

# Baryogenesis from Axion Inflation

Kyohei Mukaida

DESY, HAMBURG

Based on [1806.08769](#), [1812.08021](#), [1905.13318](#)

In collaboration with Y. Ema, V. Domcke, B. von Harling, E. Morgante, R. Sato



1.

# Introduction

# Introduction

## Inflaton w/ CS-coupling

$$S = \int d^4x \left\{ \sqrt{-g} \left[ \frac{g^{\mu\nu}}{2} \partial_\mu \phi \partial_\nu \phi - V(\phi) \right] - \frac{1}{4} F_{\mu\nu} F^{\mu\nu} + \frac{\alpha \phi}{4\pi f_a} F_{\mu\nu} \tilde{F}^{\mu\nu} \right\}$$

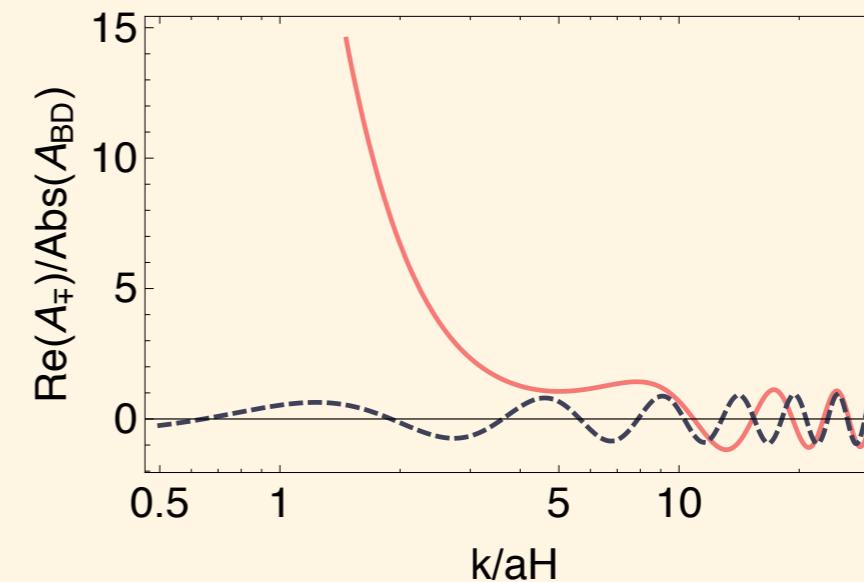
- “Lightness” protected by the shift symmetry:  $\phi \mapsto \phi + c$

- Efficient **helical-gauge field** production by  $\dot{\phi} \neq 0$ .

$$0 = [\partial_\eta^2 + k(k \pm 2\xi aH)] A_\pm(\eta, k)$$

where  $\xi \equiv \frac{\alpha \dot{\phi}}{2\pi f_a H}$

0  $\neq \langle F_{\mu\nu} \tilde{F}^{\mu\nu} \rangle = -4 \langle E \cdot B \rangle$



- (Pre)Reheating, chiral GWs, baryogenesis, magnetogenesis,...

# Introduction

## Coupling to the SM Gauge Group ?

$$S = \int d^4x \left\{ \sqrt{-g} \left[ \frac{g^{\mu\nu}}{2} \partial_\mu \phi \partial_\nu \phi - V(\phi) \right] - \frac{1}{4} Y_{\mu\nu} Y^{\mu\nu} + \frac{\alpha_Y \phi}{4\pi f_a} Y_{\mu\nu} \tilde{Y}^{\mu\nu} \right\}$$

Matters charged under  $\mathbf{U(1)_Y}$

$$+ \sum_{\alpha} \psi_{\alpha}^\dagger \sigma \cdot (i\partial - g_Y Q_{\alpha} A_Y) \psi_{\alpha} + \dots \right\}$$

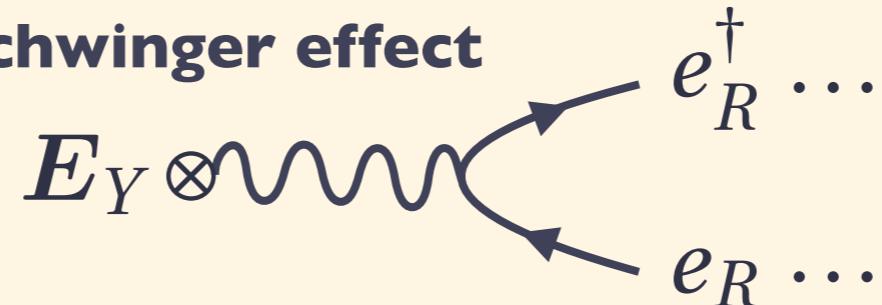
$\mathbf{U(1)_Y}$

- ▶ Production of **matters** charged under the **SM gauge group**.
  - **Asymmetry** generation via the **SM chiral anomaly**

$$\partial_\mu J_{B+L}^\mu = \frac{3}{16\pi^2} (g_2^2 W_{\mu\nu}^a \tilde{W}^{a\mu\nu} - g_Y^2 Y_{\mu\nu} \tilde{Y}^{\mu\nu}) \neq 0$$

**Helical gauge**  
 $\Leftrightarrow$  **B+L asym.**

- Pair production via the **Schwinger effect**



Does **Baryon/Lepton asymmetry** survive?

