

DAFTAR PUSTAKA

- Abu-Izneid, Tareq., Abdur, Rauf., Syed, Uzair Ali Shah., Abdul, Wadood., Mohamed I.S.Abdel hady., Priymenko, Nathalie., Domange, Céline., Nashwa Mansour., & Seema, Patel. (2018). In Vivo Study on Analgesic, Muscle-Relaxant, Sedative Activity of Extracts of *Hypochaeris radicata* and in Silico Evaluation of Certain Compounds Present in This Species. *BioMed research international*.
- Alnamer, R., Alaoui, K., Boudida, E. H., Benjouad, A., & Cherrah, Y. (2012). Sedative and Hypnotic Activities of The Methanolic and Aqueous Extracts of *Lavandula officinalis* From Morocco. *Advances In Pharmacological Sciences*.
- Assefa, Awraris Derbie., Susanna, Choi., Jae-Eun, Lee., Jung-Sook, Sung., On-Sook, Hur., Na-Young Ro., Ho-Sun, Lee., Suk-Woo, Jang., And Ju-Hee, Rhee. (2019). Identification and Quantification of Selected Metabolites in Differently Pigmented Leaves of Lettuce (*Lactuca sativa* L.) Cultivars Harvested at Mature and Bolting Stages. *Journal Biomed Central Chemistry*, 13, 56
- Aziz, T., KN, R. C., & Fresca, A. (2009). Pengaruh Pelarut Heksana dan Etanol, Volume Pelarut, dan Waktu Ekstraksi terhadap Hasil Ekstraksi Minyak Kopi. *Jurnal Teknik Kimia*, 16(1).
- Bang, Myun-Ho., Soo, Young Choi., Tae-O, Jang., Sang, Kook Kim., Oh-Shin, Kwon., Tae-Cheon, Kang., Moo, Ho Won., Jinseu, Park., dan Nam-In, Baek. (2002). Phytol, SSADH Inhibitory Diterpenoid of *Lactuca sativa*. *Archives of pharmacal research*, 25(5), 643-646.
- Barnes J, Anderson LA dan Phillipson JD. (2007). *Herbal medicines*. Edisi 3. London: Pharmaceutical Press
- Cahyono, Bambang. (2005). *Teknik Budidaya Dan Analisis Usaha Tani Selada*. Semarang: CV. Aneka Ilmu
- Dalhat, M H., A. R. Amale., M, Maimuna., I, Bashiru dan K, Sirajo. (2017). Comparative Study of Mineral and Phytochemical Analysis of Soil and *Lactuca sativa* Grown in the Vicinity of Cement Company of Northern Nigeria (Sokoto Cement) and Usmanu Danfodiyo University Sokoto (Kwarkwalawa). *Asian Journal of Research in Biochemistry*, 1(1), 1-10.
- Davis, Jay. (2010). Toxic Effects to Aquatic Fauna. *U.S. Fish Wildlife Service*

