

# General Knowledge Pathophysiology Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# 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

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- 1. Which symptom is associated with pitta-type hrday roga lakshana?**
  - A. Hot sensation around the eyes, ears, and head**
  - B. Burning sensation behind the sternum**
  - C. Vomiting**
  - D. Thirst**
  
- 2. Which of the following is NOT listed as an etiological factor of rajyakshma?**
  - A. Poverty**
  - B. Poor Nutrition**
  - C. Exercise**
  - D. Poor Hygiene**
  
- 3. What is heart disease?**
  - A. An umbrella term for various conditions affecting the heart's structure and function, including coronary artery disease, heart failure, arrhythmias, etc. Typically caused by atherosclerosis that restricts blood flow**
  - B. A disease of the lungs**
  - C. A genetic disorder only**
  - D. An infection of the heart valves**
  
- 4. In rasa vaha srotas, Mukha corresponds to which junction?**
  - A. Aortic valve region**
  - B. Arterial-Venous interface**
  - C. Capillary bed in the skin**
  - D. Venous-Arterial Junction**
  
- 5. Which type of food is commonly linked to high purine and gout risk?**
  - A. Dairy products**
  - B. Organ meats**
  - C. Fruits**
  - D. Grains**

- 6. Which preparation is indicated to reduce cholesterol and excess meda dhatu in prameha?**
- A. Aloe Vera Ghee**
  - B. Neem Oil**
  - C. Cinnamon Bark**
  - D. Triphala Guggulu (all 6 taste / usna / katu)**
- 7. Which of the following is NOT part of the Kapha-type hypertension herbal formula?**
- A. Punarnava 5, Goksuru 2, Hawthorne Berry 3, Arjuna 3**
  - B. Shatavari 5, Guwel 4, Sarpagandha 2, Brahmi 3, Jatamamsi 2, Arjuna 2**
  - C. Guduchi 2, Amalaki 3, Haritaki 1**
  - D. Shankpushpi 2, Punarnava 4, Arjuna 3, Amla 2**
- 8. Which symptom is NOT listed for Kapha type grahani roga?**
- A. Epigastric fullness**
  - B. Mucous in stools**
  - C. Entire tongue coated**
  - D. Burning sensation in the GI tract**
- 9. Which dietary modification is listed as helpful for IBS?**
- A. Increase fiber intake**
  - B. Decrease dairy, sugar, coffee**
  - C. No cabbage, beans, cruciferous vegetables**
  - D. Avoid all fruits**
- 10. Kastartava refers to which gynecologic condition?**
- A. Amenorrhea**
  - B. Dysmenorrhea**
  - C. Menopause**
  - D. Ovarian cyst**

## **Answers**

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

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## **Explanations**

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**1. Which symptom is associated with pitta-type hridaya roga lakshana?**

- A. Hot sensation around the eyes, ears, and head**
- B. Burning sensation behind the sternum**
- C. Vomiting**
- D. Thirst**

The key idea is recognizing Pittaja (Pitta-dominant) manifestations of heart disease. When Pitta is elevated in the cardiac region, it produces a burning, heat-like sensation in the chest area behind the sternum, which is a classic personal sign of Pittaja hridaya roga lakshana. This burning chest sensation reflects the inflammatory, fiery nature of Pitta affecting the heart region. While a hot feeling around the eyes, ears, and head can occur with Pitta as well, it isn't specific to the heart. Vomiting and thirst can accompany various dosha disturbances and aren't the defining Pittaja chest symptom. So the burning sensation behind the sternum best fits Pittaja hridaya roga lakshana.

**2. Which of the following is NOT listed as an etiological factor of rajyakshma?**

- A. Poverty**
- B. Poor Nutrition**
- C. Exercise**
- D. Poor Hygiene**

Rajyakshma is viewed as a wasting disease of the lungs where the body's strength and immunity are weakened by lifestyle and nutritional factors. Poverty and poor nutrition directly reduce the body's resources and resilience, making one more susceptible to long-standing illness. Poor hygiene increases exposure to pathogens and infections, which can drive the disease process forward. In contrast, exercise is not considered a cause; staying physically active tends to support respiratory function and general health, not predispose to rajyakshma. So, among the options, exercise does not fit as an etiological factor.

