

AYURVEDA CERTIFICATION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://ayurveda.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

1. What are known as channels of respiration and represent the air of life?
 - A. Shrotas
 - B. Prana vaha srotas
 - C. Rasa vaha srotas
 - D. Agni vaha srotas
2. Fat (meda) is primarily composed of which element?
 - A. Earth element
 - B. Fire element
 - C. Water element
 - D. Air element
3. In Ayurvedic terms, which of the following is referred to as channels in the body?
 - A. Shrotamsi
 - B. Prana
 - C. Doshis
 - D. Dhatus
4. What characteristic describes pitta lips?
 - A. Thin and dry
 - B. Red
 - C. Pale and soft
 - D. Thick and oily
5. Which of the following foods are categorized as salty?
 - A. Fresh fruits and yogurt
 - B. Seaweeds, salted chips, and soy sauce
 - C. Raw vegetables and nuts
 - D. Sweet desserts and candies
6. Which philosophy is NOT part of the Shad Darshan?
 - A. Nyaya
 - B. Vaisheshika
 - C. Buddhism
 - D. Sankhya

7. Osteoporosis is classified as what type of condition?

- A. Muscle disorder
- B. Nerve disorder
- C. Bone disorder
- D. Cardiovascular disorder

8. What is an integral aspect of Ayurvedic treatment?

- A. Relying solely on pharmaceutical medications
- B. Considering the individual's unique constitution
- C. Focusing only on physical symptoms
- D. Emphasizing surgery for all health issues

9. How is "Dravyaguna" defined in Ayurvedic literature?

- A. The practice of yoga and meditation
- B. The study of medicinal properties of herbs
- C. The analysis of body types
- D. The examination of seasonal changes

10. Where does each taste (rasa) exert its specific heating or cooling energy?

- A. In the lower digestive tract
- B. Throughout the entire body
- C. In the mouth and upper digestive tract
- D. Only in the stomach

Answers

SAMPLE

1. B
2. C
3. A
4. B
5. B
6. C
7. C
8. B
9. B
10. C

SAMPLE

Explanations

SAMPLE

1. What are known as channels of respiration and represent the air of life?

- A. Shrotas
- B. Prana vaha srotas**
- C. Rasa vaha srotas
- D. Agni vaha srotas

The channels referred to as the "air of life" that are responsible for respiration in the context of Ayurveda are known as Prana vaha srotas. This term specifically denotes the avenues through which prana, or vital life force, is transported in the body. Prana is essential for maintaining life, influencing physical and mental health, and facilitating all physiological processes. In Ayurvedic philosophy, srotas refers to the channels or pathways in the body that carry nutrients, waste, and vital substances. Prana vaha srotas are intricately involved in breathing and the flow of air, which is paramount for sustaining life. Understanding these channels emphasizes the importance of breath and respiration in overall health and lifestyle practices in Ayurveda, reinforcing the idea that proper breathing is crucial for the adequate functioning of the body and mind. The other terms, while significant in their own right, relate to different bodily functions. Shrotas refers broadly to all channels within the body. Rasa vaha srotas pertains specifically to the channels that carry rasa, or plasma, which is essential for nourishing the body. Agni vaha srotas relates to the channels involved in digestion and metabolic processes. Each of these plays a vital role in health, but when

2. Fat (meda) is primarily composed of which element?

- A. Earth element
- B. Fire element
- C. Water element**
- D. Air element

Fat (meda) in Ayurveda is primarily associated with the water element. This connection arises from the understanding that fat serves several functions in the body, including providing lubrication and nourishment, qualities that are closely aligned with water's characteristics in Ayurvedic philosophy. In Ayurveda, each element possesses specific qualities that influence the properties of various bodily substances. The water element embodies the qualities of being moist, heavy, and cohesive, which accurately describe the nature of fat. Additionally, fat plays a crucial role in maintaining the body's hydration and balance, further reinforcing its association with the principles of the water element. Understanding the elemental composition of substances in Ayurveda is vital for applying the concepts of balance and health, as each element contributes to different bodily functions and characteristics. This knowledge is essential for practitioners when devising dietary recommendations or treatments aimed at restoring balance within the body.