- Departemen Kesehatan RI (2000). *Parameter Standar Umum Ekstrak Tumbuhan Obat*. Jakarta: Direktorat Jenderal POM-Depkes RI.
- Dewi, Sofia Rhosma. (2014). *Buku Ajar Keperawatan Gerontik*. Edisi I, Cetakan ke-1. Yogyakarta: Deepublish.
- Dewi, Sangrani Annisa Dewi., Muhammad, Ahmad Chozin., dan Dwi, Guntoro. (2017). Identifikasi Senyawa Fenol Beberapa Aksesori Teki (*Cyperus rotundus L.*) serta Pengaruhnya terhadap Perkecambahan Biji *Borreria alata* (Aubl.) DC. *Jurnal Agronomi Indonesia* 45(1):93-99.
- Dewoto, Hedi R. (2007). Pengembangan Obat Tradisional Indonesia Menjadi Fitofarmaka. *Majalah Kedokteran Indonesia*, 57(7), 205-211.
- Driver, Helen., Raymond, Gottschalk., Mohamed, Husein., Charles, M. Morin., Cholin, Shapiro, & Louis, Van Zyl. (2012). *Insomnia in Adult and Children. The Youthdale Series*. Joli Joco Publications Inc
- Edziri, H.L., Ma, Smach., S, Ammar., Ma, Mahjoub., Z, Mighri., M, Aouni., Dan M, Mastouri. (2011). Antioxidant, Antibacterial, and Antiviral Effects of *Lactuca sativa* Extracts. *Journal Industrial Crops And Products*, 34, 1182-1185
- Fayaz, Mufida., Musadiq, H Bhat., Amit, Kumar dan Ashok, K Jain. (2017). Comparative Studies on Different Solvents Used for the Extraction of Phytochemicals from the Plant Parts of *Arnebia benthamii*. (Wall Ex. G. Don) Johnston. *Journal of Chemical and Pharmaceutical Research*, 9(1), 220-224
- Foster, Joyce G., William M. Clapham., David P. Belesky., Maria, Labreuveux., Marvin H. Hall., And Matt A. Sanderson. (2006). Influence of Cultivation Site on Sesquiterpen Lactone Composition of Forage Chicory (*Cichorium intybus L.*). *Journal Agricultur And Food Chemistry*, 54,1772–1778
- Ghorbani, A., Rakhshandeh, H., & Sadeghnia, H. R. (2013). Potentiating Effects of *Lactuca sativa* on Pentobarbital-Induced Sleep. *Iranian Journal of Pharmaceutical Research*, 12(2), 401–406.
- Gilman, A.G, Joel, G.H, & Lee, E.L. (2012). *Goodman & Gilman Dasar Farmakologi Terapi Edisi 10*. Tim Ahli Bahasa Sekolah Farmasi ITB. Jakarta: EGC.
- Gonzalex-Lima, F., A, Valedon dan W, L, Stiehil. (1986). Depressant Pharmacological Effects of a Component Isolated from Lettuce, *Lactuca sativa*. *Int. J. Crude Drug Res.*, 24 (3), 154- 166.

- Gunawan & Sulistia Gan. (2007). *Farmakologi dan Terapi*. Edisi 5. Jakarta: Departemen Farmakologi dan Terapeutik FKUI.
- Hairunnisa. (2019). Sulitnya Menemukan Obat Baru di Indonesia. *Majalah Farmasetika*, 4 (1), 16-21
- Harsha, S. N., & Anilakumar, K. R. (2013). Anxiolytic Property of Hydro-alcohol Extract of *Lactuca sativa* and Its Effect on Behavioral Activities of Mice. *Journal of biomedical research*, 27(1), 37.
- Haryanto, E., T. Suhartini., E. Rahayu, Dan H. Sunarjono. (2007). *Sawi dan Selada*. Jakarta: Penebar Swadaya
- Hendra, Heru Agus dan Agus Andoko. (2014). *Bertanam Sayuran Hidroponik Ala Paktani Hidrofram*. Jakarta: Agro media.
- Hodge, H. C., & Sterner, J. H. (1949). Tabulation of Toxicity Classes. *American Industrial Hygiene Association Quarterly*, 10(4), 93-96.
- Hong, K. B., Han, S. H., Park, Y., Suh, H. J., & Choi, H. S. (2018). Romaine Lettuce/Skullcap Mixture Improves Sleep Behavior In Vertebrate Models. *Biological and Pharmaceutical Bulletin*, 41(8), 1269-1276.
- Hosseini, A., Ghorbani, A., Sadeghnia, H. R., Rajabian, A., & Rakhshandeh, H. (2014). Potentiating Effects of *Lactuca serriola* on Pentobarbital-Induced Sleep. *Research Opinions in Animal and Veterinary Sciences*, 4(11), 601-607.
- Ilgün, Selen., Esra, Küpeli Akkol., Mert, İlhan., Derya, Çiçek Polat., Ayse , Baldemir Kılıç., Maksut, Coskun And Eduardo Sobarzo-Sánchez. (2020). Molecules Sedative Effect of Latexes Obtained Some *Lactuca* L Species Growing in Turkey. *Journal Molecules*, 25(7), 1587.
- Ismail, Hammad dan Bushra, Mirza. (2015). Evaluation of Analgesic, Anti-Inflammatory, Anti-Depressant and Anti-Coagulant Properties of *Lactuca sativa* (Cv. Grand Rapids) Plant Tissues and Cell Suspension in Rats. *BMC complementary and alternative medicine*, 15(1), 199.
- Jammalamadaka, D., & Raissi, S. (2010). Ethylene glycol, Methanol and Isopropyl Alcohol Intoxication. *The American journal of the medical sciences*, 339(3), 276-281.
- Jawad, Muhammad., Haroon Khan., Samreen Pervaiz., Saud S., Bawazeer., Tareq Abu-Izneid., Muhammad Saeed., & Mohammad A. K. (2017). Pharmacological Validation of The Anxiolytic, Muscle Relaxant and Sedative Like Activities of *Capsicum annuum* in Animal Model. *Journal of*

