

5. DAFTAR PUSTAKA

- Amiot, M. J., Riva, C., & Vinet, A. (2016). Effects of dietary polyphenols on metabolic syndrome features in humans: a systematic review. *Obesity reviews*, 17(7), 573-586. <https://onlinelibrary.wiley.com/doi/full/10.1111/obr.12409>
- An, X., Bao, Q., Di, S., Zhao, Y., Zhao, S., Zhang, H., Tong, X. (2019). The Interaction between The Gut Microbiota and Herbal Medicines. *Biomedicine & Pharmacotherapy*, 118, 109252. <https://www.sciencedirect.com/science/article/pii/S0753332219320554>
- Arcusa, R., Villaño, D., Marhuenda, J., Cano, M., Cerdà, B., & Zafrilla, P. (2022). Potential Role of Ginger (*Zingiber officinale* Roscoe) in the Prevention of Neurodegenerative Diseases. *Frontiers in Nutrition*, 9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8971783/>
- Aritonang, S. A. L. A. M., Elly Roza, & Afriani Sandra. (2020). Short Communication: Application of Bacteriocin from *Lactobacillus plantarum* SRCM 1 004 34 Strain Isolated from Okara as A Natural Preservative in Beef Sausage. *Biodiversitas Journal of Biological Diversity*, 21(5). <https://smujo.id/biodiv/article/view/4649>
- Arora, T., & Bäckhed, F. (2016). The gut microbiota and metabolic disease: current understanding and future perspectives. *Journal of internal medicine*, 280(4), 339-349. <https://onlinelibrary.wiley.com/doi/full/10.1111/joim.12508>
- Ashaolu, T. J., & Reale, A. (2020). A holistic review on Euro-Asian lactic acid bacteria fermented cereals and vegetables. *Microorganisms*, 8(8), 1176. <https://www.mdpi.com/2076-2607/8/8/1176>
- Azam, M., Mohsin, M., Ijaz, H., Tulain, U. R., Ashraf, M. A., Fayyaz, A., Kamran, Q. (2017). Lactic acid bacteria in traditional fermented Asian foods. *Pakistan Journal of Pharmaceutical Sciences*, 30(5), 1803–1814. https://www.researchgate.net/profile/Mariya_Azam2/publication/319159514_Lactic_acid_bacteria_in_traditional_fermented_Asian_foods/links/5995a6560f7e9b84ced6cae/Lactic-acid-bacteria-in-traditional-fermented-Asian-foods.pdf
- Ballester, P., Cerdá, B., Arcusa, R., Marhuenda, J., Yamedjeu, K., & Zafrilla, P. (2022). Effect of Ginger on Inflammatory Diseases. *Molecules*, 27(21), 7223. <https://www.mdpi.com/1420-3049/27/21/7223>

- Bamigbade, G. B., Subhash, A. J., Kamal-Eldin, A., Nyström, L., & Ayyash, M. (2022). An Updated Review on Prebiotics: Insights on Potentials of Food Seeds Waste as Source of Potential Prebiotics. *Molecules*, 27(18), 5947. <https://www.mdpi.com/1420-3049/27/18/5947>
- Boets, E., Gomand, S. V., Deroover, L., Preston, T., Vermeulen, K., De Preter, V., & Verbeke, K. A. (2017). Systemic availability and metabolism of colonic-derived short-chain fatty acids in healthy subjects: a stable isotope study. *The Journal of physiology*, 595(2), 541-555. <https://physoc.onlinelibrary.wiley.com/doi/full/10.1113/JP272613>
- Bubnov, R. V., Babenko, L. P., Lazarenko, L. M., Mokrozub, V. V., & Spivak, M. Y. (2018). Specific properties of probiotic strains: relevance and benefits for the host. *EPMA Journal*, 9(2), 205-223. <https://link.springer.com/article/10.1007/s13167-018-0132-z>
- Carlson, J. L., Erickson, J. M., Lloyd, B. B., & Slavin, J. L. (2018). Health effects and sources of prebiotic dietary fiber. *Current developments in nutrition*, 2(3). <https://academic.oup.com/cdn/article/2/3/nzy005/4828321>
- Chang, C. S., & Kao, C. Y. (2019). Current understanding of the gut microbiota shaping mechanisms. *Journal of biomedical science*, 26(1), 1-11. <https://link.springer.com/article/10.1186/s12929-019-0554-5>
- Damania, P., Patel, R., Shaw, R., Kataria, R. P., & Wadia, A. (2016). Development of antimicrobial packaging materials for food preservation using bacteriocin from Lactobacillus casei. *Microbiology Research*, 7(1), 6622. <https://www.mdpi.com/2036-7481/7/1/6622>
- De Filippis, F., Pasolli, E., & Ercolini, D. (2020). The food-gut axis: lactic acid bacteria and their link to food, the gut microbiome and human health. *FEMS microbiology reviews*, 44(4), 454-489. <https://academic.oup.com/femsre/article/44/4/454/5859486>
- Di Meo, F., Margarucci, S., Galderisi, U., Crispi, S., & Peluso, G. (2019). Curcumin, gut microbiota, and neuroprotection. *Nutrients*, 11(10), 2426. <https://www.mdpi.com/2072-6643/11/10/2426>
- Duda-Chodak, A., Tarko, T., Satora, P., & Sroka, P. (2015). Interaction of dietary compounds, especially polyphenols, with the intestinal microbiota: a review. *European journal of nutrition*, 54(3), 325-341. <https://link.springer.com/article/10.1007/s00394-015-0852-y>

Emmawati, A., Laksmi, B. S., Nuraida, L., & Syah, D. (2015). Karakterisasi Isolat Bakteri Asam Laktat Dari Mandai Yang Berpotensi Sebagai Probiotik. *Jurnal Agritech*, 35(02), 146. <https://journal.ugm.ac.id/agritech/article/view/9400>

Franco-Robles, E., & López, M. G. (2015). Implication of fructans in health: immunomodulatory and antioxidant mechanisms. *The Scientific World Journal*, 2015. <https://www.hindawi.com/journals/tswj/2015/289267/>

Ganesh, B. P., & Versalovic, J. (2015). Luminal conversion and immunoregulation by probiotics. *Frontiers in pharmacology*, 6, 269. <https://www.frontiersin.org/articles/10.3389/fphar.2015.00269/full>

Green, M., Arora, K., & Prakash, S. (2020). Microbial medicine: Prebiotic and probiotic functional foods to target obesity and metabolic syndrome. *International Journal of Molecular Sciences*, 21(8). <https://www.mdpi.com/1422-0067/21/8/2890>

Heredia-Castro, P. Y., Méndez-Romero, J. I., Hernández-Mendoza, A., Acedo-Félix, E., González-Córdova, A. F., & Vallejo-Cordoba, B. (2015). Antimicrobial activity and partial characterization of bacteriocin-like inhibitory substances produced by *Lactobacillus* spp. isolated from artisanal Mexican cheese. *Journal of dairy science*, 98(12), 8285-8293. <https://www.sciencedirect.com/science/article/pii/S0022030215007547>

Hernani, & Dewandari, K. T. (2019). Antimicrobial Properties of Nano-Emulsion Formulated from Garlic, Ginger and Cinnamon Extracts against *Escherichia coli* and *Salmonella typhii*. *Indonesian Journal of Agricultural Science*, 19, 75–82. <http://repository.pertanian.go.id/bitstream/handle/123456789/10495/9665-32259-1-PB.pdf?sequence=1>

Jabczyk, M., Nowak, J., Hudzik, B., & Zubelewicz-Szkodzińska, B. (2021). Curcumin and its potential impact on microbiota. *Nutrients*, 13(6), 2004. <https://www.mdpi.com/2072-6643/13/6/2004>