### 3. What is heart disease?

- A. An umbrella term for various conditions affecting the heart's structure and function, including coronary artery disease, heart failure, arrhythmias, etc. Typically caused by atherosclerosis that restricts blood flow**
- B. A disease of the lungs**
- C. A genetic disorder only**
- D. An infection of the heart valves**

Heart disease is a broad term for conditions that affect the heart's structure or how it works. The best answer captures that breadth, naming the major types—such as coronary artery disease, heart failure, and arrhythmias—and noting that a common underlying process is atherosclerosis narrowing the blood vessels that feed the heart. When those vessels are narrowed, the heart muscle doesn't get enough blood and oxygen, which can lead to chest pain, heart attacks, or problems with pumping or rhythm. The other options don't fit the overall concept: a disease of the lungs isn't about the heart; a genetic disorder only misses the many acquired forms; and an infection of the heart valves is just one specific condition, not the whole category of heart disease.

### 4. In rasa vaha srotas, Mukha corresponds to which junction?

- A. Aortic valve region**
- B. Arterial-Venous interface**
- C. Capillary bed in the skin**
- D. Venous-Arterial Junction**

Rasa vaha srotas carries nutritive plasma from the gut into the circulation, and Mukha (the mouth) is the entry point into this channel. The distribution and exchange of nutrients then occur at the microvascular level, where arterial blood becomes venous blood—essentially the capillary network. That junction between arterial and venous flow is the site of nourishment transfer, so Mukha maps to the venous-arterial junction. The other options point to heart valves or tissue-specific beds, which don't represent this systemic exchange point.

### 5. Which type of food is commonly linked to high purine and gout risk?

- A. Dairy products**
- B. Organ meats**
- C. Fruits**
- D. Grains**

High purine intake raises uric acid levels because purines are broken down into uric acid; when uric acid accumulates and crystallizes in joints, it triggers gout flares. Organ meats such as liver and kidney are among the foods with the highest purine content, so they are strongly linked to higher uric acid and gout risk. Dairy products tend to be low in purines and may even help protect against gout, fruits are generally low in purines, and grains have only modest purine levels. This makes organ meats the best match for foods commonly linked to high purine and gout risk.

**6. Which preparation is indicated to reduce cholesterol and excess meda dhatu in prameha?**

**A. Aloe Vera Ghee**

**B. Neem Oil**

**C. Cinnamon Bark**

**D. Triphala Guggulu (all 6 taste / usna / katu)**

The main idea here is addressing prameha when there's excess meda dhatu, which corresponds to fat tissue buildup and lipid imbalance. Triphala Guggulu is the classic combination used for this scenario because it blends two powerful actions: Guggulu helps mobilize and regulate lipids, supporting reduction of cholesterol and meda-dhatu, while Triphala aids digestion, removes ama, and promotes cleansing of the digestive tract. Together, they balance the metabolic factors that fuel prameha with meda involvement and hyperlipidemia, and the formulation is noted for containing multiple tastes and heating properties that help stimulate fat metabolism without aggravating vata or kapha. Aloe vera ghee, neem oil, and cinnamon bark do have beneficial effects in various metabolic or digestive contexts, but they are not the standard, targeted preparation for lowering cholesterol and reducing excess meda dhatu specifically in prameha. Thus, Triphala Guggulu stands out as the best fit for this goal.