the Bangladesh Pharmacological Society, 12, 439-447

- Katzung, B. G. (2006). *Betram G. Katzung Basic & Clinical Pharmacology 10th Edition*. New York: Mc Graw-Hill.
- Kim, H.D., Hong, K.B., Noh, D.O., Suh, H.J. (2017). Sleep-Inducing Effect Of Lettuce (*Lactuca sativa*) Varieties on Pentobarbital-Induced Sleep. *Journal Food Science Biotechnology*, 26, 807–814.
- Kim, Dae-Eun., Xiaomin, Shang., Awraris, Derby Assefa., Young-Soo, Keum., Ramesh, Kumar Sain. (2018). Metabolite Profiling of Green, Green/Red, and Red Lettuce Cultivars: Variation In Health Beneficial Compounds and Antioxidant Potential. *Journal Food Research International*, 105, 361–370
- Kim, H.W.; Suh, H.J.; Choi, H.S.; Hong, K.B.; Jo, K. (2019). Effectiveness of The Sleep Enhancement By Green Romaine Lettuce (*Lactuca sativa*) in A Rodent Model. *Journal Biol. Pharm. Bull*, 42, 1726–1732.
- Kohn, Dennis F., Sally, K. Wixson., William, J. White., G. John, Benson. (1997). *Anesthesia and Analgesia in Laboratory Animals*. USA: Academic Press
- Komaki, A., Khaledi Nasab, Z., Shahidi, S., Sarihi, A., Salehi, I., & Ghaderi, A. (2014). Anxiolytic Effects of Acute Injection of Hydro-alcoholic Extract of Lettuce in The Elevated Plus-Maze Task in Rats. *Avicenna Journal of Neuro Psycho Physiology*, 1(1), 14-19.
- Kurama, N.P., Bodhi, W., dan Wiyono, W. (2013). Uji Efek Antidepresan Ekstrak Metanol Jamur Tlethong (*Psilocybe cubensis*) pada Tikus Putih Jantan (*Rattus norvegicus*): ditinjau dari Immobility Time dengan Metode Forced Swim Test. *Jurnal Ilmiah Farmasi*, 2, 2302-2493.
- Llorach, Rafael., Ascension, Martinez-Sanchez, Francisco, A Tomas Barberan., Maria, I. Gil., Dan Dederico, Ferreres. (2008). Characterisation of Polyphenols and Antioxidant Properties of Five Lettuce Varieties And Escarole. *Journal Food Chemistry*, 108, 1028-1038
- Luliana, Sri., Nera, Umilia Purwanti., Kris, Natalia Manihuruk. (2017). Pengaruh Cara Pengeringan Simplisia Daun Senggani (*Melastoma malabathricum* L.) Terhadap Aktivitas Antioksidan Menggunakan Metode DPPH (2,2-difenil-1-pikrilhidrazil). *Pharm. Science Research*, 3(3).
- Mai, F., & Glomb, M. A. (2016). Structural and Sensory Characterization of Novel Sesquiterpene Lactones from Iceberg Lettuce. *Journal of Agricultural and Food Chemistry*, 64(1), 295–301.

