## Energy, helicity and crossing number relations for complex flows

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Algebraic, geometric and topological measures based on crossing number relations can be used to quantify morphological complexity of ideal tangles of magnetic or vortex filaments [4]. These measures can be related to the energy M and the helicity  $\mathcal{H}$  of fluid systems [2], [3]. In the case of perfectly conducting fluids Moffatt (1992) showed that magnetic energy is bounded by helicity according to the inequality

$$2M \ge q_0 |\mathcal{H}_M| , \qquad (1)$$

where  $q_0$  is a positive constant. By using the results of [2] for volume-preserving flows we show that

$$q_0 = \left(\frac{16}{\pi V}\right)^{1/3} , \qquad (2)$$

where V is the total magnetic volume. Moreover, for a homogeneous tangle of vortex filaments we also show that the average crossing number  $\bar{C}$  of the tangle is bounded by

$$|\mathcal{H}| \le q_1 \bar{C} \le \sqrt{2K\Omega} , \qquad (3)$$

where  $q_1$  is a quadratic functional of the circulation and K and  $\Omega$  denote kinetic energy and enstrophy of the system. These results may find useful applications in the study of relationships between energy and complexity of vortex flows. Work in this direction is in progress [5].

## References

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