# Introduction

## Baryogenesis from B+L asymmetry?

$$\partial_\mu J_B^\mu = \partial_\mu J_L^\mu = \frac{3}{32\pi^2} \left( g_2^2 W_{\mu\nu}^a \tilde{W}^{a\mu\nu} - g_Y^2 Y_{\mu\nu} \tilde{Y}^{\mu\nu} \right)$$

Inflation

Dual production of **B+L asym.** and **helical  $U(1)_Y$**  via  $\phi Y_{\mu\nu} \tilde{Y}^{\mu\nu}$ .

$$\Delta q_B = \Delta q_L =$$

$$-\frac{3}{4} \frac{\alpha_Y}{\pi} \Delta h_Y$$

$$T_{Y_e} \sim 10^5 \text{ GeV}$$

$$T_{EW} \sim 10^2 \text{ GeV}$$

Now

Time

# Introduction

## Baryogenesis from B+L asymmetry?

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Dual production of **B+L asym.** and **helical  $U(1)_Y$**  via  $\phi Y_{\mu\nu} \tilde{Y}^{\mu\nu}$ .

$$\Delta q_B = \Delta q_L =$$

via **Sphaleron + Yukawa**

$T_{Y_e} \sim 10^5 \text{ GeV}$

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Time

$$-\frac{3}{4} \frac{\alpha_Y}{\pi} \Delta h_Y$$

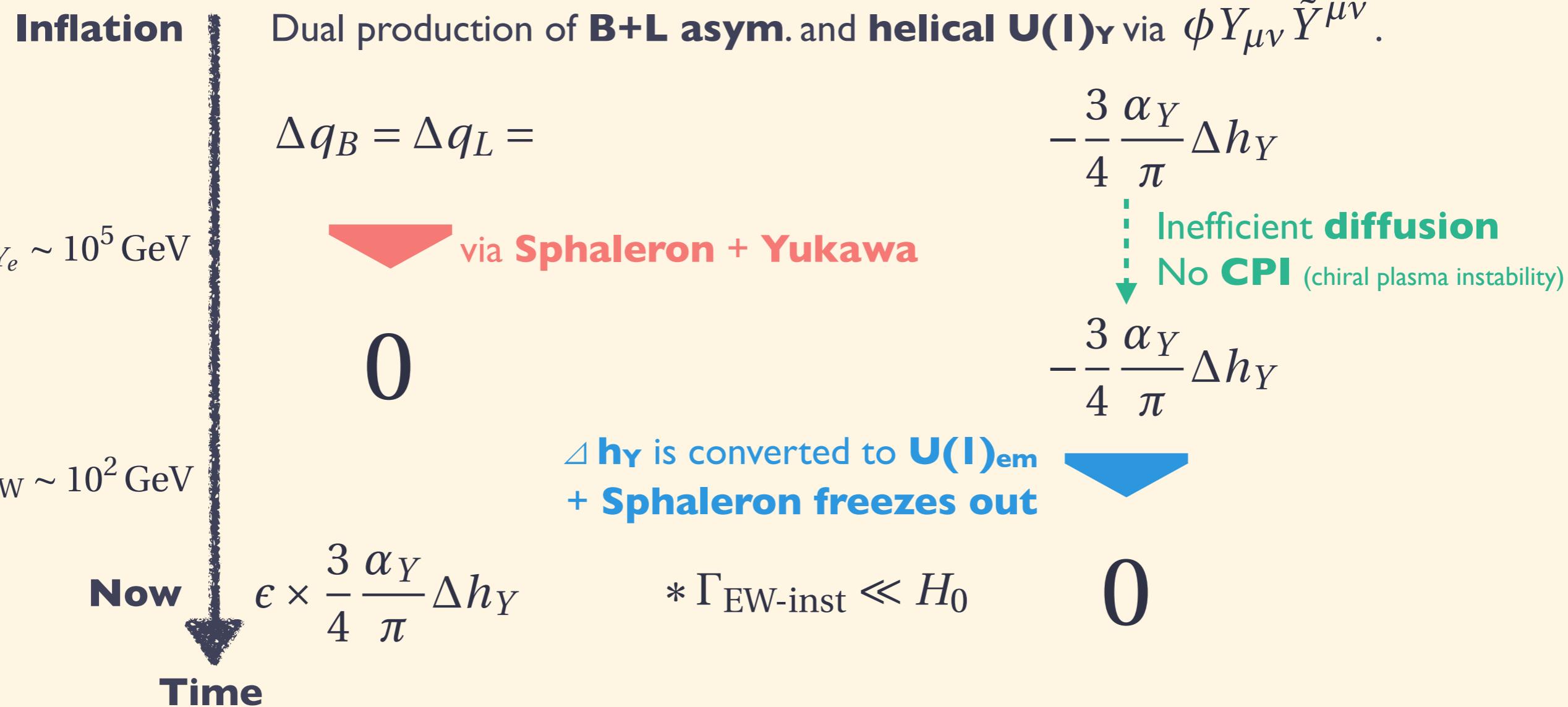
Inefficient diffusion  
No **CPI** (chiral plasma instability)

