

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.

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.

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.*

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

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.*

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.*

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.*

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

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.

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**

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

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
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When Is NDA Medical Examination Conducted?

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

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.

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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