3. In Ayurvedic terms, which of the following is referred to as channels in the body?

- A. Shrotamsi**
- B. Prana
- C. Doshis
- D. Dhatus

In Ayurveda, the term that refers to channels in the body is "Shrotamsi." These channels are responsible for the transportation of vital substances throughout the body, including nutrients, waste products, and energy. Shrotamsi are integral to maintaining the body's physiology and functioning harmoniously. They facilitate the movement of the doshas (the fundamental energies that govern bodily functions), dhatus (the tissues), and other essential elements, ensuring that all systems work effectively. Understanding Shrotamsi helps practitioners determine any blockages or imbalances, which could lead to health issues. Thus, maintaining the health of these channels is crucial for overall well-being and for achieving balance within the body.

4. What characteristic describes pitta lips?

- A. Thin and dry
- B. Red**
- C. Pale and soft
- D. Thick and oily

Pitta lips are characterized by a red coloration, which is indicative of the pitta dosha that is associated with fire and transformation. This red hue can be attributed to the qualities of heat and intensity that are prominent within the pitta constitution. Individuals with a dominant pitta dosha may experience increased heat and inflammation, often visible in facial features, including the lips. In contrast, the thin and dry quality often relates more to vata imbalances. The pale and soft description aligns more with kapha traits, which emphasize moisture and earthiness. Lastly, thick and oily lips would not accurately represent pitta characteristics, as they suggest a lack of the heat and dryness typically associated with the pitta constitution. Thus, the description of pitta lips as red is foundational to understanding the nature of this dosha and its physical manifestations.

5. Which of the following foods are categorized as salty?

- A. Fresh fruits and yogurt
- B. Seaweeds, salted chips, and soy sauce**
- C. Raw vegetables and nuts
- D. Sweet desserts and candies

The category of salty foods includes items that have a distinct salt flavor and contribute sodium to the diet. Foods such as seaweeds, salted chips, and soy sauce belong to this category because they are processed or prepared with salt or are naturally high in sodium. Seaweeds, for example, are naturally salty due to their environment, as they absorb minerals from seawater. Salted chips are intentionally seasoned with salt, making them a quintessential salty snack. Similarly, soy sauce is made by fermenting soybeans and is characterized by its high sodium content, which provides that strong, savory flavor associated with salty foods. In the context of other options, fresh fruits and yogurt do not contain significant salt levels; raw vegetables and nuts are generally neutral or slightly sweet; and sweet desserts and candies are characterized by their high sugar content rather than salt. This understanding clearly delineates why the correct choice consists of those specific foods recognized for their salty properties.

6. Which philosophy is NOT part of the Shad Darshan?

- A. Nyaya
- B. Vaisheshika
- C. Buddhism**
- D. Sankhya

The Shad Darshan, or the six systems of Indian philosophy, comprises six orthodox schools that provide different perspectives on understanding the universe and the nature of existence. These schools are Nyaya, Vaisheshika, Sankhya, Yoga, Mimamsa, and Vedanta. Buddhism is not included in the Shad Darshan because it is classified as an unorthodox school of thought. Unlike the six classical systems that adhere to Vedic authority, Buddhism emerged as a distinct tradition with its teachings focusing on the Four Noble Truths and the Eightfold Path, emphasizing personal experience and insight over scriptural orthodoxy. In contrast, Nyaya and Vaisheshika are focused on logic and metaphysics, while Sankhya presents a dualistic framework of consciousness and matter. By understanding these distinctions, it becomes clear why Buddhism does not fit within the framework of the Shad Darshan.