$$-\frac{3}{4} \frac{\alpha_Y}{\pi} \Delta h_Y$$

# Introduction

## Baryogenesis from B+L asymmetry?

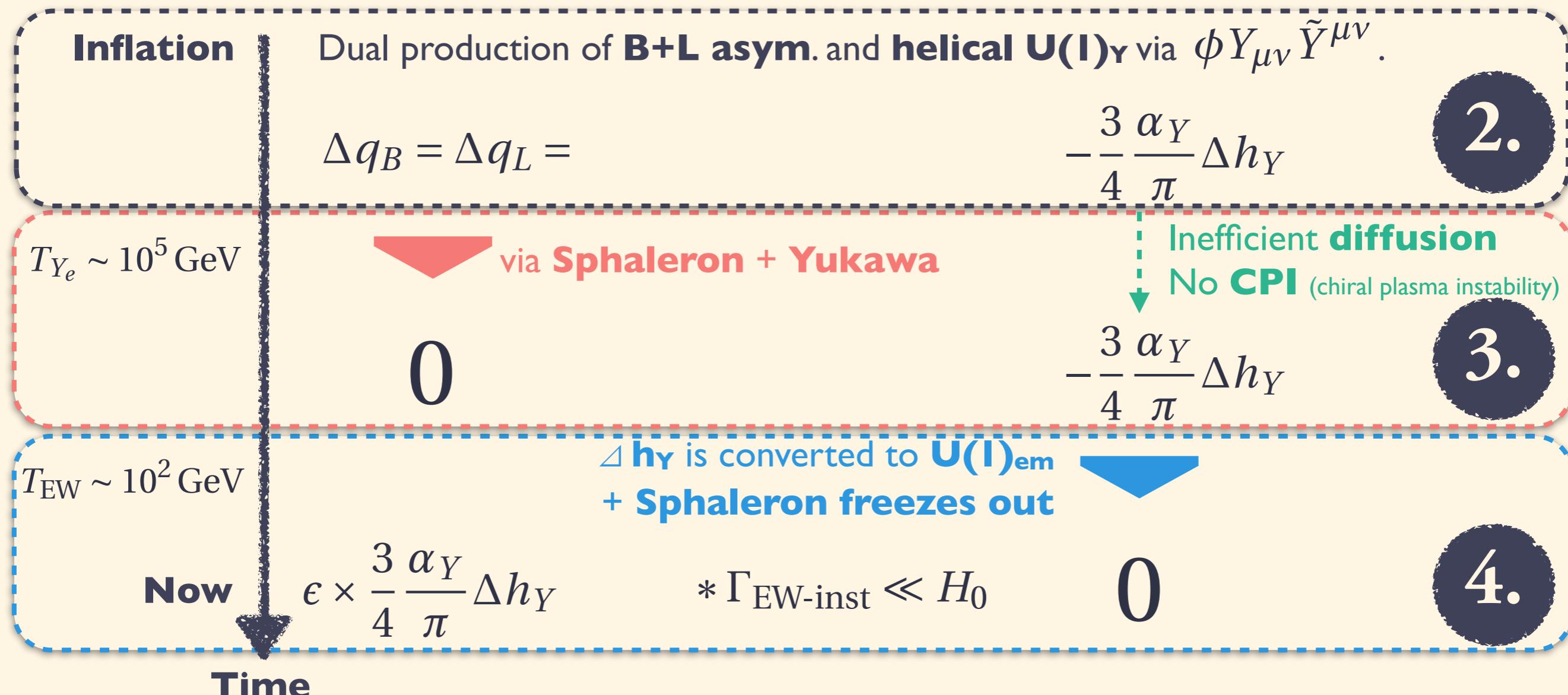
$$\partial_\mu J_B^\mu = \partial_\mu J_L^\mu = \frac{3}{32\pi^2} \left( g_2^2 W_{\mu\nu}^a \tilde{W}^{a\mu\nu} - g_Y^2 Y_{\mu\nu} \tilde{Y}^{\mu\nu} \right)$$



# Outline of this Talk

## Baryogenesis from B+L asymmetry?

$$\partial_\mu J_B^\mu = \partial_\mu J_L^\mu = \frac{3}{32\pi^2} \left( g_2^2 W_{\mu\nu}^a \tilde{W}^{a\mu\nu} - g_Y^2 Y_{\mu\nu} \tilde{Y}^{\mu\nu} \right)$$



2.

# Production of Helical gauge & Chiral fermion

# Setup

## Inflaton w/ CS coupling to $U(1)_Y$

$$S = \int d^4x \left\{ \sqrt{-g} \left[ \frac{g^{\mu\nu}}{2} \partial_\mu \phi \partial_\nu \phi - V(\phi) \right] - \frac{1}{4} Y_{\mu\nu} Y^{\mu\nu} + \frac{\alpha_Y \phi}{4\pi f_a} Y_{\mu\nu} \tilde{Y}^{\mu\nu} \right. \\ \left. + \sum_\alpha \psi_\alpha^\dagger \sigma \cdot (i\partial - g_Y Q_\alpha A_Y) \psi_\alpha + \dots \right\}$$

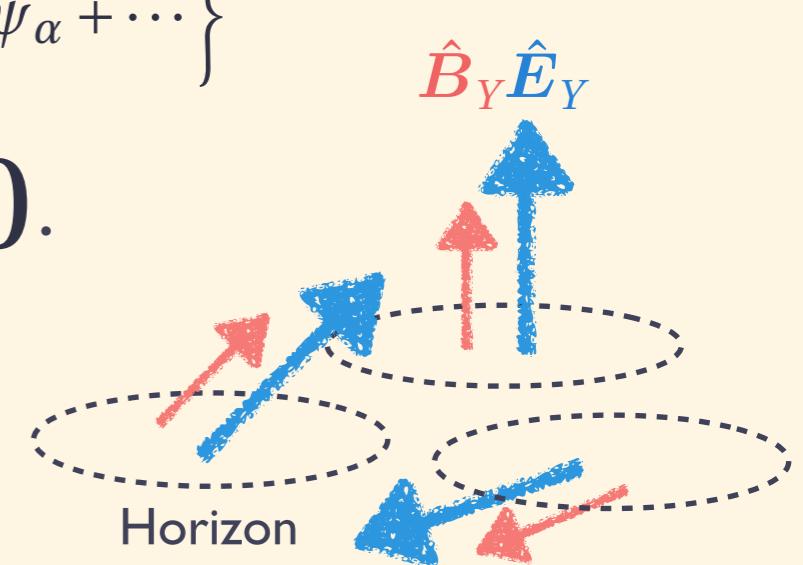
- ▶ Production of **helical-gauge field** by  $\dot{\phi} \neq 0$ .

$$0 = \left[ \partial_\eta^2 + k(k \pm 2\xi aH) \right] A_{Y,\pm}(\eta, k)$$

where  $\xi \equiv \frac{\alpha \dot{\phi}}{2\pi f_a H}$



$$0 \neq \langle Y_{\mu\nu} \tilde{Y}^{\mu\nu} \rangle \\ = -4 \langle E_Y \cdot B_Y \rangle$$



