THE FIVE HINDRANCES AND THEIR ELIMINATION

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<th>HINDRANCE</th>
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<td>Samyutta 46:51</td>
<td>Samyutta 46:51</td>
<td>Satipatthana Commentary, etc.</td>
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</table>
| Sensual desire (kāmacchanda) | Careless attention to an attractive object (subha-nimitta) | Careful attention to an unattractive object (asubha-nimitta) | • Guarding senses  
• Moderation in food  
• Good friends, suitable conversation | Path of arahantship  (based on premise that here ‘sensual desire’ represents all craving) | Water mixed with paints  
Being in debt |
| Ill will (byāpāda)        | Careless attention to a repugnant object (patīgha-nimitta) | Careful attention to the liberation of the mind through loving-kindness | • Guarding senses  
• Moderation in food  
• Good friends, suitable conversation | Path of non-returner | Boiling water  
Severe illness |
| Dullness and drowsiness  (thīnamiddha) | Careless attention to discontent, lethargy, torpor after meals, sluggishness of mind | Careful attention to the three elements of energy: aroused effort, persistent effort, vigorous effort | • Moderation in food  
• Changing postures  
• Perception of light  
• Living in open air  
• Good friends, suitable conversation | Path of arahantship | Water overgrown by moss and algae  
Imprisonment |
| Restlessness and remorse (uddhācca-kukkucca) | Careless attention to the unsettled mind | Careful attention to peace of mind | • Much learning  
• Asking questions  
• Skill in Vinaya  
• Meeting elder monks  
• Good friends, suitable conversation | Restlessness: path of arahantship  
Remorse: path of non-returner | Water stirred into wavelets by wind  
Slavery |
| Doubt  (vicikicchā)       | Careless attention to things that are a basis for doubt | Careful attention to contrasting mental qualities (wholesome and unwholesome, etc.) | • Much learning  
• Asking questions  
• Skill in Vinaya  
• Resolve  
• Good friends, suitable conversation | Path of stream-entry | Traveling across a barren desert |