DAFTAR PUSTAKA

Abd Alamir, H. M., Kadhem, A. A., & Ahmed, M. H. (2018). Association of coronary artery calcification score with lipid profile abnormalities. *International Journal of Cardiology, 266*, 41-46.

Aktürk, I. F., Ismail Bıyık, Cüneyt Koşaş, Ahmet Arif Yalçın, Mehmet Ertürk, Fatih Uzun. (2013) Effects of Ramadan fasting on blood pressure control, lipid profile, brain natriuretic peptide, renal functions and electrolyte levels in hypertensive patients taking combination therapy. *Nobel Med*, 9(2): 43-46.

Al Suwaidi, J., Zubaid, M., Al-Mahmeed, W. A., Al-Rashdan, I., Amin, H., Bener, A., Hadi, H. R., Helmy, A., Hanifah, M., & Al-Binali, H. A. (2005). Impact of fasting in Ramadan in patients with cardiac disease. *Saudi medical journal*, *26*(10), 1579–1583.

Al-Bughā, M. D., & Mistu, M. (2013). *Al-Wafi: Syarah hadits arba'in: Menyelami makna 42 hadits Rasulullah SAW* (Cetakan 1). Insan Kamil Solo

Al-Jafar, R., Zografou Themeli, M., Zaman, S., Akbar, S., Lhoste, V., Khamliche, A., Elliott, P., Tsilidis, K. K., & Dehghan, A. (2021). Effect of Religious Fasting in Ramadan on Blood Pressure: Results From LORANS (London Ramadan Study) and a Meta-Analysis. *Journal of the American Heart Association*, *10*(20), e021560.

Alinezhad Namaghi, M., Hasanzadeh Dalooe, M., Khoshnasab, A. H., Nematy, M., Khoshnasab, A., Farrokhi, J., & Norouzy, A. (2014). Effects of Ramadan Fasting on Ambulatory Blood Pressure in Hypertensive Patients. *Journal of Nutrition,Fasting and Health*, *2*(1), 1-6.

Aoyama, R., Takano, H., Suzuki, K., Kubota, Y., Inui, K., Tokita, Y., & Shimizu, W. (2017). The impact of blood pressure variability on coronary plaque vulnerability in stable angina: an analysis using optical coherence tomography. *Coronary artery disease*, *28*(3), 225–231.

Asayama, K., Ohkubo, T., Hanazawa, T., Watabe, D., Hosaka, M., Satoh, M., Yasui, D., Staessen, J. A., Imai, Y., & Hypertensive Objective Treatment Based on Measurement by Electrical Devices of Blood Pressure (HOMED-BP) Study Investigators (2016). Does Antihypertensive Drug Class Affect Day-to-Day Variability of Self-Measured Home Blood Pressure? The HOMED-BP Study. *Journal of the American Heart Association*, *5*(3).

Aslan, S., Riza Demir, A., Kahraman, S., Memiç, K., Avci, Y., Gürbak, İ., Karabulut, E., & Ertürk, M. (2020). The effect of Ramadan fasting on ambulatory blood pressure in treated hypertensive patients using diuretics. *Blood pressure monitoring*, *25*(4), 195–200.

Az-Zuhaili, W. (2014). *Fiqh Islam wa adillatuhu* (Jilid 3). Darul Fikir.

Bachmann, J. M., Willis, B. L., Ayers, C. R., Khera, A., & Berry, J. D. (2012). Association between family history and coronary heart disease death across long-term follow-up in men: The Cooper Center Longitudinal Study. *Circulation, 125*(25), 3092–3098.

Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan Republik Indonesia. (2018). *Riset Kesehatan Dasar (Riskesdas) 2018*. Kementerian Kesehatan Republik Indonesia. http://www.depkes.go.id/resources/download/infoterkini/materi_rakorpop_2018/Hasil%20Riskesdas%202018.pdf

Barkia, A., Mohamed, K., Smaoui, M., Zouari, N., Hammami, M., Nasri, M. 2011. Change of diet, plasma lipids, lipoproteins, and fatty acids during Ramadan: a controversial association of the considered Ramadan model with atherosclerosis risk. J Health Popul Nutr 29(5):486–93.

Bener, Abdülbari., Al-Hamaq, Abdulla O.A.A., Öztürk, Mustafa., Güllüoğlu, Semih., Does Ramadan fasting have effects on sleep, fatigue and blood pressure among patients with hypertension?. *Blood Pressure Monitoring* 26(2):p 108-112, April 2021.

Benjamin, E. J., Muntner, P., Alonso, A., et al. (2019). Heart disease and stroke statistics—2019 update: A report from the American Heart Association. *Circulation, 139*(10), e56–e528.

Berliner, J.A., Subbanagounder, G., Leitinger, N., Watson, A.D., Vora, D. 2001. Evidence for a role of phospholipid oxidation products in atherogenesis. *Trends Cardiovasc Med.* 11:142–147

Boschmann, M., Steiniger, J., Hille, U., Tank, J., Adams, F., Sharma, A. M., Klaus, S., Luft, F. C., & Jordan, J. (2003). Water-induced thermogenesis. *The Journal of clinical endocrinology and metabolism*, *88*(12), 6015–6019.

Brown, J. D., Smith, A. A., & Johnson, R. W. (2023). Mechanisms of exercise-induced cardiovascular protection: Nitric oxide, reactive oxygen species, and vascular health. *Journal of Cardiovascular Research, 58*(4), 789-800.

Brown, C. M., Barberini, L., Dulloo, A. G., & Montani, J.-P. (2005). Cardiovascular responses to water drinking: Does osmolality play a role? *American Journal of Physiology–Regulatory, Integrative and Comparative Physiology, 289*(6), R1687–R1692.

Cavero, J., Sanchez, E., & Araujo, D. (2017). Association of HbA1C with cardiovascular mortality: A meta-analysis. *Diabetes Care, 40*(5), 601–607.

Cay, S., Cagirci, G., Demir, A. D., Balbay, Y., Erbay, A. R., Aydogdu, S., & Maden, O. (2011). Ambulatory blood pressure variability is associated with restenosis after percutaneous coronary intervention in normotensive patients. *Atherosclerosis*, *219*(2), 951–957.

Chamsi-Pasha, H., & Ahmed, W. H. (2004). The effect of fasting in Ramadan on patients with heart disease. *Saudi medical journal*, *25*(1), 47–51.

Charchar, F. J., Prestes, P. R., Mills, C., Ching, S. M., Neupane, D., Marques, F. Z., Sharman, J. E., Vogt, L., Burrell, L. M., Korostovtseva, L., Zec, M., Patil, M., Schultz, M. G., Wallen, M. P., Renna, N. F., Islam, S. M. S., Hiremath, S., Gyeltshen, T., Chia, Y.-C., Gupta, A., Schutte, A. E., Klein, B., Borghi, C., Browning, C. J., Czesnikiewicz-Guzik, M., Lee, H.-Y., Itoh, H., Miura, K., Brunström, M., Campbell, N. R., Akinnibossun, O. A., Veerabhadrappa, P.,

Wainford, R. D., Kruger, R., Thomas, S. A., Komori, T., Ralapanawa, U., Cornelissen, V. A., Kapil, V., Li, Y., Zhang, Y., Jafar, T. H., Khan, N., Williams, B., Stergiou, G., & Tomaszewski, M. (2024). Lifestyle management of hypertension: International Society of Hypertension position paper endorsed by the World Hypertension League and European Society of Hypertension. *Journal of Hypertension*, *42*(1), 23–49.

Chenniappan M. (2015). Blood Pressure Variability: Assessment, Prognostic Significance and Management. *The Journal of the Association of Physicians of India*, *63*(5), 47–53

de Cabo, R., & Mattson, M. P. (2019). Effects of Intermittent Fasting on Health, Aging, and Disease. *The New England journal of medicine*, *381*(26), 2541–2551.

de Havenon, A., Petersen, N., Wolcott, Z., Goldstein, E., Delic, A., Sheibani, N., Anadani, M., Sheth, K. N., Lansberg, M., Turan, T., & Prabhakaran, S. (2022). Effect of dihydropyridine calcium channel blockers on blood pressure variability in the SPRINT trial: a treatment effects approach. *Journal of hypertension*, *40*(3), 462–469.

de Jonge L, Moreira EA, Martin CK, Ravussin E, Pennington CALERIE Team. Impact of 6-month caloric restriction on autonomic nervous system activity in healthy, overweight, individuals. Obesity. 2010;18(2):414-6.

de la Sierra, A. (2023). Blood pressure variability as a risk factor for cardiovascular disease: Which antihypertensive agents are more effective? *Journal of Clinical Medicine, 12*(19), 6167.

Demirci, E., & Özkan, E. (2023). Improvement in endothelial function in hypertensive patients after Ramadan fasting: effects of cortisol. *Turkish journal of medical sciences*, *53*(2), 439–445.

Demirci, E., Çalapkorur, B., Celik, O., Koçer, D., Demirelli, S., & Şimsek, Z. (2023). Improvement in Blood Pressure After Intermittent Fasting in Hipertension: Could Renin-Angiotensin System and Autonomic Nervous System Have a Role?. Melhora da Pressão Arterial após Jejum Intermitente na Hipertensão: O Sistema Renina-Angiotensina e o Sistema Nervoso Autônomo Podem Funcionar?. *Arquivos brasileiros de cardiologia*, *120*(5), e20220756.