James, A., & Wang, Y. (2019). Characterization, health benefits and applications of fruits and vegetable probiotics. *CyTA-Journal of Food*, 17(1), 770-780. <https://www.tandfonline.com/doi/full/10.1080/19476337.2019.1652693>

Jiang, H., Zou, J., Cheng, H., Fang, J., & Huang, G. (2017). Purification, characterization, and mode of action of pentocin JL-1, a novel bacteriocin isolated from *Lactobacillus pentosus*, against drug-resistant *Staphylococcus aureus*. *BioMed Research International*, 2017. <https://www.hindawi.com/journals/bmri/2017/7657190/>

Jiang, T. A. (2019). Health benefits of culinary herbs and spices. *Journal of AOAC International*, 102(2), 395-411.
<https://academic.oup.com/jaoac/article/102/2/395/5658185>

Kerry, R. G., Patra, J. K., Gouda, S., Park, Y., Shin, H. S., & Das, G. (2018). Benefaction of probiotics for human health: A review. *Journal of food and drug analysis*, 26(3), 927-939. <https://www.sciencedirect.com/science/article/pii/S1021949818300309>

Khangwal, I., & Shukla, P. (2019). Potential Prebiotics and Their Transmission Mechanisms: Recent Approaches. *Journal of Food and Drug Analysis*, 27(3), 649–656. <https://www.sciencedirect.com/science/article/pii/S1021949819300262>

Kim, J., Kim, H., Jeon, S., Jo, J., Kim, Y., & Kim, H. (2020). Synergistic antibacterial effects of probiotic lactic acid bacteria with Curcuma longa rhizome extract as synbiotic against Cutibacterium acnes. *Applied Sciences*, 10(24), 8955. <https://www.mdpi.com/2076-3417/10/24/8955>

Kondapalli, N. B., Hemalatha, R., Uppala, S., Yathapu, S. R., Mohammed, S., Venkata Surekha, M., & Bharadwaj, D. K. (2022). Ocimum sanctum, Zingiber officinale, and Piper nigrum extracts and their effects on gut microbiota modulations (prebiotic potential), basal inflammatory markers and lipid levels: oral supplementation study in healthy rats. *Pharmaceutical Biology*, 60(1), 437-450. <https://www.tandfonline.com/doi/full/10.1080/13880209.2022.2033797>

Kozłowska, M., Ścibisz, I., Zaręba, D., & Ziarno, M. (2015). Antioxidant properties and effect on lactic acid bacterial growth of spice extracts. *CyTA-Journal of Food*, 13(4), 573-577. <https://www.tandfonline.com/doi/full/10.1080/19476337.2015.1022228>

Lim, D. W., & Wang, J. H. (2022). Gut Microbiome: The Interplay of an “Invisible Organ” with Herbal Medicine and Its Derived Compounds in Chronic Metabolic Disorders. *International Journal of Environmental Research and Public Health*, 19(20), 13076. <https://www.mdpi.com/1660-4601/19/20/13076>

Liu, J., Tan, Y., Cheng, H., Zhang, D., Feng, W., & Peng, C. (2022). Functions of gut microbiota metabolites, current status and future perspectives. *Aging Dis*, 13(2), 10-14336.
[https://www.researchgate.net/publication/357672739 Functions of Gut Microbiota Metabolites Current Status and Future Perspectives](https://www.researchgate.net/publication/357672739_Functions_of_Gut_Microbiota_Metabolites_Current_Status_and_Future_Perspectives)

