

DAFTAR PUSTAKA

- Al-Snafi, Khorsheed, & Farj 2015, ‘Galactagogue Action of the Crude Phenolic Extracts of Grape Seeds (*Vitis vinifera*),’ *International Journal of Biological & Pharmaceutical Research*, vol. 6, no. 8, hlm. 577–580.
- Aminah, S & Purwaningsih, W 2019, ‘Perbedaan Efektifitas Pemberian Buah Kurma dan Daun Katuk Terhadap Kelancaran ASI pada Ibu Menyusui Umur 0-40 Hari di Kota Kediri,’ *Journal of Public Health Research and Community Health Development*, vol. 3, no. 1, hlm. 37–43.
- Anandito, RBK, Nurhartadi, E, Siswanti, & Nugrahini, VS 2015, ‘Formulasi Pangan Darurat Berbentuk Food Bars Berbasis Tepung Millet Putih (*Panicum miliceum L.*) dan Tepung Kacang-kacangan dengan Penambahan Gliserol,’ *Prosiding Seminar Agroindustri dan Lokakarya Nasional FKPT-TPI*, , no. 2-3 September, hlm. 222–239.
- Anbudhasan, P, Surendraraj, A, Karkuzhali, S, & Sathishkumaran, S 2014, ‘Natural Antioxidants and Its Benefits,’ *International Journal of Food and Nutritional Sciences*, vol. 3, no. 6, hlm. 225–232.
- Anggraeny, V & Savitri, L 2020, ‘Gambaran Penggunaan Obat Daun Katuk Pada Ibu Menyusui di Kota Kediri,’ *Java Health Jounal*, vol. 7, no. 1.
- AOAC 2005, *Official Methods of Analysis of the Association of Analytical Chemists*, 18 ed., W Horwitz (ed). Association of Official Analytical Chemist Inc.
- AOAC 2012, *Official Method of Analysis of Association of Official Analytical Chemist*. Association of Official Analytical Chemist Inc., Virginia.
- Arbi, AS 2009, *Pengenalan Evaluasi Sensori*. Tersedia pada: <http://repository.ut.ac.id/id/eprint/4683>.
- Arumugam, G, Swamy, M, & Sinniah, U 2016, ‘*Plectranthus amboinicus* (Lour.) Spreng: Botanical, Phytochemical, Pharmacological and Nutritional Significance,’ *Molecules*, vol. 21, no. 4, hlm. 1–26. Tersedia pada: <http://www.mdpi.com/1420-3049/21/4/369>.
- Asiimwe, S, Borg-Karlsson, A-K, Azeem, M, Maud Mugisha, K, Namutebi, A, & James Gakunga, N 2014, ‘Chemical composition and Toxicological evaluation of the aqueous leaf extracts of *Plectranthus amboinicus* Lour. Spreng,’ *International Journal of Pharmaceutical Science Invention ISSN*, vol. 3, no. 2, hlm. 19–27. Tersedia pada: www.ijpsi.org.
- Badan Standarisasi Nasional 2006, *Petunjuk Pengujian Organoleptik dan atau Sensori*, SNI 01-234.

- Bekoe, EO, Kitcher, C, Gyima, NAM, Schwinger, G, & Frempong, M 2018, ‘Medicinal Plants Used as Galactagogues,’ *Intech*. Tersedia pada: <https://www.intechopen.com/books/advanced-biometric-technologies/liveness-detection-in-biometrics>.
- BeMiller, JN 2017, ‘Carbohydrate Analysis,’ in SS Nielsen (ed), *Food Analysis*, hlm.149–175. Springer Science+Business Media, LLC.
- Bhatt, P & Negi, PS 2012, ‘Antioxidant and Antibacterial Activities in the Leaf Extracts of Indian Borage (*Plectranthus amboinicus*),’ *Food and Nutrition Sciences*, vol. 03, no. 02, hlm. 146–152.
- Bhave, A & Dasgupta, S 2018, ‘Effect of Cooking on Total Phenol, Total Flavonoids and DPPH Free Radical Scavenging Potential of *Plectranthus amboinicus*,’ *Journal of Medicinal Plants Studies*, vol. 6, no. 3, hlm. 82–84.
- BNPB 2020a, *Data Informasi Bencana Indonesia*. Jakarta. Tersedia pada: <https://bnpb.cloud/dibi/tabel1b>. [11 April 2020].
- BNPB 2020b, *Bencana Indonesia 2020, Badan Nasional Penanggulangan Bencana*. Tersedia pada: <https://bnpb.go.id/infografis/infografis-bencana-indonesia-2020>. [20 Juli 2020].
- BNPB 2021, *Kejadian Bencana per Provinsi Tahun 2021, Geoportal Kebencanaan Indonesia*, diakses 18 Januari 2021, <http://gis.bnbp.go.id/>.
- Bose, R, Kumar, MS, Manivel, A, & Mohan, SC 2018, ‘Chemical Constituents of *Sauvopas androgynus* and Evaluation of its Antioxidant Activity,’ *Research Journal of Phytochemistry*, vol. 12, no. 1, hlm. 7–13.