Dewanti, L., Watanabe, C., Sulistiawati, & Ohtsuka, R. (2006). Unexpected changes in blood pressure and hematological parameters among fasting and nonfasting workers during Ramadan in Indonesia. *European journal of clinical nutrition*, *60*(7), 877–881.

Erdem, Y., Özkan, G., Ulusoy, Ş., Arıcı, M., Derici, Ü., Şengül, Ş., Sindel, Ş., Ertürk, Ş., & Turkish Society of Hypertension and Renal Diseases (2018). The effect of intermittent fasting on blood pressure variability in patients with newly diagnosed hypertension or prehypertension. *Journal of the American Society of Hypertension : JASH*, *12*(1), 42–49.

Farag, H. A. M., Baqi, H. R., Qadir, S. A., El Bilbeisi, A. H., Hamafarj, K. K., Taleb, M., & El Afifi, A. (2020). Effects of Ramadan fasting on anthropometric

measures, blood pressure, and lipid profile among hypertensive patients in the Kurdistan region of Iraq. *SAGE open medicine*, *8*, 2050312120965780.

Frąk, W., Wojtasińska, A., Lisińska, W., Młynarska, E., Franczyk, B., & Rysz, J. (2022). Pathophysiology of Cardiovascular Diseases: New Insights into Molecular Mechanisms of Atherosclerosis, Arterial Hypertension, and Coronary Artery Disease. *Biomedicines*, *10*(8), 1938.

Giugliano, D., Ceriello, A., & Paolisso, G. (1996). Oxidative stress and diabetic vascular complications. *Diabetes Care, 19*(3), 257–267.

Goh, R. S. J., Chong, B., Jayabaskaran, J., Jauhari, S. M., Chan, S. P., Kueh, M. T. W., Shankar, K., Li, H., Chin, Y. H., Kong, G., Anand, V. V., Chan, K. A., Sukmawati, I., Toh, S. A., Muthiah, M., Wang, J.-W., Tse, G., Mehta, A., Fong, A., Baskaran, L., Zhong, L., Yap, J., Yeo, K. K., Hausenloy, D. J., Tan, J. W. C., Chao, T.-F., Li, Y.-H., Lim, S. L., Chan, K. H., Loh, P. H., Chai, P., Yeo, T. C., Low, A. F., Lee, C. H., Foo, R., Tan, H. C., Yip, J., Rao, S., Honda, S., Yasuda, S., Kajiya, T., Goto, S., Yan, B. P., Zhou, X., Figtree, G. A., Mamas, M. A., Kim, Y., Jeong, Y.-H., Kim, M. H., Park, D.-W., Park, S.-J., Richards, A. M., Chan, M. Y., Lip, G. Y. H., & Chew, N. W. S. (2024). *The burden of cardiovascular disease in Asia from 2025 to 2050: A forecast analysis for East Asia, South Asia, South-East Asia, Central Asia, and high-income Asia Pacific regions. The Lancet Regional Health – Western Pacific, 49,* 101138.

Goldberger, J. J., Arora, R., Buckley, U., & Shivkumar, K. (2019). Autonomic Nervous System Dysfunction: JACC Focus Seminar. *Journal of the American College of Cardiology*, *73*(10), 1189–1206.

Grodstein, F.; Manson, J.; Stampfer, M. Hormone therapy and coronary heart disease: The role oftime sincemenopause and age at hormone initiation. *J. Womens Health* **2006**, *15*, 35–44.

Hajar, R. (2017). Risk factors for coronary artery disease: Historical perspectives. *Heart Views, 18*(2), 109–114

Hammami, R., Amine, B., Selma, C., Rania, G., Tarek, E., Leila, A., Faten, T., Samir, K., Imtinene, B. M., Hassen Ibn Hadj Amor. (2022). Cardiovascular disease and Ramadan. A literature review. *Annales de Cardiologie et d'Angéiologie*, *71* (3), 166-172.

Hansen, T. W., Thijs, L., Li, Y., Boggia, J., Kikuya, M., Björklund-Bodegård, K., Richart, T., Ohkubo, T., Jeppesen, J., Torp-Pedersen, C., Dolan, E., Kuznetsova, T., Stolarz-Skrzypek, K., Tikhonoff, V., Malyutina, S., Casiglia, E., Nikitin, Y., Lind, L., Sandoya, E., Kawecka-Jaszcz, K., … International Database on Ambulatory Blood Pressure in Relation to Cardiovascular Outcomes Investigators (2010). Prognostic value of reading-to-reading blood pressure variability over 24 hours in 8938 subjects from 11 populations. *Hypertension (Dallas, Tex. : 1979)*, *55*(4), 1049–1057.

Hata, J., Arima, H., Rothwell, P. M., Woodward, M., Zoungas, S., Anderson, C., et al. (2013). Effects of visit-to-visit variability in systolic blood pressure on

macrovascular and microvascular complications in patients with type 2 diabetes mellitus: The ADVANCE trial. *Circulation, 128*(12), 1325–1334.

Hatma, R. D., Lukito, W., & Rumawas, Y. S. P. (2005). *Fatty acids intake among diverse ethnic groups in Indonesia*. 242–248

Hoddy, K. K., Marlatt, K. L., Çetinkaya, H., & Ravussin, E. (2020). Intermittent Fasting and Metabolic Health: From Religious Fast to Time-Restricted Feeding. *Obesity (Silver Spring, Md.)*, *28 Suppl 1*(Suppl 1), S29–S37.

Horne, J., McKenna, J., & Lee, J. (2015). *Effects of fasting on sympathetic nervous system activity and cardiovascular health*. Journal of Clinical Endocrinology, 79(4), 1352-1360.

Huxley, R. R., Hirakawa, Y., Hussain, M. A., Aekplakorn, W., Wang, X., Peters, S. A., Mamun, A., & Woodward, M. (2015). Age- and Sex-Specific Burden of Cardiovascular Disease Attributable to 5 Major and Modifiable Risk Factors in 10 Asian Countries of the Western Pacific Region. *Circulation journal : official journal of the Japanese Circulation Society*, *79*(8), 1662–1674.

Institute for Health Metrics and Evaluation. (2024). *Global burden of disease 2021: Findings from the GBD 2021 study*. Institute for Health Metrics and Evaluation. https://www.healthdata.org/gbd-2021

Izzo, J. (2022). Blood Pressure Variability: Mechanisms, Measurement, Subtypes, and Clinical Implications. *Medical Research Archives, 10*(10).

Japuntich, S. J., Leventhal, A. M., & Perkins, K. A. (2015). The impact of passive smoke exposure on cardiovascular risk: A review. *Tobacco Control, 24*(3), 231-235.

Jordan, J., Shannon, J. R., Diedrich, A., Black, B., Robertson, D., & Biaggioni, I. (2004). Water potentiates the pressor effect of ephedra alkaloids. *Circulation*, *109*(15), 1823–1825.

Juzar, D., Muzakkir, A., Ilhami, Y., Taufiq, N., Astiawati, T., R. A., I. M., Pramudyo, M., Priyana, A., Hakim, A., Anjarwani, S., Endang, J., & Widyantoro, B. (2022). *Management of acute coronary syndrome in Indonesia: Insight from one ACS multicenter registry*. Indonesian Journal of Cardiology, 43(2), 45–55.

Kamal, S., Ahmad, Q. S. ., Sayedda, K. ., & Haque, M. ul. (2012). Effect Of Islamic Fasting On Lipid Profile, Total Protein And Albumin On Healthy Muslim Male Subjects Of Shri Ram Murti Smarak Institute Of Medical Sciences, Bareilly, Uttar Pradesh. *National Journal of Medical Research*, *2*(04), 407–410.

Khan, R. N., Kinra, P., Kumar, N., Radhakrishna, K. V., Khera, A., Kashif, A. W., Anandhakrishnan, T., & Manral, I. (2025). *Association of body mass index with coronary artery disease and chronic kidney disease: An autopsy study. Medical Journal Armed Forces India, 81*(2), 163–169.

Knuuti, J., Wijns, W., Saraste, A., Capodanno, D., Barbato, E., Funck-Brentano, C., Prescott, E., Storey, R. F., Deaton, C., Cuisset, T., Agewall, S., Dickstein, K., Edvardsen, T., Escaned, J., Gersh, B. J., Svitil, P., Gilard, M., Hasdai, D., Hatala, R., Mahfoud, F., … ESC Scientific Document Group (2020). 2019 ESC

Guidelines for the diagnosis and management of chronic coronary syndromes. *European heart journal*, *41*(3), 407–477.

Kobashi, M., Norman, R. A., & van Breemen, C. (1992). Evidence for osmoreceptors in the hepatic portal vein contributing to cardiovascular regulation. *American Journal of Physiology, 263*(4 Pt 2), R759–R766.

Kotsis, V., Stabouli, S., Bouldin, M., Low, A., Toumanidis, S., & Zakopoulos, N. (2005). Impact of obesity on 24-hour ambulatory blood pressure and hypertension. *Hypertension, 45*(4), 602–607.

Kulkarni, S., Parati, G., Bangalore, S., Bilo, G., Kim, B. J., Kario, K., Messerli, F., Stergiou, G., Wang, J., Whiteley, W., Wilkinson, I., & Sever, P. S. (2025). Blood pressure variability: a review. *Journal of hypertension*, *43*(6), 929–938.

Landsberg, L., & Young, J. B. (1978). Sympathetic nervous system and the regulation of energy balance. *Journal of Clinical Investigation, 62*(3), 603-612.

Lavie, C. J., O'Keefe, J. H., & Sallis, R. E. (2015). Exercise and the cardiovascular system: Clinical science and cardiovascular outcomes. *Circulation, 131*(20), 2531-2540.