- Lu, Q., Rasmussen, A. M., Yang, J., Lee, R., Huang, J., Shao, P., Li, Z. (2019). Mixed Spices at Culinary Doses Have Prebiotic Effects in Healthy Adults: A Pilot Study. *Nutrients*, 11(6), 1425. <https://www.mdpi.com/2072-6643/11/6/1425>
- Lu, Q. Y., Summanen, P. H., Lee, R. P., Huang, J., Henning, S. M., Heber, D., & Li, Z. (2017). Prebiotic potential and chemical composition of seven culinary spice extracts. *Journal of food science*, 82(8), 1807-1813. <https://ift.onlinelibrary.wiley.com/doi/full/10.1111/1750-3841.13792>
- Markowiak, P., & Śliżewska, K. (2017). Effects of probiotics, prebiotics, and synbiotics on human health. *Nutrients*, 9(9), 1021. <https://www.mdpi.com/2072-6643/9/9/1021>
- Mathur, H., Beresford, T. P., & Cotter, P. D. (2020). Health benefits of lactic acid bacteria (LAB) fermentates. *Nutrients*, 12(6), 1679. <https://www.mdpi.com/2072-6643/12/6/1679>
- McFadden, R. M. T., Larmonier, C. B., Shehab, K. W., Midura-Kiela, M., Ramalingam, R., Harrison, C. A., & Kiela, P. R. (2015). The role of curcumin in modulating colonic microbiota during colitis and colon cancer prevention. *Inflammatory bowel diseases*, 21(11), 2483-2494. <https://academic.oup.com/ibdjournal/article/21/11/2483/4579107>
- Murota, K., Nakamura, Y., & Uehara, M. (2018). Flavonoid metabolism: The interaction of metabolites and gut microbiota. *Bioscience, biotechnology, and biochemistry*, 82(4), 600-610. <https://academic.oup.com/bbb/article/82/4/600/5938701>
- Nanasombat, S., Kuncharoen, N., Ritcharoon, B., & Sukcharoen, P. (2018). Antibacterial activity of thai medicinal plant extracts against oral and gastrointestinal pathogenic bacteria and prebiotic effect on the growth of lactobacillus acidophilus. *Chiang Mai J Sci*, 45(1), 33-44. https://www.researchgate.net/profile/Nattakorn-Kuncharoen/publication/322853444_Antibacterial_activity_of_thai_medicinal_plant_extracts_against_oral_and_gastrointestinal_pathogenic_bacteria_and_prebiotic_effect_on_the_growth_of_lactobacillus_acidophilus/links/5aa956080f7e9b88266ea121/Antibacterial-activity-of-thai-medicinal-plant-extracts-against-oral-and-gastrointestinal-pathogenic-bacteria-and-prebiotic-effect-on-the-growth-of-lactobacillus-acidophilus.pdf

- Olaniran, A. F., Abiose, S. H., & Adeniran, A. H. (2015). Biopreservative Effect of Ginger (*Zingiber officinale*) and Garlic Powder (*Allium sativum*) on Tomato Paste. *Journal of Food Safety*, 35(4), 440–452. <https://onlinelibrary.wiley.com/doi/abs/10.1111/jfs.12193>
- Panche, A. N., Diwan, A. D., & Chandra, S. R. (2016). Flavonoids: an overview. *Journal of nutritional science*, 5. <https://www.cambridge.org/core/journals/journal-of-nutritional-science/article/flavonoids-an-overview/C0E91D3851345CEF4746B10406908F52>
- Peterson, C. T., Rodionov, D. A., Iablokov, S. N., Pung, M. A., Chopra, D., Mills, P. J., & Peterson, S. N. (2019). Prebiotic Potential of Culinary Spices Used to Support Digestion and Bioabsorption. *Evidence-Based Complementary and Alternative Medicine*, 2019, 1–11. <https://www.hindawi.com/journals/ecam/2019/8973704/>
- Peterson, C. T., PhD, Vaughn, A. R., PhD, Sharma, V., PhD, Chopra, D., MD, Mills, P. J., PhD, Peterson, S. N., PhD, & Sivamani, R. K., MD. (2018). Effects of Turmeric and Curcumin Dietary Supplementation on Human Gut Microbiota: A Double-Blind, Randomized, Placebo-Controlled Pilot Study. *Journal of Evidence-Based Integrative Medicine*, 23, 1–8. <https://journals.sagepub.com/doi/pdf/10.1177/2515690X18790725>
- Plaza-Díaz, J., Ruiz-Ojeda, F. J., Vilchez-Padial, L. M., & Gil, A. (2017). Evidence of the anti-inflammatory effects of probiotics and synbiotics in intestinal chronic diseases. *Nutrients*, 9(6), 555. <https://www.mdpi.com/2072-6643/9/6/555>
- Pluta, R., Januszewski, S., & Ułamek-Kozioł, M. (2020). Mutual two-way interactions of curcumin and gut microbiota. *International journal of molecular sciences*, 21(3), 1055. <https://www.mdpi.com/1422-0067/21/3/1055>
- Prakasita, V. C., Asmara, W., Widyarini, S., & Wahyuni, A. E. T. H. (2019). Combinations of herbs and probiotics as an alternative growth promoter: an in vitro study. *Veterinary World*, 12(4), 614. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6515817/>
- Qorbanpour, M., Fahim, T., Javandel, F., Nosrati, M., Paz, E., Seidavi, A., & Tufarelli, V. (2018). Effect of dietary ginger (*Zingiber officinale Roscoe*) and multi-strain probiotic on growth and carcass traits, blood biochemistry, immune responses and intestinal microflora in broiler chickens. *Animals*, 8(7), 117. <https://www.mdpi.com/2076-2615/8/7/117>

