

# NDA 2026 Medical Examination: Common Reasons for Rejection

Clearing the **NDA written exam and SSB interview** does **not guarantee final selection** unless you also pass the **NDA 2026 Medical Examination**. Every year, many recommended candidates are declared **medically unfit** due to avoidable reasons.

This article provides a **comprehensive, detailed, and SEO-optimised guide** on the **NDA 2026 medical examination**, focusing on **common reasons for rejection, standards, preventive tips, appeal process, and FAQs**—to help you avoid last-minute disappointment.

## What Is NDA Medical Examination?

The **NDA Medical Examination** is conducted at **military hospitals** to ensure candidates are physically and mentally fit to undergo **rigorous training and long-term service** in the Indian Armed Forces.

- ✓ Conducted after SSB recommendation
- ✓ Same core standards for Army, Navy & Air Force
- ✓ Final step before merit list inclusion

**Even a top-rank holder can be rejected if found medically unfit.**

## Major Categories of Medical Rejection in NDA

Medical rejection generally falls under the following categories:

1. Vision & Eye Problems
2. ENT (Ear, Nose & Throat) Issues
3. Orthopaedic & Postural Defects
4. Dental & Oral Health Issues
5. Skin Diseases
6. Cardiovascular & Respiratory Issues
7. Weight & BMI Problems
8. Tattoos & Surgical History

### 1. Vision & Eye-Related Rejections (Most Common)

## Common Causes

- Myopia / Hypermetropia beyond limits
- Colour blindness
- Squint (even if corrected)
- Poor binocular vision
- Retinal defects

## Important Note

- **Lasik surgery is not allowed** for NDA
- Spectacle power limits are strictly checked

Eye defects account for the highest number of rejections.

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## 2. ENT (Ear, Nose & Throat) Rejections

### Common Causes

- Chronic ear infection
- Deviated nasal septum (DNS)
- Hearing loss
- Sinusitis
- Perforated eardrum

Even mild hearing loss can lead to rejection.

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## 3. Orthopaedic & Postural Defects

### Common Orthopaedic Issues

- Flat foot
- Knock knees
- Bow legs

- Scoliosis
- Kyphosis or lordosis

## Other Issues

- Restricted joint movement
- History of fractures with deformity

□ Posture is checked in standing, walking, and bending positions.

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## 4. Dental & Oral Health Rejections

### Common Dental Issues

- More than 14 dental caries
- Severe gum disease
- Malocclusion (irregular teeth alignment)
- Missing teeth affecting chewing

✓ Minimum **14 dental points** are mandatory

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## 5. Skin Disease Rejections

### Common Skin Conditions

- Eczema
- Psoriasis
- Chronic fungal infections
- Severe acne
- Vitiligo (in exposed areas)

□ Temporary skin infections may be treated and re-examined.

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## 6. Cardiovascular & Respiratory Rejections

### Common Causes

- Heart murmurs
- Congenital heart disease
- High or low blood pressure
- Asthma (especially after age 12)
- Chronic respiratory disorders

⚠ *Asthma history after childhood is a major rejection reason.*

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## 7. Height, Weight & BMI Issues

### Common Reasons

- Overweight or underweight beyond permissible limits
- Sudden weight gain/loss
- Disproportionate body structure

⚠ *Crash dieting before medicals often leads to rejection.*

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## 8. Tattoo-Related Rejections

### Tattoo Rules

- Tattoos allowed **only on inner forearm or back of palm**
- Tattoos on face, neck, chest, legs = **rejection**
- Offensive or religious tattoos not allowed

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## 9. Surgical History & Past Medical Issues

### Common Causes

- History of major surgeries
- Hernia (even operated cases)
- Hydrocele
- Varicocele

- Epilepsy or mental health issues

**All surgical scars are examined carefully.**

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## Temporary Unfit (TUF) vs Permanent Unfit (PUF)

Status	Meaning
TUF	Temporary issue, re-medical allowed
PUF	Permanent disqualification

- ✓ TUF candidates can apply for **Appeal Medical Board**

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## How to Reduce Chances of Medical Rejection

### Before Medical Exam

- Maintain ideal weight & fitness
- Get eye, ENT & dental checkups early
- Correct posture and flat foot issues with exercises
- Avoid tattoos in restricted areas

### Lifestyle Tips

- Balanced diet
- Regular running & stretching
- Adequate sleep
- Avoid smoking & junk food

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## Appeal Medical Board: What to Know

- Applicable only for **TUF candidates**
- Must apply within stipulated time
- Conducted at designated military hospitals
- Final decision is binding

# When Is NDA Medical Examination Conducted?

- After SSB recommendation
- Before final merit list
- Final clearance required for academy joining

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## Frequently Asked Questions (FAQs)

### **Q1. What is the most common reason for NDA medical rejection?**

Eye and vision-related problems are the most common.

### **Q2. Is LASIK surgery allowed for NDA?**

No, LASIK is **not permitted** for NDA candidates.

### **Q3. Can flat foot be corrected before NDA medical?**

Mild flat foot may improve with exercises, but severe cases are rejected.

### **Q4. Can temporary unfit candidates join NDA later?**

Yes, after clearing **Appeal Medical Board**.

### **Q5. Are NDA medical standards the same for girls?**

Yes, except chest measurement which applies only to boys.

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## Conclusion

The **NDA 2026 Medical Examination** is a decisive stage where **many deserving candidates fail due to lack of awareness**. Understanding the **common reasons for rejection** and preparing **well in advance** can greatly improve your chances of final selection.

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