Lee, E. M. (2023). Calcium channel blockers for hypertension: old, but still useful. *Cardiovascular Prevention and Pharmacotherapy*, *5*(4), 113–125.

Libby, P. 2002. Inflammation in atherosclerosis. *Nature*. 420:868 – 874.

Libby, P., & Theroux, P. 2005. Pathophysiology of coronary artery disease. *Circulation,* 111(25), 3481–3488.

Libby, P., Lee, R.T. 2000. Matrix matters. *Circulation.* 102:1874 –1876.

Lipski, D., Marzyńska, D., Sytek, P., Rzesoś, P., Rabiza, A., Żurek, S., Radziemski, A., Stryczyński, Ł., Tykarski, A., & Uruski, P. (2024). Obesity in hypertensive patients is characterized by a dawn phenomenon in systolic blood pressure values and variability. *Journal of Clinical Medicine, 13*(2), 371.

Liu, Y., Luo, X., Jia, H., & Yu, B. (2022). The Effect of Blood Pressure Variability on Coronary Atherosclerosis Plaques. *Frontiers in cardiovascular medicine*, *9*, 803810.

Longo VD, Mattson MP. Fasting: molecular mechanisms and clinical applications. Cell Metab. 2014 Feb 4;19(2):181-92.

Luke, K., Ferona, N. A., Anjani, H. L., Putri, S., Harelina, T., Jefri, Prastyo, B., Priandhini, S. A., Atika. (2021). The Effect of Ramadan Fasting to Blood Pressure in Hypertensive Patients: A Meta Analysis. *Journal of Community Medicine and Public Health Research,* 2(2): 54-60

Luyer, M. D., Habes, Q., van Hak, R., & Buurman, W. (2011). Nutritional stimulation of the autonomic nervous system. *World journal of gastroenterology*, *17*(34), 3859–3863.

Mager, D. E., Wan, R., Brown, M., Cheng, A., Wareski, P., Abernethy, D. R., & Mattson, M. P. (2006). Caloric restriction and intermittent fasting alter spectral measures of heart rate and blood pressure variability in rats. *FASEB journal : official publication of the Federation of American Societies for Experimental Biology*, *20*(6), 631–637.

Malinowski, B., Zalewska, K., Węsierska, A., Sokołowska, M. M., Socha, M., Liczner, G., Pawlak-Osińska, K., & Wiciński, M. (2019). Intermittent Fasting in Cardiovascular Disorders-An Overview. *Nutrients*, *11*(3), 673.

Martin, S. S., Aday, A. W., Almarzooq, Z. I., Anderson, C. A. M., Arora, P., Avery, C. L., Baker-Smith, C. M., Barone Gibbs, B., Beaton, A. Z., Boehme, A. K., Commodore-Mensah, Y., Currie, M. E., Elkind, M. S. V., Evenson, K. R., Generoso, G., Heard, D. G., Hiremath, S., Johansen, M. C., Kalani, R., Kazi, D. S., … American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee (2024). 2024 Heart Disease and Stroke Statistics: A Report of US and Global Data From the American Heart Association. *Circulation*, *149*(8), e347–e913.

Matyjaszczyk, P.; Hoffmann, K.; Bryl, W. Epidemiology of selected risk factors for cardiovascular disease. *PrzKardiodiabet* **2011**, *6*, 255–262.

Mena, L. J., Felix, V. G., Melgarejo, J. D., & Maestre, G. E. (2017). 24-Hour Blood Pressure Variability Assessed by Average Real Variability: A Systematic Review and Meta-Analysis. *Journal of the American Heart Association*, *6*(10), e006895.

Mena, L., Pintos, S., Queipo, N. V., Aizpúrua, J. A., Maestre, G., & Sulbarán, T. (2005). A reliable index for the prognostic significance of blood pressure variability. *Journal of hypertension*, *23*(3), 505–511.

Merai, R., Siegel, C., Rakotz, M., Basch, P., Wright, J., Wong, B., DHSc., & Thorpe, P. (2016). CDC Grand Rounds: A public health approach to detect and control hypertension. *MMWR Morbidity and Mortality Weekly Report, 65*(45), 1261–1264.

Mesnage, R., Holley, A., Grundler, F., Martinez-Tellez, B., Wilhelmi de Toledo, F., & Croisille, P. (2025). Long-term fasting-induced parasympathetic and sympathetic autonomic nervous system modulation in a subgroup of the GENESIS study. *International journal of obesity (2005)*, *49*(10), 2125–2128.

Moczulska, B., Zechowicz, M., Leśniewska, S., Osowiecka, K., & Gromadziński, L. (2020). The impact of obesity on nighttime blood pressure dipping. *Medicina, 56*(12), 700.