- Ren, D., Zhu, J., Gong, S., Liu, H., & Yu, H. (2018). Antimicrobial Characteristics of Lactic Acid Bacteria Isolated from Homemade Fermented Foods. *BioMed Research International*, 2018, 1-9. <https://www.hindawi.com/journals/bmri/2018/5416725/>
- Risdianto, D., Suthama, N., Suprijatna, E., & Sunarso, S. (2019). Inclusion effect of ginger and turmeric mixture combined with *Lactobacillus* spp. isolated from rumen fluid of cattle on health status and growth of broiler. *Journal of the Indonesian Tropical Animal Agriculture*, 44(4), 423-433. <https://pdfs.semanticscholar.org/604b/dc4202bb544374180457e665a757094ee548.pdf>
- Scazzocchio, B., Minghetti, L., & D'Archivio, M. (2020). Interaction between gut microbiota and curcumin: a new key of understanding for the health effects of curcumin. *Nutrients*, 12(9), 2499. <https://www.mdpi.com/2072-6643/12/9/2499>
- Sharifi-Rad, M., Varoni, E. M., Salehi, B., Sharifi-Rad, J., Matthews, K. R., Ayatollahi, S. A., & Rigano, D. (2017). Plants of the genus Zingiber as a source of bioactive phytochemicals: From tradition to pharmacy. *Molecules*, 22(12), 2145. <https://www.mdpi.com/1420-3049/22/12/2145>
- Shehata, A. A., Yalçın, S., Latorre, J. D., Basiouni, S., Attia, Y. A., Abd El-Wahab, A., & Tellez-Isaias, G. (2022). Probiotics, prebiotics, and phytogenic substances for optimizing gut health in poultry. *Microorganisms*, 10(2), 395. <https://www.mdpi.com/2076-2607/10/2/395>
- Singh, R. K., Chang, H. W., Yan, D. I., Lee, K. M., Ucmak, D., Wong, K., ... & Liao, W. (2017). Influence of diet on the gut microbiome and implications for human health. *Journal of translational medicine*, 15(1), 1-17. <https://translational-medicine.biomedcentral.com/articles/10.1186/s12967-017-1175-y>
- Sornplang, P., & Piyadeatsoontorn, S. (2016). Probiotic isolates from unconventional sources: a review. *Journal of animal science and technology*, 58(1), 1-11. <https://janimscitechnol.biomedcentral.com/articles/10.1186/s40781-016-0108-2>
- Torres-Maravilla, E., Boucard, A. S., Mohseni, A. H., Taghinezhad-S, S., Cortes-Perez, N. G., & Bermúdez-Humarán, L. G. (2021). Role of gut microbiota and probiotics in colorectal cancer: onset and progression. *Microorganisms*, 9(5), 1021. <https://www.mdpi.com/2076-2607/9/5/1021>