- Bourne, MC 2002, *Food Texture and Viscosity: Concept and Measuremen*, 2nd Editio. Elsevier Science & Technology Books.
- BPOM 2016, *Peraturan Kepala Badan Pengawas Obat Dan Makanan Republik Indonesia Nomor 22 Tahun 2016 Tentang Persyaratan Penggunaan Bahan Tambahan Pangan Perisa*. Indonesia.
- BPOM 2019, *Peraturan Badan Pengawas Obat Dan Makanan Nomor 22 Tahun 2019 Tentang Informasi Nilai Gizi Pada Label Pangan Olahan*. Indonesia.
- Budiarti, T 2009, ‘Efektifitas Pemberian Paket ”Sukses Asi” Terhadap Produksi Asi Ibu Menyusui Dengan Seksio Sesarea Di Wilayah Depok Jawa Barat,’ *Thesis Post Graduate Program, Faculty of Nursing, Universitas Indonesia*, hlm. 1–128.
- Budoyo, EAS, Suseno, TIP, & Widjajaseputra, AI 2014, ‘Substitusi Terigu dengan Tepung Labu Kuning terhadap Sifat Fisik dan Organoleptik Muffin,’ *Journal of FoodTechnology and Nutrition*, vol. 13, no. 2, hlm. 75–80.
- Bunawan, H, Bunawan, SN, Baharum, SN, & Noor, NM 2015, ‘*Sauvopas androgynus* (L.) Merr. Induced Bronchiolitis Obliterans: From Botanical

- Studies to Toxicology,’ *Evidence-based Complementary and Alternative Medicine*, vol. 2015, hlm. 1–7.
- Buntuchai, G, Pavadhgul, P, Kittipichai, W, & Satheannoppakao, W 2017, ‘Traditional Galactagogue Foods and Their Connection to Human Milk Volume in Thai Breastfeeding Mothers,’ *Journal of Human Lactation*, vol. 33, no. 3, hlm. 552–559.
- Chang, CC, Yang, MH, Wen, HM, & Chern, JC 2002, ‘Estimation of total flavonoid content in propolis by two complementary colometric methods,’ *Journal of Food and Drug Analysis*, vol. 10, no. 3, hlm. 178–182.
- Chang, SK 2017, ‘Protein Analysis,’ in SS Nielsen (ed), *Food Analysis*. Springer Science+Business Media, LLC.
- Choi, SE 2013, ‘Sensory Evaluation,’ in S Edelstein (ed), *Food Science: An Ecological Approach*. Jones and Bartlett Learning LLC.
- Coward, WA 1984, ‘Measuring milk intake in breast-fed babies,’ *Journal of Pediatric Gastroenterology and Nutrition*, vol. 3, no. 2, hlm. 275–279.
- Damanik, MRM, Kustiyah, L, Hanafi, & Iwansyah, AC 2017, ‘Evaluation Lactogenic Activity of Ethyl Acetate Fraction of Torbangun (*Coleus amboinicus* L.) Leaves,’ *IOP Conference Series: Earth and Environmental Science*, vol. 101, hlm. 1–10.
- Damanik, RM 2014, *Kearifan Lokal Pemanfaatan tanaman Torbangun (Coleus amboinicus Lour) dalam pembangunan Gizi Masyarakat Indonesia*. Bogor.
- Damanik, RM, Wahlqvist, ML, & Wattanapenpaiboon, N 2006, ‘Lactagogue effects of Torbangun, a Batakinese traditional cuisine,’ *Asia Pacific Journal of Clinical Nutrition*, vol. 15, no. 2, hlm. 267–274.
- Depkes RI 2001, ‘Pedoman Penanggulangan Masalah Gizi Dalam Keadaan Darurat,’ in, *Gizi Darurat*, hlm.3–36. Direktorat Gizi Masyarakat Kemenkes RI.
- Depkes RI 2007, *Pedoman Teknis Penanggulangan Krisis Kesehatan Akibat Bencana*. Departemen Kesehatan RI, Jakarta.
- Dewi, AL 2011, *Formulasi cookies berbasis pati garut (Maranta arundinaceae Linn.) dengan penambahan tepung Torbangun (Coleus amboinicus Lour) sebagai sumber zat gizi mikro*. Institus Pertanian Bogor.
- Dewi, IK 2014, *Aplikasi Tepung Komposit Berbasis Labu Kuning dan Mocaf pada Produk Kukis*. Universitas Katolik Soegijapranata.
- Dinas Peternakan dan Kesehatan Hewan Kalimantan Timur 2014, *Manfaat Daun Katuk Bagi Kesehatan Dan Produktivitas Ternak*, diakses pada 3 November 2020, <https://peternakan.kaltimprov.go.id/artikel/manfaat-daun-katuk-bagi-kesehatan-dan-produktivitas-ternak#:~:text=Hasil penelitian menunjukkan>

- bahwa dalam,(kal) 134%2C10.
