

GENERAL KNOWLEDGE PATHOPHYSIOLOGY PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. In the jvara chikitsa sutra, which term means to induce light sweating by covering in a warm, cozy room?
 - A. Langhanam
 - B. Kala
 - C. Pachanani
 - D. Svedanam
2. Which of the following is a site of Majja dhatu?
 - A. Brain
 - B. Heart
 - C. Lungs
 - D. Skin
3. Pippali Asava is described for which dosha combinations?
 - A. Vata and Pitta
 - B. Vata and Kapha
 - C. Pitta and Kapha
 - D. Only Vata
4. Which herb is NOT listed as helpful for nashartava?
 - A. Shatavari
 - B. Ginseng
 - C. Bala
 - D. Kumari Asava
5. What is the samprapti (pathogenesis) of grudrasi?
 - A. Kapha vitiation in the stomach
 - B. Majja gata vata in sciatic nerve
 - C. Pitta accumulation in the liver
 - D. Rakta dushti in the heart

- 6. Which statement correctly matches Transient hypertension with the associated dosha?**
- A. Transient HTN – Pitta
 - B. Transient HTN – Kapha
 - C. Transient HTN – Sattva
 - D. Transient HTN – Vata
- 7. Which dosha is associated with persistent melancholic mood and social withdrawal?**
- A. Vata
 - B. Pitta
 - C. Kapha
 - D. None
- 8. Hemolytic anemia, hemorrhagic anemia, aplastic anemia, and pernicious anemia are all what dosha type of anemia?**
- A. Vata types
 - B. Pitta types
 - C. Kapha types
 - D. Sattva types
- 9. Which herbal formulations are listed for edema management?**
- A. Garlic and onion mixture
 - B. Echinacea and peppermint tea
 - C. Punarnava, Gokshura, Punarnavadi Guggulu, Gokshuradi Guggulu
 - D. Turmeric milk
- 10. Which vati is described as for Kapha in IBS?**
- A. Amapachak vati - for kapha
 - B. Ajwain tablet
 - C. Garlic Pill (lasunadi vati)
 - D. Mahashankha vati - for vata

Answers

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

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Explanations

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1. In the jvara chikitsa sutra, which term means to induce light sweating by covering in a warm, cozy room?

- A. Langhanam
- B. Kala
- C. Pachanani
- D. Svedanam**

Sweating therapy, or svedana, is a method used in fever treatment to move and eliminate vitiated doshas by inducing perspiration. The scenario described—creating a warm, cozy room and wrapping the patient to sweat lightly—fits this mild sudation approach. In jvara chikitsa, svedana helps relieve fever by opening blocked channels and balancing the doshas, often after an initial oleation to prepare the body. The term svedanam denotes the act or therapy of sudation, i.e., inducing sweat. Langhanam refers to lightening or reduction therapies to decrease body mass, not to sweating. Kala and pachanani describe timing/stage and digestion/detoxification processes, respectively, and do not match the described sweating method.

2. Which of the following is a site of Majja dhatu?

- A. Brain**
- B. Heart
- C. Lungs
- D. Skin

Majja dhatu corresponds to the nervous system tissues—the brain, spinal cord, and nerves—and is tied to consciousness, sensation, and motor coordination. Because the brain is the central organ where nervous signals are processed and integrated, it is the primary site for Majja dhatu. The other options relate to different bodily systems—heart and lungs to circulatory/respiratory functions, and skin to the skin tissue—and do not represent nervous tissue in the context of Majja dhatu.

3. Pippali Asava is described for which dosha combinations?

- A. Vata and Pitta
- B. Vata and Kapha**
- C. Pitta and Kapha
- D. Only Vata

Long pepper brings heating, sharp, and penetrating action that stimulates digestion and movement. When a fermented preparation like Pippali Asava is used, these properties help counter both dryness and irregularity typical of Vata, and stagnation or mucus associated with Kapha. In a pattern where Vata and Kapha are involved, this combination of traits can restore balance by boosting metabolism, improving circulation, and reducing congestion. By contrast, a predominantly Pitta condition could be aggravated by the warmth, so it isn't the preferred choice. Thus Pippali Asava is described for Vata–Kapha combinations.

4. Which herb is NOT listed as helpful for nashartava?

- A. Shatavari
- B. Ginseng**
- C. Bala
- D. Kumari Asava

Nashartava is addressed in Ayurveda by strengthening and nourishing the reproductive tissues (artava dhatu) to help restore normal menstrual function. In this framework, Shatavari, Bala, and Kumari Asava are classic female-reproductive tonics. Shatavari is renowned for supporting female reproductive health—it's a gentle, nourishing herb that helps balance the systems involved in menstruation. Bala acts as a strong nourishing tonic that fortifies overall vitality and reinforces reproductive tissues, which can help when artava is weak or irregular. Kumari Asava, which centers on Aloe (kumari), combines herbs oriented toward supporting regular menstrual flow and the health of the reproductive system. Ginseng, while a well-known adaptogen in other traditions, is not a traditional Ayurvedic remedy listed for nashartava. It isn't part of the classical Ayurvedic formulations used to restore menstrual function, whereas the three herbs above are commonly cited for this purpose. So the herb that isn't listed as helpful for nashartava is Ginseng.

5. What is the samprapti (pathogenesis) of grudrasi?

- A. Kapha vitiation in the stomach
- B. Majja gata vata in sciatic nerve**
- C. Pitta accumulation in the liver
- D. Rakta dushti in the heart

Grudrasi is understood as a vataja disorder that affects the nervous system, specifically the pathways along the sciatic nerve. When vata matures or vitiates and travels into the majja dhatu (nerve tissue), it lodges there and travels along the nerve channels to the sciatic nerve. This majja gata vata produces the characteristic radicular pain, numbness, and weakness down the leg that radiates along the sciatic nerve. So the samprapti centers on vata vitiation that has entered majja and localized to the sciatic nerve, causing the painful, neuropathic pattern seen in grudrasi. The other options describe dosha or tissue involvement in organs or systems not aligned with nerve-driven radicular pain, which is why they're less appropriate.

6. Which statement correctly matches Transient hypertension with the associated dosha?

- A. Transient HTN — Pitta
- B. Transient HTN — Kapha
- C. Transient HTN — Sattva
- D. Transient HTN — Vata**

Transient spikes in blood pressure align with rapid, variable changes in the body. In Ayurvedic thinking, that sort of sudden fluctuation is driven by Vata, which governs movement, spontaneity, and quick shifts in function—including circulation and nerve impulses. So a temporary rise in pressure fits the Vata pattern, especially with factors like sudden stress or anxiety that trigger brisk changes. Sattva is a mental quality, not a dosha, so it isn't used to map physiological states like blood pressure. Pitta involves heat and metabolism, which would lean toward more persistent or inflammatory patterns, not a brief, fluctuating rise. Kapha represents heaviness and stagnation, which isn't a fit for a fleeting, dynamic change. Hence, the best match is Transient hypertension with Vata.

7. Which dosha is associated with persistent melancholic mood and social withdrawal?

- A. Vata
- B. Pitta
- C. Kapha**
- D. None

Kapha imbalance brings heaviness, inertia, and attachment. When Kapha is aggravated, the mind tends toward a slow, dull mood with reduced motivation and a preference for staying within familiar circles — this can manifest as a persistent melancholic mood and social withdrawal. The other doshas carry different emotional signatures: Vata tends to produce anxious, restless mood and quick shifts; Pitta tends toward intense, irritable states. So the described pattern best fits Kapha.

8. Hemolytic anemia, hemorrhagic anemia, aplastic anemia, and pernicious anemia are all what dosha type of anemia?

- A. Vata types
- B. Pitta types**
- C. Kapha types
- D. Sattva types

In Ayurvedic thinking, anemia (Pandu) is categorized by which dosha governs the blood tissue (Rakta). The conditions listed—hemolytic anemia (destruction of red blood cells), hemorrhagic anemia (blood loss), aplastic anemia (bone marrow failure), and pernicious anemia (impaired blood formation, often from nutrition/absorption issues)—are all seen as Pittaja Pandu. They reflect heat, inflammation, and disruptive transformation affecting the blood, which are hallmarks of Pitta involvement in Rakta dhatu. Vataja Pandu would present with dry, insubstantial symptoms; Kapha Pandu with heaviness or stagnation; and Sattva is a guna, not a dosha category. So these are considered Pittaja Pandu.

9. Which herbal formulations are listed for edema management?

- A. Garlic and onion mixture
- B. Echinacea and peppermint tea
- C. Punarnava, Gokshura, Punarnavadi Guggulu, Gokshuradi Guggulu**
- D. Turmeric milk

Edema management in herbal practice centers on promoting diuresis and balancing fluid retention, using herbs and formulas that support the kidneys and urinary system. Punarnava (Boerhavia diffusa) is a classic diuretic herb, helping to reduce fluid buildup. Gokshura (Tribulus terrestris) also supports urinary function and can aid in removing excess water. The traditional formulas Punarnavadi Guggulu and Gokshuradi Guggulu combine these diuretic herbs with other supportive ingredients to address edema and swelling, often by improving urine production and fluid distribution. The other options don't list these edema-focused formulations. Garlic and onion mixtures aren't the standard diuretic formulas for edema in this context; echinacea and peppermint tea are chosen for immune or digestive/innate effects, not edema management; turmeric milk is valued for anti-inflammatory effects but isn't a primary edema remedy.

10. Which vati is described as for Kapha in IBS?

A. Amapachak vati - for kapha

B. Ajwain tablet

C. Garlic Pill (lasunadi vati)

D. Mahashankha vati - for vata

In IBS treated from an Ayurvedic lens, the focus is on the dominant dosha and the presence of Ama (undigested toxins). When Kapha is implicated, medicines that digest Ama and pacify Kapha are most appropriate. Amapachak vati literally means a preparation that digests Ama and helps calm Kapha; it targets the sluggish, mucus-rich, heavy aspects of Kapha-imbalance in the gut, supporting a more even intestinal rhythm and better digestion. This makes it the best match for Kapha-type IBS symptoms. Ajwain tablet is a carminative and digestive aid, useful for gas and general upset but not specifically aimed at pacifying Kapha or digesting Ama in the IBS/Kapha context. Garlic-based Lasunadi vati is typically used to support digestion and is more aligned with Vata-associated digestive issues rather than Kapha-predominant IBS. Mahashankha vati is a classic Vata-pacifying formulation, not the one described for Kapha.

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:

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

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