Mons, U., Boffetta, P., & Heuch, I. (2015). Smoking and cardiovascular disease risk in former smokers: A meta-analysis. *European Journal of Preventive Cardiology, 22*(6), 766-775.

Mozaffarian, D., Benjamin, E. J., Go, A. S., et al. (2018). Heart disease and stroke statistics—2018 update: A report from the American Heart Association. *Circulation, 137*(12), e67–e492.

Muharram, F. R., Multazam, C. E. C. Z., Mustofa, A., Socha, W., Andrianto, Martini, S., Aminde, L., & Yi-Li, C. (2024). The 30 Years of Shifting in The Indonesian Cardiovascular Burden-Analysis of The Global Burden of Disease Study. *Journal of epidemiology and global health*, *14*(1), 193–212.

Nazarzadeh, M., Bidel, Z., Canoy, D., Copland, E., Bennett, D. A., Dehghan, A., Davey Smith, G., Holman, R. R., Woodward, M., Gupta, A., Adler, A. I., Wamil, M.,

Sattar, N., Cushman, W. C., McManus, R. J., Teo, K., Davis, B. R., Chalmers, J., Pepine, C. J., Rahimi, K., & Blood Pressure Lowering Treatment Trialists' Collaboration. (2022). Blood pressure-lowering treatment for prevention of major cardiovascular diseases in people with and without type 2 diabetes: An individual participant-level data meta-analysis. *The Lancet. Diabetes & Endocrinology*, 10(9), 645–654.

NCD Risk Factor Collaboration. (2021). Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: A pooled analysis of 1201 population-representative studies with 104 million participants. *Lancet, 398*(10304), 957–980.

Nematy, M., Alinezhad-Namaghi, M., Rashed, M. M., Mozhdehifard, M., Sajjadi, S. S., Akhlaghi, S., Sabery, M., Mohajeri, S. A., Shalaey, N., Moohebati, M., & Norouzy, A. (2012). Effects of Ramadan fasting on cardiovascular risk factors: a prospective observational study. *Nutrition journal*, *11*, 69.

Nolan, J., B. A. (2005). *Parasympathetic modulation of heart rate in health and disease*. European Journal of Clinical Investigation, 35(9), 575-585.

Ojji, D. B., Cornelius, V., Partington, G., Francis, V., Pandie, S., Smythe, W., Hickman, N., Barasa, F., Damasceno, A., Dzudie, A., Jones, E., Ingabire, P. M., Mondo, C., Ogah, O., Ogola, E., Sani, M. U., Shedul, G. L., Shedul, G., Rayner, B., Sliwa, K., … for CREOLE Investigators (2022). Effect of 3, 2-Drug Combinations of Antihypertensive Therapies on Blood Pressure Variability in Black African Patients: Secondary Analyses of the CREOLE Trial. *Hypertension (Dallas, Tex. : 1979)*, *79*(11), 2593–2600.

Pan, X., Liu, H., Wang, X., et al. (2015). Smoking and risk of cardiovascular disease in patients with diabetes: A meta-analysis. *Circulation, 132*(24), 2364–2371.

Parati, G., & Schumacher, H. (2014). Blood pressure variability over 24 h: prognostic implications and treatment perspectives. An assessment using the smoothness index with telmisartan-amlodipine monotherapy and combination. *Hypertension research : official journal of the Japanese Society of Hypertension*, *37*(3), 187–193.

Parati, G., Bilo, G., Kollias, A., Pengo, M., Ochoa, J. E., Castiglioni, P., Stergiou, G. S., Mancia, G., Asayama, K., Asmar, R., Avolio, A., Caiani, E. G., De La Sierra, A., Dolan, E., Grillo, A., Guzik, P., Hoshide, S., Head, G. A., Imai, Y., Juhanoja, E., Zhang, Y. (2023). Blood pressure variability: methodological aspects, clinical relevance and practical indications for management - a European Society of Hypertension position paper. *Journal of hypertension*, *41*(4), 527–544.

Parati, G., Ochoa, J. E., Lombardi, C., & Bilo, G. (2013). Assessment and management of blood-pressure variability. *Nature Reviews Cardiology, 10*(3), 143–155.

Parati, G., Stergiou, G. S., Dolan, E., & Bilo, G. (2018). Blood pressure variability: clinical relevance and application. *Journal of clinical hypertension (Greenwich, Conn.)*, *20*(7), 1133–1137.

Poznyak, A. V., Sadykhov, N. K., Kartuesov, A. G., Borisov, E. E., Melnichenko, A. A., Grechko, A. V., & Orekhov, A. N. (2022). Hypertension as a risk factor for atherosclerosis: Cardiovascular risk assessment. *Frontiers in cardiovascular medicine*, *9*, 959285.