- Malik, Jai., Jagpreet, Kaur., dan Sunayna, Choudhary. (2017). Standardized Extract of *Lactuca sativa* Linn. and Its Fractions Abrogates Scopolamine-Induced Amnesia In Mice: A Possible Cholinergic and Antioxidant Mechanism. *Nutritional Neuroscience An International Journal on Nutrition, Diet and Nervous System*, 21(5), 361-372
- Meles, D. K. (2010). Peran Uji Praklinik Dalam Bidang Farmakologi. Pusat Penerbitan dan Percetakan Unair (AUP): Universitas Airlangga
- Moniruzzaman, M., Atikur Rahman, M., & Ferdous, A. (2015). Evaluation of Sedative and Hypnotic Activity of Ethanolic Extract of *Scoparia dulcis* Linn. *Evidence-Based Complementary And Alternative Medicine*.
- Morris, C. J. (2003). Carrageenan-induced Paw Edema in The Rat and Mouse. In *Inflammation protocols*. Humana Press.
- Mukhriani. (2014). Ekstraksi Pemisahan Senyawa dan Identifikasi Senyawa Aktif. *Journal Kesehatan*, 7(2), 361–367.
- Mussatto, S. I., Ballesteros, L. F., Martins, S., & Teixeira, J. A. (2011). Extraction of Antioxidant Phenolic Compounds From Spent Coffee Grounds. *Separation and Purification Technology*, 83, 173-179.
- Parasuraman, S. (2011). Toxicological screening. *Journal of Pharmacology & Pharmacotherapeutics*, 2(2), 74.
- Pracaya. (2006). *Bertanam Sayuran Organik di Kebun, Pot dan Polibag*. Jakarta: Penebar Swadaya.
- Purnomo, Loka., Lusiana, Darsono, & Slamet, Santos. (2004). Efektivitas Infusa Kayu Ules (*Helicteres isora* L) Sebagai Obat Hipnotik Sedatif. *Jurnal Kedokteran Maranatha* 3(2).
- Rahangga, D. G. O., Hair, L., Sasmita, W. O. I., & Sahidin, S. (2018). Efek Ansiolitik Ekstrak Etanol Kangkung Air (*Ipomea aquatica*) dalam Mengurangi Perasaan Cemas. *Pharmauho: Jurnal Farmasi, Sains, dan Kesehatan*, 4(1).
- Raj Sharma, Uday., Divakar Goli., Surendra V., & Anirbandeep Bose. (2015). Evaluation of neuropharmacological activity of *Fumaria officinalis* Linn. by study of muscle relaxants activity on experimental animals. *International Journal of Pharmacy and Engineering*, 3(1), 543-551
- Rohmah, Jamilatur., Chylen, Setiyo Rini., Fitria, Eka Wulandari. (2019). Uji Aktivitas Sitotoksik Ekstrak Selada Merah (*Lactuca sativa* var. *crispa*) Pada

Berbagai Pelarut Ekstraksi Dengan Metode BSLT (*Brine Shrimp Lethality Test*). *Jurnal Kimia Riset*, 4 (1), 18-32

Rukmana, R. (1994). *Bertanam Selada dan Andewi*. Yogyakarta: Penerbit Kanisius.

Sari, L. (2015). Pemanfaatan Obat Tradisional Dengan Pertimbangan Manfaat Dan Keamanannya. III(June). *Majalah Ilmu Kefarmasian*, 3, 1 – 7.

Sari, Dwi Puspita., Lucia, Maria Santoso., Kodri, Madang. (2016). Pengaruh Ekstrak Daun Pepaya (*Carica papaya* L.) Terhadap Efek Sedasi Pada Mencit (*Mus musculus* L.) dan Sumbangannya Pada Pembelajaran Biologi SMA. *Jurnal Pembelajaran Biologi*, 3(2).

Saroglou, V., Demetzos, C., dan Skaltsa, H. (2008). Effects of pH and Temperature on The Stability of Sesquiterpene Lactones. *Planta Medica*, 74(09), PC102

Siswandono dan Soekardjo. (2002). *Kimia medisinal*. Jakarta: Airlangga press.