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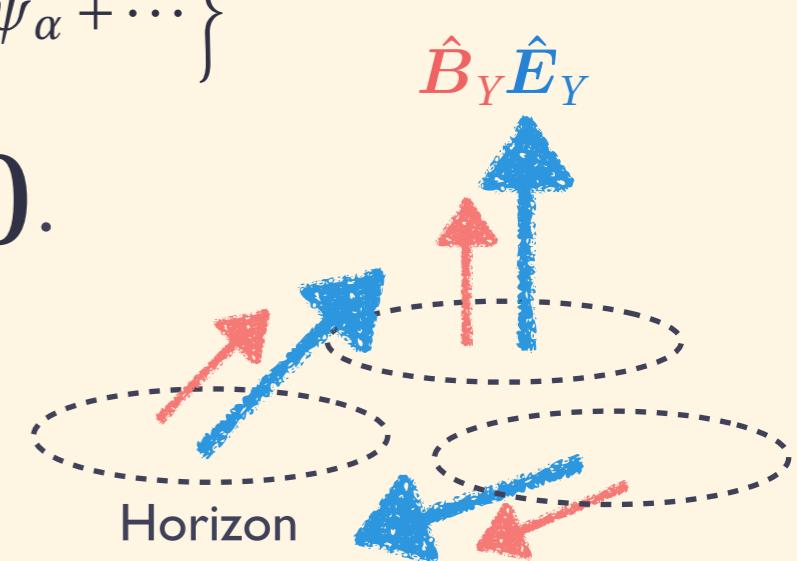
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- Asymmetry generation via the **SM chiral anomaly**

$$\partial_\mu J_{B+L}^\mu = \frac{3}{16\pi^2} (g_2^2 W_{\mu\nu}^a \tilde{W}^{a\mu\nu} - g_Y^2 Y_{\mu\nu} \tilde{Y}^{\mu\nu}) \neq 0$$

- Pair production via the **Schwinger effect**

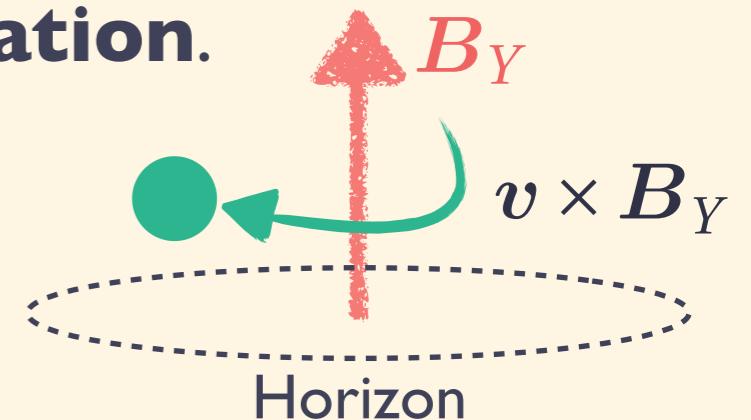
# Fermion Production

## Landau Levels

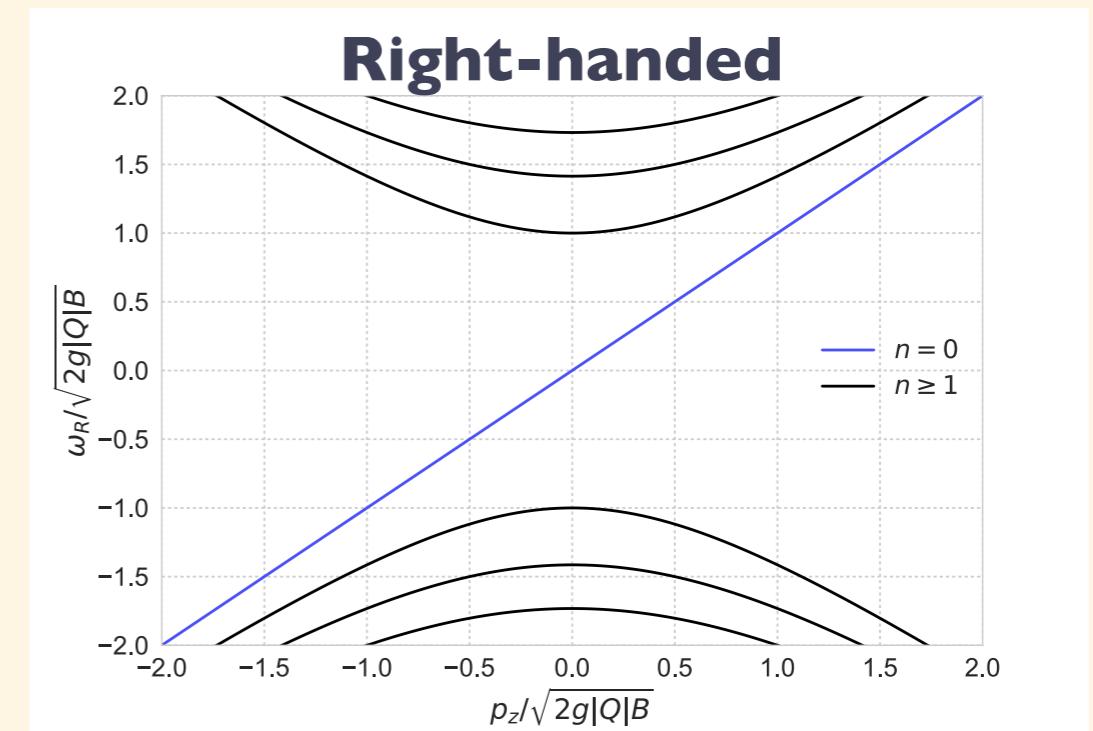
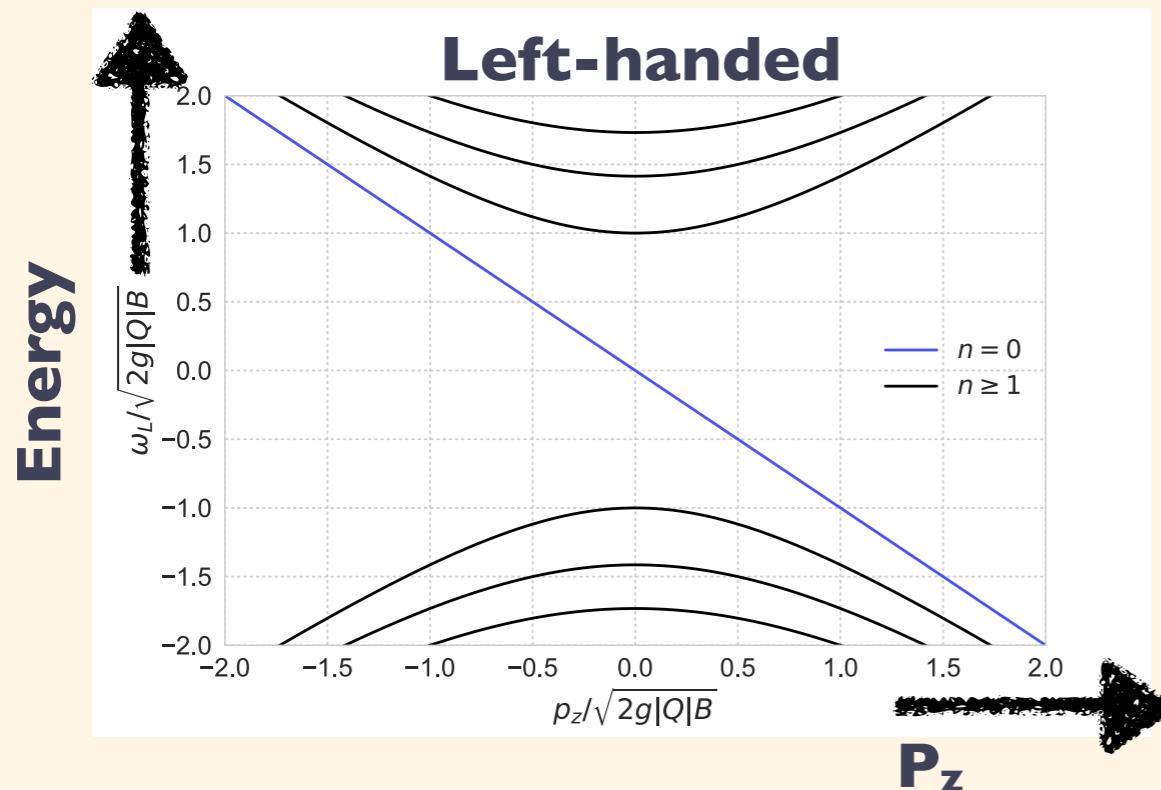
- Turn off  $E_Y$ ;  $B_Y$  field modifies the **dispersion relation**.

$$0 = (i\partial_\eta \pm i\nabla \cdot \sigma - gQ_\alpha A_{Y,0} \pm gQ_\alpha \mathbf{A}_Y \cdot \sigma) \psi_{\alpha,R/L}$$

$$\text{where } (A_{Y,\mu}) = (0, 0, -B_Y x, 0)$$



- Landau Level n:** transverse motion;  $\mathbf{p}_z$ : parallel motion

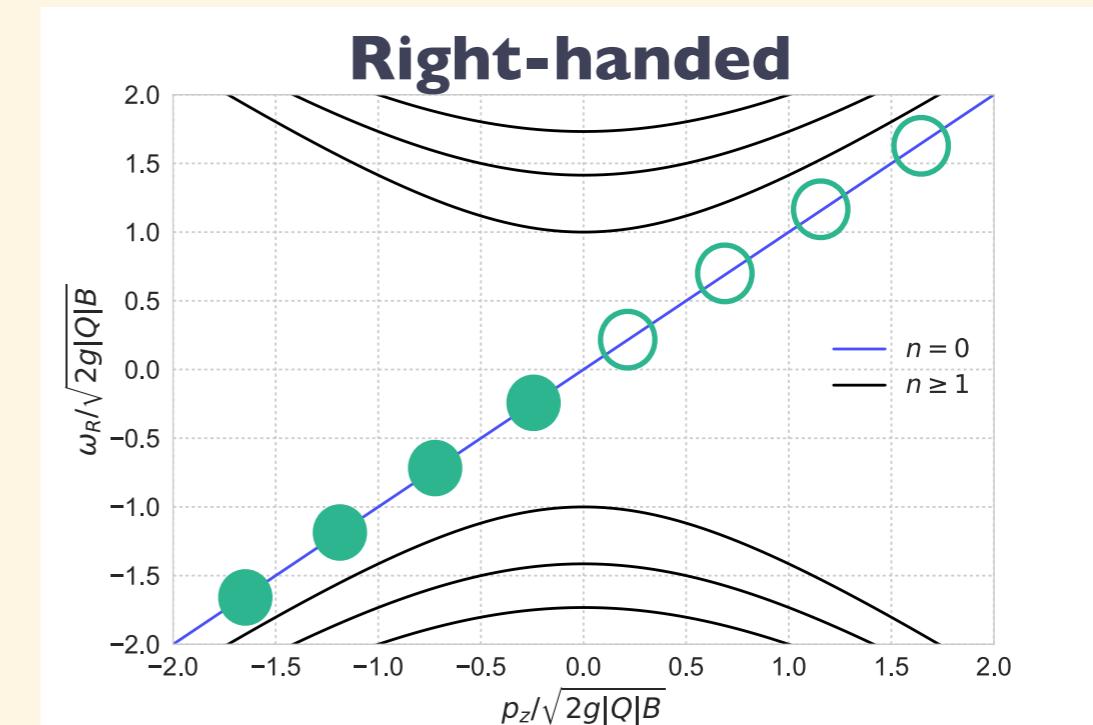
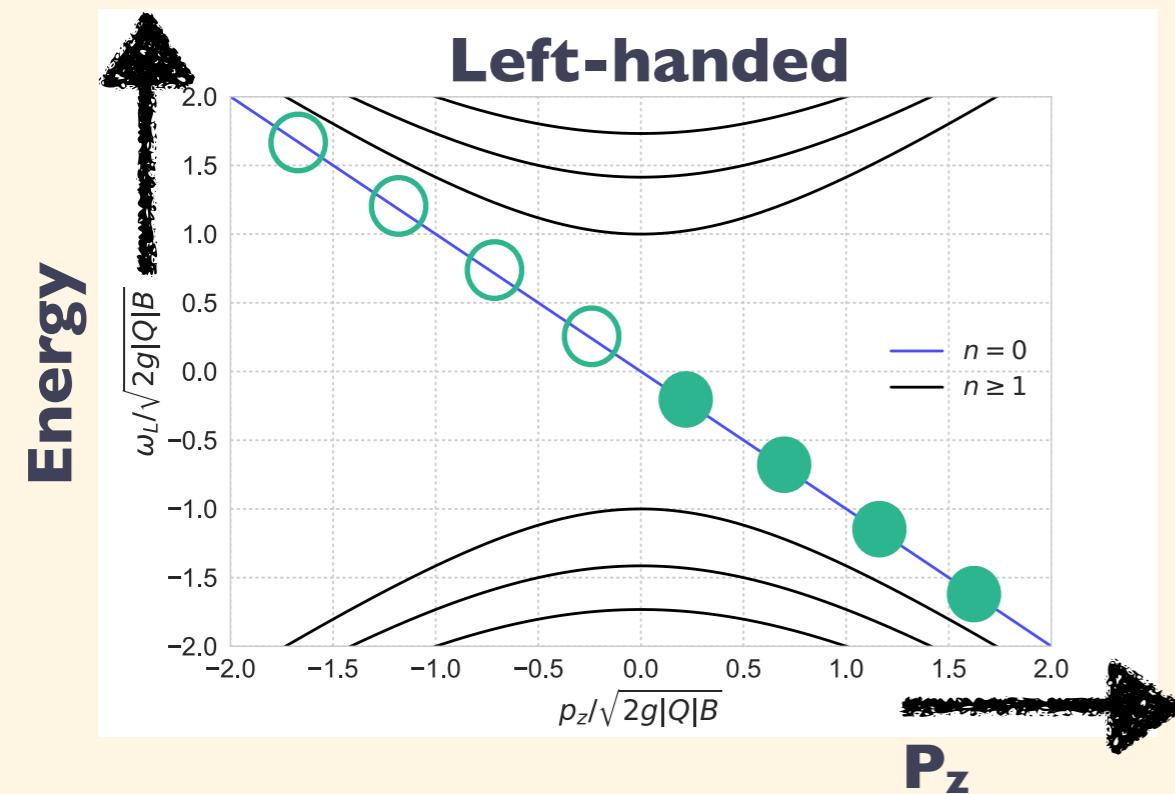


# Fermion Production

## Lowest Landau Level ( $n=0$ ) & Chiral Anomaly

- ▶ Turn on  $E_Y$  and see what happens.

Nielsen, Ninomiya, Phys.Lett. **I 30B** (1983)