- Doloksaribu, TH 2015, *Pengaruh Pemberian Makanan Tambahan Fungsional Berbasis Tepung Torbangun pada Ibu yang Mendapat Konseling Menyusui Terhadap Pemberian ASI Eksklusif dan Pertumbuhan Bayi*. Institut Pertanian Bogor.
- Doloksaribu, TH, Syarief, H, & Marliyati, SA 2016, ‘Pertumbuhan Bayi Dan Pemberian Asi Eksklusif Oleh Ibu Penerima Konseling Menyusui Dan Makanan Tambahan Torbangun,’ *Jurnal Gizi dan Pangan*, vol. 10, no. 2, hlm. 77–84.
- Ekafitri, R & Faradilla, F 2011, ‘Pemanfaatan Komoditas Lokal Sebagai Bahan Baku Pangan Darurat,’ *Jurnal PANGAN*, vol. 20, no. 2, hlm. 153–161.
- Ekafitri, R & Isworo, R 2014, ‘Pemanfaatan Kacang-Kacangan sebagai Bahan Baku Sumber Protein Untuk Pangan Darurat,’ *Jurnal PANGAN*, vol. 23, no. 2, hlm. 134–145.
- Ellefson, WC 2017, ‘Fat Analysis,’ in SS Nielsen (ed), *Food Analysis*. Springer Science+Business Media, LLC.
- Emyasari, K, Ningtyas, SF, & Andayani, SRD 2018, ‘Asuhan Kebidanan Pada Ibu Nifas Hari Ke 10-17 Pemberan Daun Katuk Untuk Meningkatkan Produksi Asi Di Bpm Lilis Zuniarsih,a.Md.Keb Desa Segodorejo Kecamatan Sumobito Kabupaten Jombang,’ *Jurnal Ilmiah Kebidanan (Scientific Journal of Midwifery)*, vol. 4, no. 1, hlm. 40–44.
- Fathoni, A, Sumarlin, LO, Putri, JR, & Fitriana, N 2020, ‘Antioxidant Activity of Mixed Katuk Leaf Extract and Honey,’ *EduChemia (Jurnal Kimia dan Pendidikan)*, vol. 5, no. 2, hlm. 168.
- Ferawati 2009, *Formulasi dan Pembuatan Banana Bars Berbahan Dasar Tepung Kedelai, Terigu, Singkong dan Pisang sebagai Alternatif Pangan Darurat*. Institut Pertanian Bogor.
- Firmansya 2019, *Karakteristik Tekstur Nasi Instan yang Dihasilkan dari Beragam Komposisi Air dan Suhu Pengeringan*. Universitas Jember.
- Forster, T, Himmelsbach, J, Korte, L, Mucke, P, Radtke, K, Thielborger, P, & Weller, D 2019, *World Risk Report 2019 Focus: Water Supply*, diakses pada 3 September 2020, https://reliefweb.int/sites/reliefweb.int/files/resources/WorldRiskReport-2019_Online_english.pdf.
- Galmarini, M V. 2020, ‘The Role of Sensory Science in The Evaluation of Food Pairing,’ *Current Opinion in Food Science*, vol. 33, hlm. 149–155.
- Hanifah, I 2018, *Kajian Karakteristik Kimia dan Tingkat Kenyang Food Bar Grits Kacang Komak dan Grits Kacang Kedelai Hitam Hasil Formulasi menggunakan Metode Linear Programming*. Universitas Brawijaya.

- Haque, MA, Timilsena, YP, & Adhikari, B 2016, ‘Food Proteins, Structure, and Function,’ in, *Reference Module in Food Science*, hlm.1–8. Elsevier.
- Harahap, SE, Purwanto, YA, Budijanto, S, & Maharijaya, A 2018, ‘Karakterisasi Kerenyahan dan Kekerasan Beberapa Genotipe Kentang (*Solanum tuberosum L.*) Hasil Pemuliaan,’ *Jurnal Pangan*, vol. 26, no. 3, hlm. 1–7.
- Harris, GK & Marshall, MR 2017, ‘Ash Analysis,’ in SS Nielsen (ed), *Food Analysis*. Springer Science+Business Media, LLC.
- Herudiyanto, M & Ana, V 2009, *The Effect of Blansing Treatment on Some Part of Katuk’s Plant (Sauropus androgynus L. Merr) To Colour and Other Characteristics of Katuk’s Flour*. Universitas Padjajaran. Tersedia pada: <https://adoc.pub/>.
- Hidalgo, M, Sánchez-Moreno, C, & de Pascual-Teresa, S 2010, ‘Flavonoid-flavonoid interaction and its effect on their antioxidant activity,’ *Food Chemistry*, vol. 121, no. 3, hlm. 691–696.
- Hikmah, EM & Susilowati, R 2018, ‘*Sauropus androgynus* for Increasing Uterine Weight in Menopausal Women: An Experimental Study Using Animal Models,’ in, *Proceedings of Surabaya International Physiology Seminar (SIPS 2017)*, hlm.101–105. Surabaya.
- Igoe, RS 2011, *Dictionary of Food Ingredients. Fith Edition*. Springer New York Dordrecht Heidelberg London.
- Ihromi, S, Marianah, M, & Susandi, YA 2018, ‘Substitusi Tepung Terigu dengan Tepung Mocaf dalam Pembuatan Kue Kering,’ *Jurnal Agrotek Ummat*, vol. 5, no. 1, hlm. 73.
- Institute of Medicine 1991, *Nutrition During Lactation*. The National Academies Press, Washington DC.
- Iswara, JA, Julianti, E, & Nurminah, M 2020, ‘Karakteristik Tekstur Roti Manis Dari Tepung, Pati, Serat dan Pigmen Antosianin Ubi Jalar Ungu,’ *Jurnal Pangan dan Agroindustri*, vol. 7, no. 4, hlm. 12–21.
- Iwansyah, AC 2018, *Efek Komponen Bioaktif Ekstrak Daun Torbangun (Coleus amboinicus L) terhadap Kadar dan Ekspresi Gen-Gen Reseptor Hormon Laktogenik pada Tikus Laktasi*. Institut Pertanian Bogor.
- Iwansyah, AC, Damanik, MRM, Kustiyah, L, & Hanafi, M 2017, ‘Potensi Fraksi Etil Asetat Daun Torbangun (*Coleus amboinicus* L.) dalam Meningkatkan Produksi Susu, Bobot Badan Tikus, dan Anak Tikus,’ *Jurnal Gizi dan Pangan*, vol. 12, no. 1, hlm. 61–68.
- Iwansyah, AC, Damanik, RM, Kustiyah, L, & Hanafi, M 2016, ‘Relationship Between Antioxidant Properties and Nutritional Composition of Some Galactopoietics Herbs Used in Indonesia: A Comparative Study,’ *International Journal of Pharmacy and Pharmaceutical Sciences*, vol. 8, no.

- 12, hlm. 236–243.
- Jayadeepa 2011, ‘In Silico Techniques for the Identification of Novel Natural Compounds for Secreting Human Breast Milk,’ *WebmedCentral BIOINFORMATICS*, vol. 2, no. 8, hlm. 1–6.
- Juita, D, Melani, V, Boedijono, EP, Ronitawati, P, & Sa’pang, M 2019, ‘Analisis Daya Terima dan Nilai Gizi Food Bar dengan Campuran Tepung Talas Bogor (*Colocasia esculenta* (L) Schott), Kacang Merah (*Phaseolus vulgaris* L.) dan Labu Kuning (*Cucurbita moschata*) untuk Pangan Darurat Bencana (Emergency Food),’ *Journal of Chemical Information and Modeling*, vol. 53, no. 9, hlm. 1689–1699.
- Juliaستuti 2019, ‘Efektivitas Daun Katuk (*Sauropus androgynus*) Terhadap Kecukupan Asi Pada Ibu Menyusui Di Puskesmas Kuta Baro Aceh Besar,’ *Indonesian Journal for Health Sciences*, vol. 3, no. 1, hlm. 1.
- Kemenkes RI 2014, *Buku Saku Petugas Lapangan Penanggulangan Krisis Bencana*. Pusat Penanggulangan Krisis Kesehatan Kementerian Kesehatan RI, Jakarta.
- Kemenkes RI 2017, *Buku Tinjauan Penanggulangan Krisis Kesehatan*, Tahun 2017. Jakarta.
- Kemenkes RI 2018, *Tabel Komposisi Pangan Indonesia 2017*. Kementerian Kesehatan RI, Jakarta.
- Keng, H 1978, *Flora Malesiana*, Series I.
- Khairani, FS 2019, *Pemanfaatan Tepung Gembili (Dioscorea esculenta) sebagai Substitusi Tepung Terigu dalam Pembuatan Snack Bar sebagai Kudapan Sumber Serat untuk Remaja Obesitas*. UPN Veteran Jakarta.
- Khattak, MMAK, Taher, M, Damanik, R, Abdulrahman, S, Bakar, IA, & Yahaya, A 2013, ‘Torbangun (*Coleus amboinicus* Lour) Extracts Affect Microbial and Fungus,’ *Journal of Nutritional Teurapeutics*, vol. 2, no. 4, hlm. 194–200.
- Khoirunisa, H 2017, *Formulasi dan Pemanfaatan Jantung Pisang (*Musa paradisiaca*) dalam pembuatan Biskuit Tinggi Serat sebagai makanan selingan untuk anak Obesitas*. UPN Veteran Jakarta.
- Kusumastuty, I, Fandianty Ningsih, L, & Rio Julia, A 2015, ‘Formulation of Rice Bran Fluor and Corn Fluor as Emergency Food Product,’ *Indonesian Journal of Human Nutrition*, vol. 2, no. 2, hlm. 68–75.
- Ladamay, NA & Yuwono, SS 2014, ‘Pemanfaatan Bahan Lokal dalam Pembuatan Foodbars (Kajian Rasio Tapioka : Tepung Kacang Hijau dan Proporsi CMC),’ *Jurnal Pangan dan Agroindustri*, vol. 2, no. 1, hlm. 67–78.
- Laveena, KB & Chandra, M 2018, ‘Evaluation of Bioactive Compounds, Antioxidant, and Antibacterial Properties of Medicinal Plants Sauropus

- androgyrus L. and Erythrina variegata L.,' *Asian Journal of Pharmaceutical and Clinical Research*, vol. 11, no. 12, hlm. 313–317.
- Lawrence, M, Naiyana, & Damanik, R 2005, *Modified Nutraceutical Composition*. Freehills patent and Trademark Attorneys, Melbourne (AUS).
- Luckett, CR 2016, *The Influences of Texture and Mastication Pattern on Flavor Perception Across the Lifespan Recommended Citation*. University of Arkansas.
- Mahmud, M, Slamet, K, Apriyanto, D, & Hermana, R 1990, *Komposisi Zat Gizi Pangan Indonesia*. Jakarta.
- Maisuthisakul, P 2012, 'Phenolic Constituents and Antioxidant Properties of some Thai Plants,' in V Rao (ed), *Phytochemicals - A Global Perspective of Their Role in Nutrition and Health*, hlm.187–212. InTech.
- Manna, S, Surb, TK, Sealc, T, & Roya, A 2013, 'Evaluation of galactagogue and antioxidant activities of the root extract of *Euphorbia fusiformis*,' *Asian Journal of Traditional Medicines*, vol. 8, no. 5, hlm. 20–29.
- Marchita, F 2019, *Formulasi Pangan Tabur Bergizi Bakatel dari Tepung Daun Bangun-Bangun (Coleus Amboinicus Lour), Daun Katuk (Sauvagesia androgyrus), Wortel (Daucus carota L) untuk Peningkatan Kualitas dan Kuantitas ASI*. Jurusan Gizi Politeknik Kesehatan Kementerian Kesehatan Jakarta II, Jakarta.
- Mariam, S 2020, *Pengembangan pangan darurat untuk memenuhi kebutuhan gizi masyarakat di daerah terdampak bencana*. Bandung.
- Mathesius, U 2018, 'Flavonoid functions in plants and their interactions with other organisms,' *Plants*, vol. 7, no. 30, hlm. 7–9.
- Mauer, LJ & Bradley, RL 2017, 'Moisture and Total Solids Analysis,' in SS Nielsen (ed), *Food Analysis*. Springer Science+Business Media, LLC.
- Molyneux P 2004, 'The use of the stable free radical diphenylpicryl-hydrazyl (DPPH) for estimating anti-oxidant activity,' *Songklanakarin Journal of Science and Technology*, vol. 26, no. May, hlm. 211–219.
- Mursyida, E, Ayuningtiyas, R, & Hasan, N 2018, 'Pentingnya Pemberian Asi Eksklusif Pada Bayi Di Posyandu Bunga Tanjung Desa Tanah merah,' *Jurnal Pengabdian Masyarakat Multidisiplin*, vol. 2, no. 3, hlm. 210–215.
- Muslikhah, ED, Hapsari, ED, & Haryanti, F 2017, 'Pengalaman Ibu Menyusui Sebelum , Saat dan Setelah Erupsi Merapi 2010,' *JPPNI*, vol. Vol.01, hlm. 187–199.
- Narsih & Agato 2018, 'Efek Kombinasi Suhu Dan Waktu Ekstraksi Terhadap Komponen Senyawa Ekstrak Kulit Lidah Buaya,' *Jurnal Galung Tropika*, vol. 7, no. 1, hlm. 75.

- Nasution, AN 2018, *Efektifitas Pemberian Simplisia Daun Katuk Terhadap Produksi Asi Pada Ibu Post Partum di Praktik Mandiri Bidan Afriana, Am. Keb Tahun 2018.* Politeknik Kesehatan Kemenkes RI Medan.
- National Center for Biotechnology Information 2020, *PubChem Annotation Record for ROSMARINIC ACID, Hazardous Substances Data Bank (HSDB)*, diakses pada 2 September 2020, <https://pubchem.ncbi.nlm.nih.gov/source/hsdb/7688>.
- Neshatdoust, S, Saunders, C, Castle, SM, Vauzour, D, Williams, C, Butler, L, Lovegrove, JA, & Spencer, JPE 2016, ‘High-flavonoid intake induces cognitive improvements linked to changes in serum brain-derived neurotrophic factor: Two randomised, controlled trials,’ *Nutrition and Healthy Aging*, vol. 4, no. 1, hlm. 81–93.
- Nguyen, NQ, Minh, L V., Trieu, LH, Bui, LM, Lam, TD, Hieu, VQ, Khang, T V., & Trung, LNY 2020, ‘Evaluation of total polyphenol content, total flavonoid content, and antioxidant activity of *Plectranthus amboinicus* leaves,’ *IOP Conference Series: Materials Science and Engineering*, vol. 736, no. 6.
- Nielsen, SS 2017, *Food Analysis*, 5th ed. Springer Science+Business Media, LLC.
- Novriyanti, D 2015, *Potensi Pengembangan Snack Bar Berbahan Dasar Tepung Torbangun sebagai Pangan Sumber Kalsium dan Zat Besi*. UPN Veteran Jakarta.
- Okinarum, GY, Lestariningsih, L, & Dewi, DP 2020, ‘Potensi Cookies Substitusi Tepung Biji Kelabat (*Trigonella foenum-graecum*) dan Jantung Pisang Batu (*Musa balbisiana* L.A. Colla) untuk Meningkatkan Volume ASI,’ *Jurnal Ilmu Gizi Indonesia*, vol. 03, no. 02, hlm. 135–144.
- Othman, N, Lamin, RAC, & Othman, CN 2014, ‘Exploring Behavior on the Herbal Galactagogue Usage among Malay Lactating Mothers in Malaysia,’ *Procedia - Social and Behavioral Sciences*, vol. 153, no. 2014, hlm. 199–208.
- Păduraru, L, Dimitriu, DC, Avasiloaiei, AL, Moscalu, M, Zonda, GI, & Stamatin, M 2018, ‘Total Antioxidant Status in Fresh and Stored Human Milk from Mothers of Term and Preterm Neonates,’ *Pediatrics and Neonatology*, vol. 59, no. 6, hlm. 600–605.
- Pillai, PG, Suresh, P, Aggarwal, G, Doshi, G, & Bhatia, V 2011, ‘Pharmacognostical standardization and toxicity profile of the methanolic leaf extract of *Plectranthus amboinicus* (Lour) Spreng,’ *Journal of Applied Pharmaceutical Science*, vol. 1, no. 2, hlm. 76–81.
- Purwanti, I 2019, *Optimasi Formulasi Food Bar Berbasis Tepung Umbi Talas dengan Tempe dengan menggunakan Design Expert Metoda Mixture D-Optimal*. Uniiversitas Pasundan.
- Putri, RM, Almasyhuri, & Mirani, M 2018, ‘Penambahan Campuran Susu Skim

- Dan Lemak Pada Cookies Pelancar Asi Tepung Daun Katuk (*Sauropus androgynous* L . Merr) Terhadap Daya Terima Panelis,’ *Journal of Advancements in Research & Technology*, vol. 1, no. 1.
- Rahman, T, Luthfiyanti, R, & Ekafitri, R 2011, ‘Optimasi Proses Pembuatan *Food Bar* Berbasis Pisang,’ in. Prosiding SNAPP2011 Sains, Teknologi, dan Kesehatan.
- Rahmanisa, S & Aulianova, T 2016, ‘Efektivitas Ekstraksi Alkaloid dan Sterol Daun Katuk (*Sauropus androgynus*) terhadap Produksi ASI,’ *Jurnal Majority*, vol. 5, no. 1, hlm. 117–121.
- Rahmawati, I 2018, ‘Analisis Kandungan Zat Gizi Makro dan Daya Cerna Pati Snack Bar Tujogung (Tepung Ubi Jalar Oranye Dan Jagung) sebagai Alternatif Makanan Selingan Penderita Diabetes Tipe 2,’ *ARGIPA (Arsip Gizi dan Pangan)*, vol. 3, hlm. 8.
- Rifai, M & Hartono, SB 2016, ‘Pengaruh Proses Sintering Pada Temperatur 800 derajat Celcius terhadap Kekerasan dan Kekuatan Bending pada Produk Gerabah,’ *TRAKSI*, vol. 16, no. 2, hlm. 1–9.
- Riska 2018, *Pengaruh Komposisi Tepung Terigu,Tepung Dangke dan Tepung Sagu terhadap Nilai Gizi dan Kesukaan Biskuit*. Universitas Hasanuddin.
- Romaszko, E, Marzec-Wróblewska, U, Badura, A, & Buciński, A 2017, ‘Does consumption of red grapefruit juice alter naringenin concentrations in milk produced by breastfeeding mothers?’, *PLoS ONE*, vol. 12, no. 10, hlm. 1–10.
- Roshankhah, S, Jalili, C, & Salahshoor, M 2019, ‘Improvement of *Phaseolus vulgaris* on Breastfeeding in Female Rats,’ *Asian Pacific Journal of Reproduction*, vol. 8, no. 2, hlm. 70–74.
- Santoso, U 2016, *Tumbuhan Multi Khasiat Katuk*. Badan Penerbit Fakultas Pertanian (BPFP) Unib, Bengkulu.
- Saragih, W 2017, *Uji Bioaktivitas Antimikroba Ekstrak Kasar Batang dan Daun Bangun-Bangun (Coleus Amboinicus Lour) terhadap Bakteri Escherichia Coli*. Universitas Medan Area.
- Sarifudin, A, Ekafitri, R, Surahman, DN, & Putri, SKDFA 2015, ‘Effect of Egg Concentration on Proximate, Water Activity (aw) and Textural Properties of Banana (*Musa paradisiaca*) Snack Bar,’ *Jurnal Agritech*, vol. 35, no. 01, hlm. 1.
- Sasaki, RAR dkk 2018, ‘Kandungan Zat Gizi dan Daya Terima Bisjaka dengan Penambahan Sari Tepung Daun Katuk,’ *Jurnal Gizi Prima*, vol. 3, no. 2, hlm. 134–141.