Prosser, H. C., Peck, K. Y., Dinh, D., Roberts, L., Chandrasekhar, J., Brennan, A., Duffy, S. J., Clark, D., Ajani, A. E., Oqueli, E., Sebastian, M., Reid, C. M., Freeman, M., Sajeev, J. K., & Teh, A. W. (2022). Role of renin-angiotensin system antagonists on long-term mortality post-percutaneous coronary intervention in reduced and preserved ejection fraction. *Clinical research in cardiology : official journal of the German Cardiac Society*, *111*(7), 776–786.

Ragueneau, I., Michaud, P., Démolis, J. L., Moryusef, A., Jaillon, P., & Funck-Brentano, C. (1999). Effects of cigarette smoking on short-term variability of blood pressure in smoking and non-smoking healthy volunteers. *Fundamental & clinical pharmacology*, *13*(4), 501–507.

Raju, M., Perrone, M. A., Alashram, A. R., & Iellamo, F. (2025). Blood Pressure Variability in Hypertension: A Rehabilitation Perspective. *Journal of cardiovascular development and disease*, *12*(8), 317.

Sadeghi, N., Asgarian, S., & Golestan, B. (2020). *Impact of fasting on blood pressure regulation and cardiovascular health: A systematic review*. Clinical Hypertension, 26(4), 214-227.

Salahuddin M., Ah, S. A., Sr, S., & Km, B. (2014). Effect of Ramadan Fasting on Body Weight, (BP) and Biochemical Parameters in Middle Aged Hypertensive Subjects: An Observational Trial. *Journal of clinical and diagnostic research : JCDR*, *8*(3), 16–18.

Samad, F., Qazi, F., Pervaiz, M. B., Kella, D. K., Mansoor, M., Osmani, B. Z., Mir, F., & Kadir, M. M. (2015). EFFECTS OF RAMADAN FASTING ON BLOOD PRESSURE IN NORMOTENSIVE MALES. *Journal of Ayub Medical College, Abbottabad : JAMC*, *27*(2), 338–342.

Sanchis-Gomar, F., Perez-Quilis, C., Leischik, R., & Lucia, A. (2016). Epidemiology of coronary heart disease and acute coronary syndrome. *Annals of Translational Medicine, 4*(13), 256.

Schwerdtfeger, A. R., & Rominger, C. (2024). Acute fasting modulates autonomic nervous system function and ambulatory cardiac interoception. *Biological psychology*, *186*, 108760.

Scott, E. M., Greenwood, J. P., Gilbey, S. G., Stoker, J. B., & Mary, D. A. (2001). Water ingestion increases sympathetic vasoconstrictor discharge in normal human subjects. *Clinical science (London, England : 1979)*, *100*(3), 335–342.

Scrogin, K. E., Grygielko, E. T., & Brooks, V. L. (1999). Osmolality: a physiological long-term regulator of lumbar sympathetic nerve activity and arterial pressure. *The American journal of physiology*, *276*(6), R1579–R1586.

Sheikh, A. B., Sobotka, P. A., Garg, I., Dunn, J. P., Minhas, A. M. K., Shandhi, M. M. H., Molinger, J., McDonnell, B. J., & Fudim, M. (2023). Blood Pressure

Variability in Clinical Practice: Past, Present and the Future. *Journal of the American Heart Association*, *12*(9), e029297.

Suridanda, S., Harmeiwaty, D. E., Pringgodigdo, R. B., & Nugroho, P. (Eds.). (2022). *Konsensus panduan pengukuran tekanan darah di luar klinik (ambulatory blood pressure monitoring)*. Perhimpunan Dokter Hipertensi Indonesia

Tabas, I. 1999. Nonoxidative modifications of lipoproteins in atherogenesis. *Ann Rev Nutr.* 19:123–139

Takase, H., Sugiura, T., Yamashita, S., Kawakatsu, N., Hayashi, K., Kin, F., Isogaki, T., & Dohi, Y. (2024). Significance of blood pressure variability in normotensive individuals as a risk factor of developing hypertension. *Blood pressure*, *33*(1), 2323967.

Thayer, J. F., Yamamoto, S. S., & Brosschot, J. F. (2010). The relationship between parasympathetic nervous system activity and blood pressure regulation. *Clinical Autonomic Research, 20*(6), 245-253.

Unger, T., Borghi, C., Charchar, F., Khan, N. A., Poulter, N. R., Prabhakaran, D., Ramirez, A., Schlaich, M., Stergiou, G. S., Tomaszewski, M., Wainford, R. D., Williams, B., & Schutte, A. E. (2020). 2020 International Society of Hypertension Global Hypertension Practice Guidelines. *Hypertension (Dallas, Tex. : 1979)*, *75*(6), 1334–1357.