**7. Which of the following is NOT part of the Kapha-type hypertension herbal formula?**

**A. Punarnava 5, Goksuru 2, Hawthorne Berry 3, Arjuna 3**

**B. Shatavari 5, Guwel 4, Sarpagandha 2, Brahmi 3, Jatamamsi 2, Arjuna 2**

**C. Guduchi 2, Amalaki 3, Haritaki 1**

**D. Shankhpushpi 2, Punarnava 4, Arjuna 3, Amla 2**

In Kapha-type hypertension, the formulation focuses on balancing Kapha and supporting heart function with diuretic, mucous-clearing, and cardio-protective herbs. Herbs like Punarnava and Arjuna are classic for reducing edema and strengthening the heart, while Amla (Amalaki) provides antioxidant support and helps balance Kapha. That makes combinations loaded with these kinds of herbs fit for a Kapha-dominant formula. Shankhpushpi, on the other hand, is primarily a nervine tonic used for improving mental clarity and calming the nervous system. It doesn't address Kapha imbalance or fluid retention in the way the other ingredients do, so a blend that includes Shankhpushpi isn't aligned with a typical Kapha-type hypertension recipe. That's why the set containing Shankhpushpi is the one that does not fit.

**8. Which symptom is NOT listed for Kapha type grahani roga?**

- A. Epigastric fullness**
- B. Mucous in stools**
- C. Entire tongue coated**
- D. Burning sensation in the GI tract**

In Kapha-dominant grahani roga, the digestive disturbance shows a damp, heavy, and mucus-filled picture. Kapha tends to slow digestion, cause heaviness and fullness, and generate mucus and a coating that spreads over the tongue. So the typical features you'd expect are epigastric fullness from the sluggish agni, mucus in stools from the mucous-creating tendency of Kapha, and a tongue that's coating the entire surface due to ama accumulation and Kapha imbalance. A burning sensation in the GI tract, however, signals irritation or excess heat in the digestive tract, which aligns more with Pitta (agni-related) involvement rather than Kapha. That is why burning in the GI tract is not characteristic of Kapha type grahani roga. Thus, the symptom not listed for Kapha type grahani roga is the burning sensation in the GI tract.

**9. Which dietary modification is listed as helpful for IBS?**

- A. Increase fiber intake**
- B. Decrease dairy, sugar, coffee**
- C. No cabbage, beans, cruciferous vegetables**
- D. Avoid all fruits**

Dietary management of IBS often centers on how the gut handles fiber and triggers. Increasing soluble fiber helps because it absorbs water and forms a gentler bulk in the stool, which can normalize bowel movements and lessen both constipation and diarrhea symptoms. Soluble fiber, such as psyllium, tends to ease stool passage and reduce abdominal discomfort when added gradually with adequate fluids. It's important to introduce fiber slowly, since a sudden large increase can worsen bloating or gas. Other options can help some people but aren't as consistently beneficial across IBS patients. Reducing dairy, caffeine, or simple sugars may relieve symptoms in those with specific sensitivities or intolerances, but they don't address the bowel-regulation aspect as directly as soluble fiber does. Avoiding all cabbage, beans, or cruciferous vegetables or eliminating all fruits isn't a standard, universally beneficial approach and can deprive you of nutritious foods while not resolving the underlying irregularity in bowel patterns.

**10. Kastartava refers to which gynecologic condition?**

- A. Amenorrhea**
- B. Dysmenorrhea**
- C. Menopause**
- D. Ovarian cyst**

Kastartava denotes painful menstruation. It describes episodes of cramping lower abdominal pain that begin with or shortly after the start of menses and may be accompanied by backache, nausea, or fatigue. This aligns with dysmenorrhea, a pain-related symptom of the menstrual cycle driven in some cases by prostaglandin-induced uterine contractions and reduced uterine blood flow. It is not about the absence of menses (amenorrhea), not about the permanent end of menses with aging (menopause), and not specifically about an ovarian cyst, which is a different ovarian condition that may cause pelvic pain but is not defined by menstrual pain.

## 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](mailto:hello@examzify.com).**

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

**<https://gkpathophysiology.examzify.com>**

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

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