- Satyaningtyas, E & Estiasih, T 2014, ‘Roti Tawar Laktogenik , Perangsang ASI, Berbasis Kearifan Lokal Daun Katuk (*Sauropus androgynus*(L.) Merr),’ *Jurnal Pangan dan Agroindustri*, vol. 2, no. 1, hlm. 121–131.

- Selvi, S & Basker, A 2012, 'Phytochemical analysis and GC-MS profiling in the leaves of *Sauvopus androgynus* (L) MERR,' *International Journal of Drug Development and Research*, vol. 4, no. 1, hlm. 162–167.
- Setyaningsih, D 2019, 'Post-Earthquake Overview of Mother and Children Health Services in Salut, Kayangan, Lombok Utara,' in, hlm.1–7. Universitas Respati Yogyakarta.
- Sharif, MK, Butt, MS, Sharif, HR, & Nasir, M 2017, 'Sensory Evaluation and Consumer Acceptability,' in, *Handbook of Food Science and Technology*, hlm.362–386. UAF Press, Faisalabad.
- Silalahi, M 2018, '*Plectranthus amboinicus* (Lour.) Spreng Sebagai Bahan Pangan Dan Obat Serta Bioaktivitasnya,' *Jurnal Dinamika Pendidikan*, vol. 11, no. 2, hlm. 123.
- Silalahi, M & Silaban, H 2019, 'Studi Literatur: *Sauvopus androgynus* (Pemanfaatan dan Toksisitasnya),' *Jurnal Kesehatan Manarang*, vol. 5, no. 2, hlm. 72–79.
- Sim, TF, Laetitia Hattingh, H, Sherriff, J, & Tee, LBG 2015, 'The Use, Perceived Effectiveness and Safety of Herbal Galactagogues During Breastfeeding: A Qualitative Study,' *International Journal of Environmental Research and Public Health*, vol. 12, no. 9, hlm. 11050–11071.
- Singh, G, Singh, OP, Prasad, YR, de Lampasona, MP, & Catalan, C 2002, 'Studies on essential oils, part 33: Chemical and insecticidal investigations on leaf oil of *Coleus amboinicus* Lour,' *Flavour and Fragrance Journal*, vol. 17, no. 6, hlm. 440–442.
- Strucken, EM, Laurenson, YCSM, & Brockmann, GA 2015, 'Go with The Flow-Biology and Genetics of The Lactation Cycle,' *Frontiers in Genetics*, vol. 6, no. 118, hlm. 1–11.
- Suryowati, T, Damanik, R, Bintang, M, & Handharyani, E 2015, 'Identifikasi Komponen Kimia Dan Aktivitas Antioksidan Dalam Tanaman Torbangun (*Coleus Amboinicus* Lour),' *Jurnal Gizi Pangan*, vol. 10, no. 3, hlm. 217–224.
- Syafrida, M, Darmanti, S, & Izzati, M 2018, 'Pengaruh Suhu Pengeringan Terhadap Kadar Air, Kadar Flavonoid dan Aktivitas Antioksidan Daun dan Umbi Rumput Teki (*Cyperus rotundus* L.),' *Jurnal Bioma*, vol. 20, no. 1, hlm. 1410–8801.
- Tabares, FP, Jaramillo, JVB, & Ruiz-Cortés, ZT 2014, 'Pharmacological Overview of Galactagogues,' *Veterinary Medicine International*, vol. 2014, hlm. 1–20.
- Tabarai, M, Nejatbakhsh, F, Moghadam, MH, & Sorme, FM 2019, 'The Lifestyle of Breastfeeding Mother , Based on the Teaching of Avicenna (Ibn Sina),' *International Journal of Ayurvedic Medicine*, vol. 10, no. 4, hlm. 301–305.

- Tafzi, F 2016, *Identifikasi dan Mekanisme Komponen Bioaktif Ekstrak Daun Torbangun (Plectranthus amboinicus (Lour.) Spreng) Sebagai Antioksidan dan Fungsi Laktasi pada Sel Epitel Kelenjar Susu Manusia secara In Vitro*. Institut Pertanian Bogor.
- Tafzi, F, Andarwulan, N, Giriwonob, PE, & Dewid, FN. 2017, ‘Efficacy Methanol Extract of Torbangun Leaves (Plectranthus amboinicus) in Epithelial Cell of Mammary Gland MCF-12A,’ *Jurnal Ilmu Kefarmasian Indonesia*, vol. 15, no. 1, hlm. 17–24.
- Thangaraj, P 2016, ‘Proximate Composition Analysis,’ in K Rainsford (ed), *Pharmacological Assays of Plant-Based Natural Products*, hlm.21–31. Springer International Publishing Switzerland.
- Triananinsi, N, Andryani, ZY, & Basri, F 2020, ‘The Correlation of Giving Sauropus androgynus Leaves To The Smoothness of Breast Milk In Multiparous Mother At Caile Community Health Centers,’ *Journal of Healthcare Technology and Medicine Vol.*, vol. 6, no. 1.