7. Osteoporosis is classified as what type of condition?

- A. Muscle disorder
- B. Nerve disorder
- C. Bone disorder**
- D. Cardiovascular disorder

Osteoporosis is classified as a bone disorder because it primarily affects bone density and strength. In osteoporosis, the body's bones become weak and brittle, making them more susceptible to fractures. This condition involves a reduction in bone mass and changes to the bone structure, leading to an increased risk of breaks or injuries, especially in the hip, spine, and wrist. Understanding osteoporosis as a bone disorder highlights the importance of bone health and the factors that can affect it, such as age, hormonal changes, nutrition, and physical activity. This classification is critical for focusing on prevention, diagnosis, and treatment strategies aimed at improving bone health and minimizing fracture risk. It is also essential for healthcare providers to recognize osteoporosis as a bone disorder to guide appropriate interventions, such as calcium and vitamin D supplementation and weight-bearing exercises that strengthen bone health.

8. What is an integral aspect of Ayurvedic treatment?

- A. Relying solely on pharmaceutical medications
- B. Considering the individual's unique constitution**
- C. Focusing only on physical symptoms
- D. Emphasizing surgery for all health issues

An integral aspect of Ayurvedic treatment is considering the individual's unique constitution. Ayurveda emphasizes a personalized approach to health that recognizes that every person has a distinct constitutional makeup, known as "Prakriti." This concept takes into account not only the physical traits but also the mental and emotional characteristics of an individual. By understanding a person's unique constitution, practitioners can tailor treatments that are appropriate for their specific needs, promoting balance and well-being across all levels—body, mind, and spirit. This personalized treatment approach allows Ayurveda to address not only the symptoms of a disease but also the underlying causes, leading to a more holistic healing process. By focusing on each individual's unique characteristics, Ayurveda acknowledges that health and wellness are not one-size-fits-all and that treatments must be customized to be truly effective. In contrast, relying solely on pharmaceutical medications, focusing only on physical symptoms, or emphasizing surgery for all health issues overlooks the individual nuances that Ayurveda seeks to address, thus not aligning with its fundamental principles of personalized and holistic care.

9. How is "Dravyaguna" defined in Ayurvedic literature?

- A. The practice of yoga and meditation
- B. The study of medicinal properties of herbs**
- C. The analysis of body types
- D. The examination of seasonal changes

"Dravyaguna" is defined in Ayurvedic literature as the study of the medicinal properties of herbs and other substances used in Ayurvedic medicine. This field focuses on understanding the qualities or gunas of different drugs (dravya), including their effects on the human body and mind. Through Dravyaguna, practitioners learn how various herbs interact with the body's doshas (vata, pitta, and kapha), as well as how they can be utilized to promote health and balance specific conditions. This knowledge is essential for herbal formulation, allowing practitioners to select appropriate remedies based on individual needs and health profiles. The other options do not align with the definition of Dravyaguna. The practice of yoga and meditation is associated with enhancing physical and mental well-being but is not directly concerned with the medicinal properties of substances. The analysis of body types refers more to the concept of Prakriti, which is about constitutional types, rather than the properties of herbs. Finally, the examination of seasonal changes relates to the concept of ritucharya, focusing on how seasonal variations affect health rather than the specific properties of medical substances used in treatment.

10. Where does each taste (rasa) exert its specific heating or cooling energy?

- A. In the lower digestive tract
- B. Throughout the entire body
- C. In the mouth and upper digestive tract**
- D. Only in the stomach

The concept of the six tastes or rasas in Ayurveda includes sweet, sour, salty, pungent, bitter, and astringent, each of which has specific effects on the body in terms of heating or cooling energies. The correct answer identifies that the tastes exert their specific heating or cooling effects primarily in the mouth and upper digestive tract. In Ayurveda, the process of tasting and the initial digestion begins in the mouth; this is where the sensory experience is initiated, and different tastes stimulate various digestive responses. For instance, sour and salty tastes are typically associated with heating qualities, while sweet, bitter, and astringent tastes have cooling properties. This initial interaction influences the digestive fire (Agni) and sets the stage for how food will be processed further down the digestive tract. The options that suggest effects in the lower digestive tract, throughout the entire body, or only in the stomach do not accurately capture the primary location of taste interaction. The lower digestive tract is involved in digestion but does not directly experience the specific energy of tastes as they are initially integrated in the mouth and upper digestive tract.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ayurveda.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE