciences*, *18*(9). https://doi.org/10.3390/ijms18091988

Verma, A., & Mogra, R. (2013). Psyllium (Plantago ovata) Husk: A Wonder Food for Good Health. *International Journal of Science and Research (IJSR) ISSN (Online Index Copernicus Value Impact Factor*, *14*(9), 2319–7064. www.ijsr.net

Warfel, J. D., Bermudez, E. M., Mendoza, T. M., Ghosh, S., Zhang, J., Elks, C. M., Mynatt, R., & Vandanmagsar, B. (2016). Mitochondrial fat oxidation is essential for lipid-induced inflammation in skeletal muscle in mice. *Scientific Reports*, *6*(November), 1–13. https://doi.org/10.1038/srep37941

Wong, S. K., Chin, K. Y., Suhaimi, F. H., Ahmad, F., & Ima-Nirwana, S. (2017). The Effects of a Modified High-carbohydrate High-fat Diet on Metabolic Syndrome Parameters in Male Rats. *Experimental and Clinical Endocrinology and Diabetes*, *126*(4), 205–212. https://doi.org/10.1055/s-0043-119352

Wong, S. K., Chin, K. Y., Suhaimi, F. H., Fairus, A., & Ima-Nirwana, S. (2016). Animal models of metabolic syndrome: a review. *Nutrition and Metabolism*, *13*(65), 1–12. https://doi.org/10.1186/s12986-016-0123-9

Yap, R. W. K., Shidoji, Y., Yap, W. S., & Masaki, M. (2017). Association and interaction effect of AGTR1 and AGTR2 gene polymorphisms with dietary

pattern on metabolic risk factors of cardiovascular disease in Malaysian adults. *Nutrients*, *9*(8), 1–13. https://doi.org/10.3390/nu9080853

Yu Wang, Sean E. Thatcher, and L. A. C. (2017). *Measuring Blood Pressure Using a Noninvasive Tail Cuff Method in Mice*. *1614*(319), 175–187. https://doi.org/10.1007/978-1-4939-7030-8

Zahtamal, Z., Prabandari, Y. S., & Setyawati, L. (2014). Prevalensi Sindrom Metabolik pada Pekerja Perusahaan. *Kesmas: National Public Health Journal*, *9*(2), 113. https://doi.org/10.21109/kesmas.v9i2.499

Zulkarnaen, & Zulkifli. (2019). Respon Pertumbuhan dan Produksi Tanaman Okra Hijau (Abelmoschusesculentus. L) Terhadap Pemberian Pupuk Kandang Sapi dan Pupuk NPK Mutiara. *Jurnal Agriflora*, *3*(2), 131–138.