- Turkyilmaz, C, Onal, E, Hirfanoglu, IM, Turan, O, Koç, E, Ergenekon, E, & Atalay, Y 2011, ‘The effect of galactagogue herbal tea on breast milk production and short-term catch-up of birth weight in the first week of life,’ *Journal of Alternative and Complementary Medicine*, vol. 17, no. 2, hlm. 139–142.
- Utami, S 2013, *Studi Deskriptif Pemetaan Faktor Risiko ISPA pada Balita Usia 0-5 tahun yang tinggal di Rumah Hunian akibat Bencana Lahar Dingin Merapi di Kecamatan Salam Kabupaten Magelang*. Universitas Negeri Semarang.
- Wahyuningsih, E & Rohmawati, W 2018, ‘Efektivitas Pijat Endorphin dan Pijat Breascare terhadap Kelancaran Produksi ASI pada Ibu Nifas Di RSU PKU Muhammadiyah Delanggu,’ *Jurnal Inovasi Kebidanan*, vol. 9, no. 17, hlm. 47–60.
- Wang, T yang, Li, Q, & Bi, K shun 2018, ‘Bioactive flavonoids in medicinal plants: Structure, activity and biological fate,’ *Asian Journal of Pharmaceutical Sciences*, vol. 13, no. 1, hlm. 12–23.
- Wen, L, Zhao, Y, Jiang, Y, Yu, L, Zeng, X, Yang, J, Tian, M, Liu, H, & Yang, B 2017, ‘Identification of a Flavonoid C-glycoside as Potent Antioxidant,’ *Free Radical Biology and Medicine*, vol. 110, no. June, hlm. 92–101.
- Widayatun & Fatoni, Z 2013, ‘Health Problems in a Disaster Situation : the Role of Health Personnels and Community Participation,’ *Jurnal Kependudukan Indonesia*, vol. 8, no. 1, hlm. 37–52.
- Widia, L & Putri, AS 2019, ‘Consumption Effectiveness Of Green Beans Extract (*Vigna radiate*) For Smoothing Out Therelease Of Breast Milk In Postpartum,’ *Jurnal Darul Azhar*, vol. 7, no. 1, hlm. 23–30.
- Wirawati, CU, Sudarwanto, M, Lukman, D, & Wientarsih, I 2017, ‘Local Plants as

- Feed Supplementation to Improve Ruminant Milk Production and Quality,' *WARTAZOA. Indonesian Bulletin of Animal and Veterinary Sciences*, vol. 27, no. 3, hlm. 145–157.
- Wojdyło, A, Oszmiański, J, & Czemerys, R 2007, ‘Antioxidant activity and phenolic compounds in 32 selected herbs,’ *Food Chemistry*, vol. 105, no. 3, hlm. 940–949.
- Woolridge, MW, Butte, N, Dewey, KG, Ferris, AM, Garza, C, & Keller, RP 1985, ‘Methods for the measurement of milk volume intake of the breast-fed infant,’ , vol. 5, no. June 2020.
- Yuniarachma, A, Roviq, M, & Nihayati, E 2019, ‘Respon Pertumbuhan dan Kandungan Flavonoid Tanaman Bangun-Bangun (*Plectranthus amboinicus Lour.*) pada Berbagai Kerapatan Naungan dan Dosis Pupuk Nitrogen,’ *Jurnal Produksi Tanaman*, vol. 7, no. 12, hlm. 2206–2214.
- Zakaria, F 2012, *Pengaruh daun torbangun (*Coleus amboiniucus lour*) dan daun katuk (*Sauropolis androgynus L. Merr*) pada ransum kambing peranakan etawah (PE) Laktasi terhadap kuantitas dan kualitas susu*. Institut Pertanian Bogor.
- Zakaria, Hadju, V, As’ad, S, & Bahar, B 2016, ‘Effect of Extract Moringa Oleifera on Quantity and Quality of Breastmilk In Lactating Mothers, Infants 0-6 Month,’ *Jurnal MKMI*, vol. 12, no. 3, hlm. 161–169.
- Zayas, JF 1997, ‘Water Holding Capacity of Proteins,’ in, *Functionality of Proteins in Food*, hlm.76–133. Springerr-Verlag, Berlin Heidelberg 1997.
- Zhang, B dou, Cheng, J xin, Zhang, C feng, Bai, Y dan, Liu, W yuan, Li, W, Koike, K, Akihisa, T, Feng, F, & Zhang, J 2020, ‘*Sauropolis androgynus L. Merr.-A Phytochemical, Pharmacological and Toxicological Review*,’ *Journal of Ethnopharmacology*, vol. 257, no. 2020, hlm. 1–13.
- Zhang, H 1999, ‘Theoretical Elucidation of Structure-activity Relationship of Flavonoid Antioxidants,’ *Science in China, Series B: Chemistry*, vol. 42, no. 1, hlm. 106–112.
- Zuhra, CF, Tarigan, JB, & Sihotang, H 2008, ‘Aktivitas Antioksidan Senyawa Flavonoid dari Daun Katuk (*Sauropolis androgynus (L) Merr.*),’ *Jurnal Biologi Sumatra*, vol. 3, no. 1, hlm. 10–13.