Stanley, J. L., Lincoln, R. J., Brown, T. A., McDonald, L. M., Dawson, G. R., & Reynolds, D. S. (2005). The Mouse Beam Walking Assay Offers Improved Sensitivity Over The Mouse Rotarod In Determining Motor Coordination Deficits Induced by Benzodiazepines. *Journal of Psychopharmacology*, 19(3), 221-227.

Sunarjono, H. (2014). *Bertanam 36 Jenis Sayuran*. Jakarta: Penebar Swadaya.

Susanti, L. (2015). Faktor-Faktor yang Mempengaruhi Kejadian Insomnia di Poliklinik Saraf RS Dr. M. Djamil Padang. *Jurnal Kesehatan Andalas*, 4(3).

Tjay, H T., Kirana Rahardja. (2013). *Obat-obat Penting*. Edisi 6. Jakarta: Elex Media Komputindo.

Ulfah, Maria., Ady, Laksono Putro., Efa, Erfiana Safitri. (2019). Uji Aktivitas Antioksidan Ekstrak Etanol Daun Selada Romaine (*Lactuca sativa* var. *longifolia*) dan Daun Selada Keriting (*Lactuca sativa* var. *crispa*) Beserta Identifikasi Beberapa Senyawa Antioksidan. *Jurnal Ilmu Farmasi dan Farmasi Klinik (JIFFK)*, 16(1), 21 – 27.

USP 32-NF 27. (2009). *United State Pharmacopeia and The National Formulary*. Rockville: The United State Pharmacopeial Convention.

Wesolowska, A., A. Nikiforuk., K. Michalska., W. Kisiel., And E Chojnacka-Wojcik. (2006). Analgesic and Sedative Activities of Lactucin and Some Lactucin Like Guaianolides in Mice. *Journal of Ethnopharmacology*, 107, 254-258

- Widyaningrum., Gideon, Tiwow1., Ferdy, Karauwan, & Sonny, Untu. (2018). Uji Efek Sedatif Ekstrak Daun Selada *Lactuca sativa* L. Pada Tikus Putih *Rattus norvegicus*. *Jurnal Biofarmaseutikal Tropis*, 1 (1), 18-2.
- Wijaya, Heri., Novitasari, Siti, Jubaidah. (2018). Perbandingan Metode Ekstraksi Terhadap Rendemen Ekstrak Daun Rambai Laut (*Sonneratia caseolaris* L. Engl). *Jurnal Ilmiah Manuntung*, 4(1), 79-83.
- Willeman, H., Hance, P., Fertin, A., Voedts, N., Duhal, N., Goossens, J. F., & Hilbert, J. L. (2014). A Method for The Simultaneous Determination of Chlorogenic Acid and Sesquiterpene Lactone Content in Industrial Chicory Root Foodstuffs. *The Scientific World Journal*.
- Yulianita, Y., E. M, Effendi., Ekas, M. Firdayani. (2019). Sedative Effect of Citronella (*Cymbopogon nardus* (L.) Rendle) Towards Male Mice (*Mus musculus*). *Indonesian Journal of Pharmaceutical Science and Technology*, 1(1), 16-23.
- Zhang, Y., Ren, R., Lei, F., Zhou, J., Zhang, J., Wing, Y. K., & Tang, X. (2019). Worldwide and regional prevalence rates of co-occurrence of insomnia and insomnia symptoms with obstructive sleep apnea: A systematic review and meta-analysis. *Sleep Medicine Reviews*, 45, 1–17.
- Zhu, Hongyan., Lina, Zhang., Guali, Wang., Zhongmei, He., Yan, Zhao., Yonghua, Xu., Yugang, Gao., And Lianxue,Zhang. (2016). Sedative and Hypnotic Effects of Supercritical Carbon Dioxide Fluid Extraction From *Schisandra chinensis* in Mice. *Journal Of Food And Drug Analysis*, 24, 831-838.
- Zulkarnain. (2013). *Budidaya Sayuran Tropis*. Jakarta: Bumi Aksara.