- Unban, K., Chaichana, W., Baipong, S., Abdullahi, A. D., Kanpiengjai, A., Shetty, K., & Khanongnuch, C. (2021). Probiotic and antioxidant properties of lactic acid bacteria isolated from indigenous fermented tea leaves (Miang) of north thailand and promising application in symbiotic formulation. *Fermentation*, 7(3), 195. <https://www.mdpi.com/2311-5637/7/3/195>
- Van Hul, M., & Cani, P. D. (2019). Targeting carbohydrates and polyphenols for a healthy microbiome and healthy weight. *Current nutrition reports*, 8(4), 307-316. <https://link.springer.com/article/10.1007/s13668-019-00281-5>
- Vernocchi, P., Del Chierico, F., & Putignani, L. (2020). Gut Microbiota Metabolism and Interaction with Food Components. *International Journal of Molecular Sciences*, 21(10), 3688. <https://www.mdpi.com/1422-0067/21/10/3688>
- Vieco-Saiz, N., Belguesmia, Y., Raspoet, R., Auclair, E., Gancel, F., Kempf, I., & Drider, D. (2019). Benefits and inputs from lactic acid bacteria and their bacteriocins as alternatives to antibiotic growth promoters during food-animal production. *Frontiers in microbiology*, 10, 57. <https://www.frontiersin.org/articles/10.3389/fmicb.2019.00057/full>
- Wang, J., Chen, Y., Hu, X., Feng, F., Cai, L., & Chen, F. (2020). Assessing the Effects of Ginger Extract on Polyphenol Profiles and the Subsequent Impact on the Fecal Microbiota by Simulating Digestion and Fermentation In Vitro. *Nutrients*, 12(10), 3194. <https://www.mdpi.com/2072-6643/12/10/3194>
- Wang, X., Zhang, D., Jiang, H., Zhang, S., Pang, X., Gao, S., & Li, Y. (2021). Gut microbiota variation with short-term intake of ginger juice on human health. *Frontiers in microbiology*, 11, 576061. <https://www.frontiersin.org/articles/10.3389/fmicb.2020.576061/full>
- Wiciński, M., Gębalski, J., Mazurek, E., Podhorecka, M., Śniegocki, M., Szycuta, P., Malinowski, B. (2020). The Influence of Polyphenol Compounds on Human Gastrointestinal Tract Microbiota. *Nutrients*, 12(2), 350. <https://www.mdpi.com/2072-6643/12/2/350>
- Woting, A., & Blaut, M. (2016). The intestinal microbiota in metabolic disease. *Nutrients*, 8(4), 202. <https://www.mdpi.com/2072-6643/8/4/202>
- Yashin, A., Yashin, Y., Xia, X., & Nemzer, B. (2017). Antioxidant activity of spices and their impact on human health: A review. *Antioxidants*, 6(3), 70. <https://www.mdpi.com/2076-3921/6/3/70>

Yazdi, F. G., Soleimanian-Zad, S., Worm, E. V., & Folkerts, G. (2019). Turmeric Extract: Potential Use as a Prebiotic and Anti-Inflammatory Compound? *Plant Foods for Human Nutrition*, 74(3), 293-299. <https://link.springer.com/article/10.1007/s11130-019-00733-x>

Yong, C., Yoon, Y., Yoo, H., & Oh, S. (2019). Effect of Lactobacillus Fermentation on the Anti-Inflammatory Potential of Turmeric. *Journal of Microbiology and Biotechnology*, 29(10), 1561–1569.
<https://www.jmb.or.kr/journal/view.html?doi=10.4014/jmb.1906.06032>

Zam, W. (2018). Gut Microbiota as A Prospective Therapeutic Target for Curcumin: A Review of Mutual Influence. *Journal of Nutrition and Metabolism*, 2018, 1– 11.
<https://www.hindawi.com/journals/jnme/2018/1367984/>