Villanueva, C., Albillos, A., Genescà, J., Garcia-Pagan, J. C., Calleja, J. L., Aracil, C., et al. (2019). β blockers to prevent decompensation of cirrhosis in patients with clinically significant portal hypertension (PREDESCI): A randomised, double-blind, placebo-controlled, multicentre trial. *The Lancet, 393*(10181), 1597–1608.

Volgman, A. S., Palaniappan, L. S., Aggarwal, N. T., Gupta, M., Khandelwal, A., Krishnan, A. V., Lichtman, J. H., Mehta, L. S., Patel, H. N., Shah, K. S., Shah, S. H., & Watson, K. E. (2018). Atherosclerotic cardiovascular disease in South Asians in the United States: Epidemiology, risk factors, and treatments: A scientific statement from the American Heart Association. *Circulation, 138*(1), e1–e34.

Vrints, C., Andreotti, F., Koskinas, K. C., Rossello, X., Adamo, M., Ainslie, J., Banning, A. P., Budaj, A., Buechel, R. R., Chiariello, G. A., Chieffo, A., Christodorescu, R. M., Deaton, C., Doenst, T., Jones, H. W., Kunadian, V., Mehilli, J., Milojevic, M., Piek, J. J., Pugliese, F., Rubboli, A., Semb, A. G., Senior, R., Berg, J. M. t., Belle, E. V., Van Craenenbroeck, E. M., Vidal-Perez, R., Winther, S., & ESC Scientific Document Group. (2024). 2024 ESC Guidelines for the management of chronic coronary syndromes: Developed by the task force for the management of chronic coronary syndromes of the European Society of Cardiology (ESC), endorsed by the European Association for Cardio-Thoracic Surgery (EACTS). *European Heart Journal, 45*(36), 3415–3537.

Waspadji, S., Suyono, S., Sukardji, K., Ahmad, L.F., Nofi, L.S., Muliany, R.M. 2016. *Daftar Bahan Makanan Penukar: Petunjuk Praktis Perencanaan Makanan*

Sehat, Seimbang, Bervariasi, Sistem Carbohydrate Counting (Edisi Ketiga). Jakarta : BA dan Penerbit FK UI.

Waxenbaum, J. A., Reddy, V., & Varacallo, M. (2023). Anatomy, Autonomic Nervous System. In *StatPearls*. StatPearls Publishing

Webb, A. J., Fischer, U., & Rothwell, P. M. (2011). Effects of β-blocker selectivity on blood pressure variability and stroke: a systematic review. *Neurology*, *77*(8), 731–737.

Weir, H. K., Anderson, R. N., Coleman King, S. M., Soman, A., Thompson, T. D., Hong, Y., Moller, B., & Leadbetter, S. (2016). Heart disease and cancer deaths - Trends and projections in the United States, 1969–2020. *Preventing Chronic Disease, 13*, E157.

Whelton, P. K., Carey, R. M., Aronow, W. S., Casey, D. E., Jr, Collins, K. J., Dennison Himmelfarb, C., DePalma, S. M., Gidding, S., Jamerson, K. A., Jones, D. W., MacLaughlin, E. J., Muntner, P., Ovbiagele, B., Smith, S. C., Jr, Spencer, C. C., Stafford, R. S., Taler, S. J., Thomas, R. J., Williams, K. A., Sr, Williamson, J. D., Wright, J. T ., Jr (2018). 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Hypertension (Dallas, Tex. : 1979)*, *71*(6), 1269–1324.

Widyastuti, T. N., Turner, R., Harcombe, H., & McLean, R. (2023). Trends in BMI of Indonesian adults between 1993 and 2014: a longitudinal population-based study. *Public health nutrition*, *26*(7), 1394–1402.

Williams, K.J., Tabas, I. 1998. The response-to-retention hypothesis of atherogenesis reinforced. *Curr Opin Lipidol.* 9:471– 47

Williams, L. A., Cunningham, L. S., & Cohen, J. E. (2020). Obesity and cardiovascular risk: The impact of weight loss on disease outcomes. *European Journal of Preventive Cardiology, 27*(8), 849-857.

World Health Organization. (2024). *Indonesia: Country overview*. World Health Organization. https://data.who.int/countries/IDN

World Health Organization. 2019. Available online: https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds).

Yusuf, S., Hawken, S., Ounpuu, S., et al. (2004). Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study): case-control study. *Lancet, 364*(9438), 937-952.

Zairi I, Bejar MA, Ben Mrad I, Mzoughi K, Kraiem S. Effects of Ramadan fasting on blood pressure in hypertensive patients. Tunis Med. 2021 Juillet; 99(7):727-733.

Zhang, Y., Agnoletti, D., Safar, M. E., & Blacher, J. (2011). Effect of antihypertensive agents on blood pressure variability: the Natrilix SR versus candesartan and amlodipine in the reduction of systolic blood pressure in hypertensive patients (X-CELLENT) study. *Hypertension (Dallas, Tex. : 1979)*, *58*(2), 155–160.