

THE FIVE HINDRANCES AND THEIR ELIMINATION

HINDRANCE	PRIMARY CONDITION	PRIMARY ANTIDOTE	OTHER REMEDIES	HOW ERADICATED	SIMILES
Source of information	Samyutta 46:51	Samyutta 46:51	Satipaṭṭhāna Commentary, etc.	Satipaṭṭhāna Commentary, etc.	Samyutta 46:55 Dīgha 2; Majjhima 39
Sensual desire (<i>kāmacchanda</i>)	Careless attention to an attractive object (<i>subha-nimitta</i>)	Careful attention to an unattractive object (<i>asubha-nimitta</i>)	<ul style="list-style-type: none"> • Guarding senses • Moderation in food • Good friends, suitable conversation 	Path of arahantship (based on premise that here ‘sensual desire’ represents all craving)	<ul style="list-style-type: none"> • Water mixed with paints • Being in debt
Ill will (<i>byāpāda</i>)	Careless attention to a repugnant object (<i>paṭigha-nimitta</i>)	Careful attention to the liberation of the mind through loving-kindness	<ul style="list-style-type: none"> • Guarding senses • Moderation in food • Good friends, suitable conversation 	Path of non-returner	<ul style="list-style-type: none"> • Boiling water • Severe illness
Dullness and drowsiness (<i>thīnamiddha</i>)	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	<ul style="list-style-type: none"> • Moderation in food • Changing postures • Perception of light • Living in open air • Good friends, suitable conversation 	Path of arahantship	<ul style="list-style-type: none"> • Water overgrown by moss and algae • Imprisonment
Restlessness and remorse (<i>uddhacca-kukkucca</i>)	Careless attention to the unsettled mind	Careful attention to peace of mind	<ul style="list-style-type: none"> • Much learning • Asking questions • Skill in Vinaya • Meeting elder monks • Good friends, suitable conversation 	<i>Restlessness</i> : path of arahantship <i>Remorse</i> : path of non-returner	<ul style="list-style-type: none"> • Water stirred into wavelets by wind • Slavery
Doubt (<i>vicikicchā</i>)	Careless attention to things that are a basis for doubt	Careful attention to contrasting mental qualities (wholesome and unwholesome, etc.)	<ul style="list-style-type: none"> • Much learning • Asking questions • Skill in Vinaya • Resolve • Good friends, suitable conversation 	Path of stream-entry	Traveling across a barren desert