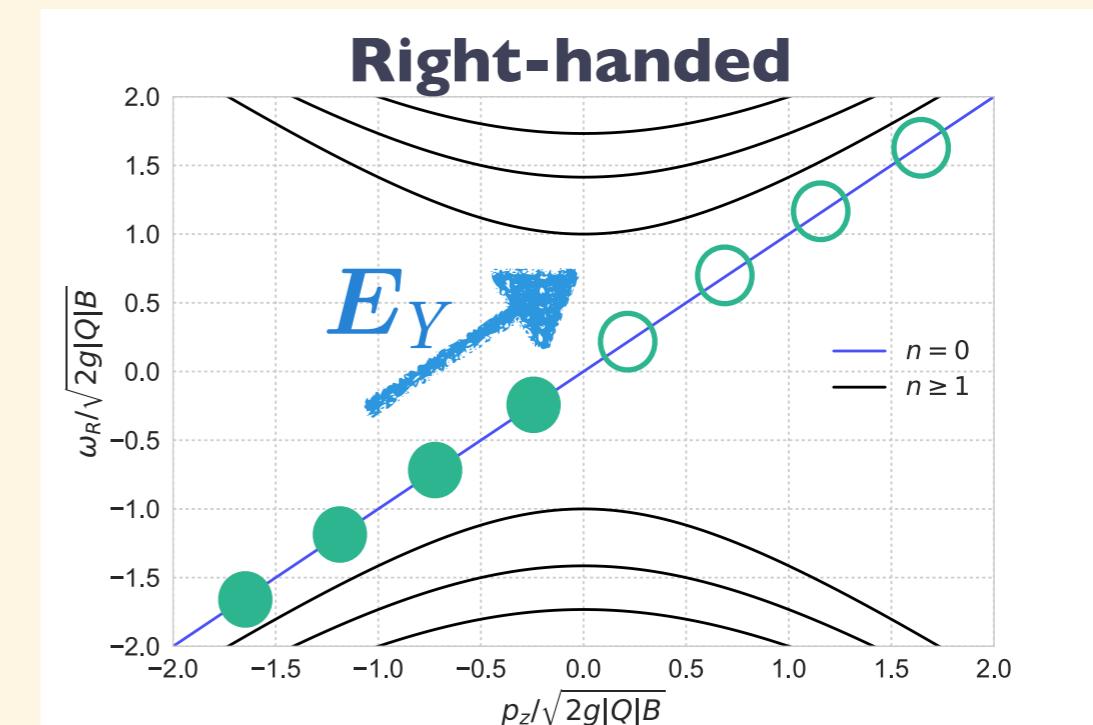
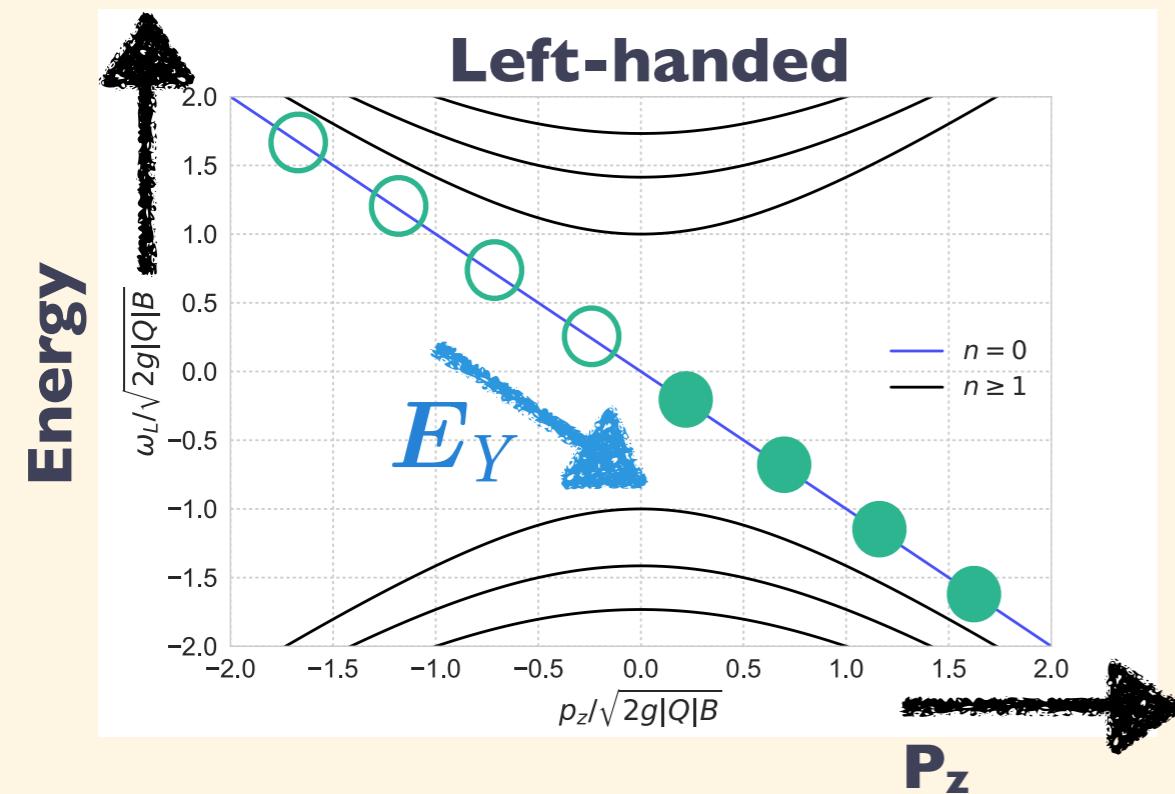


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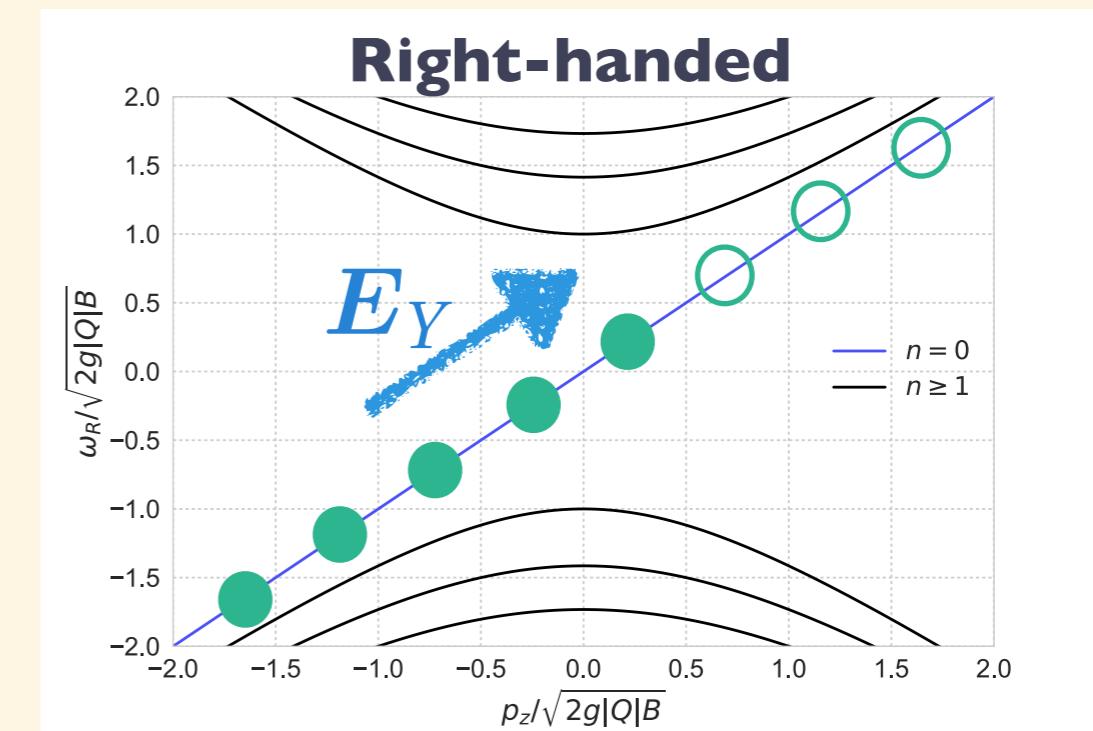
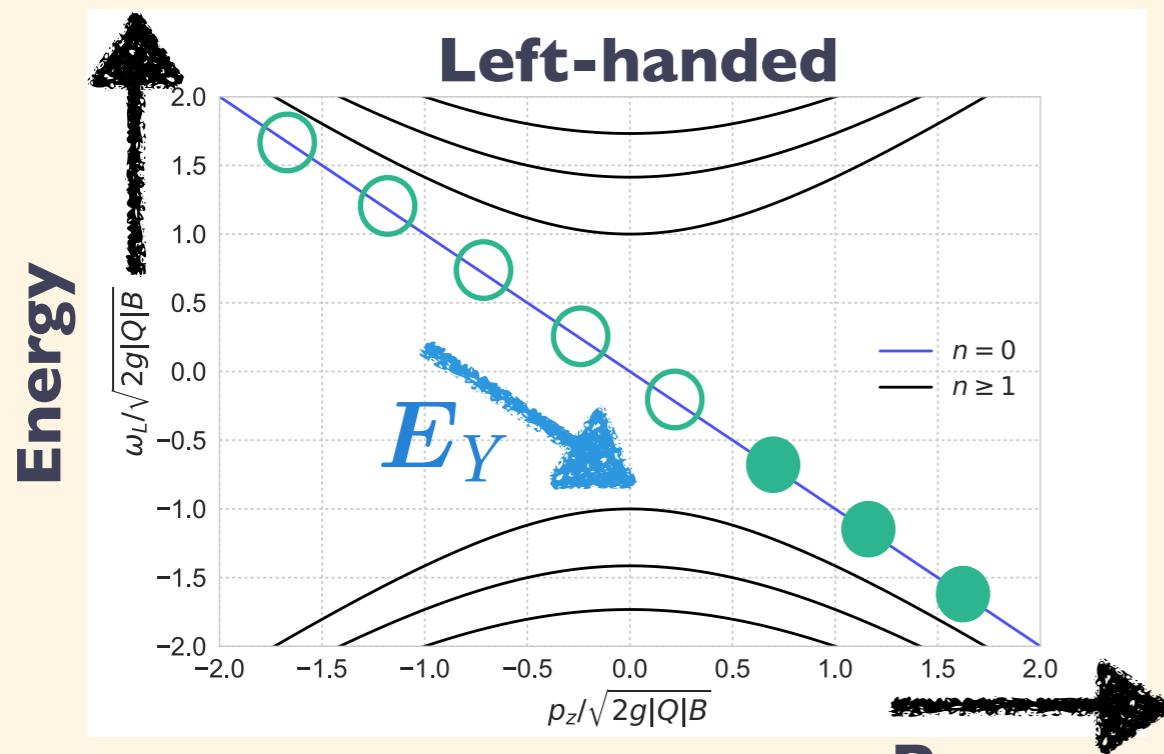


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$$\dot{q}_{\alpha,L} = \dot{n}_{\alpha,L} - \dot{\bar{n}}_{\alpha,L} = -N_\alpha \frac{g^2 Q_\alpha^2}{4\pi^2} E_Y B_Y$$

$$\dot{q}_{\alpha,R} = \dot{n}_{\alpha,R} - \dot{\bar{n}}_{\alpha,R} = +N_\alpha \frac{g_Y^2 Q_\alpha^2}{4\pi^2} E_Y B_Y$$

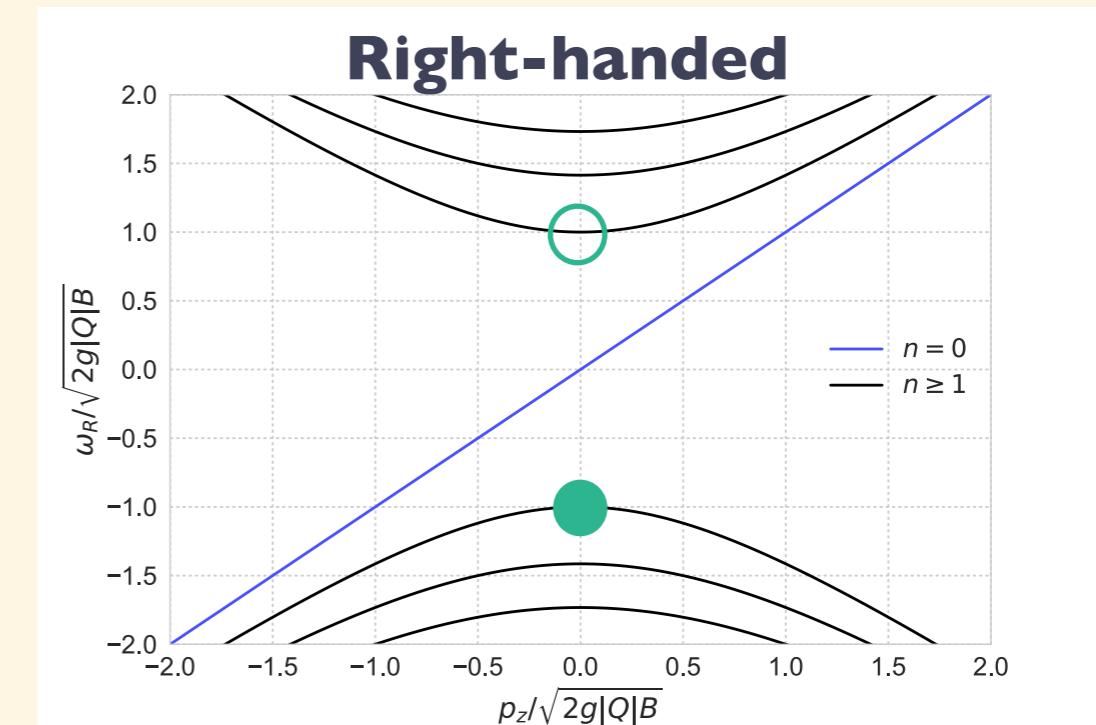
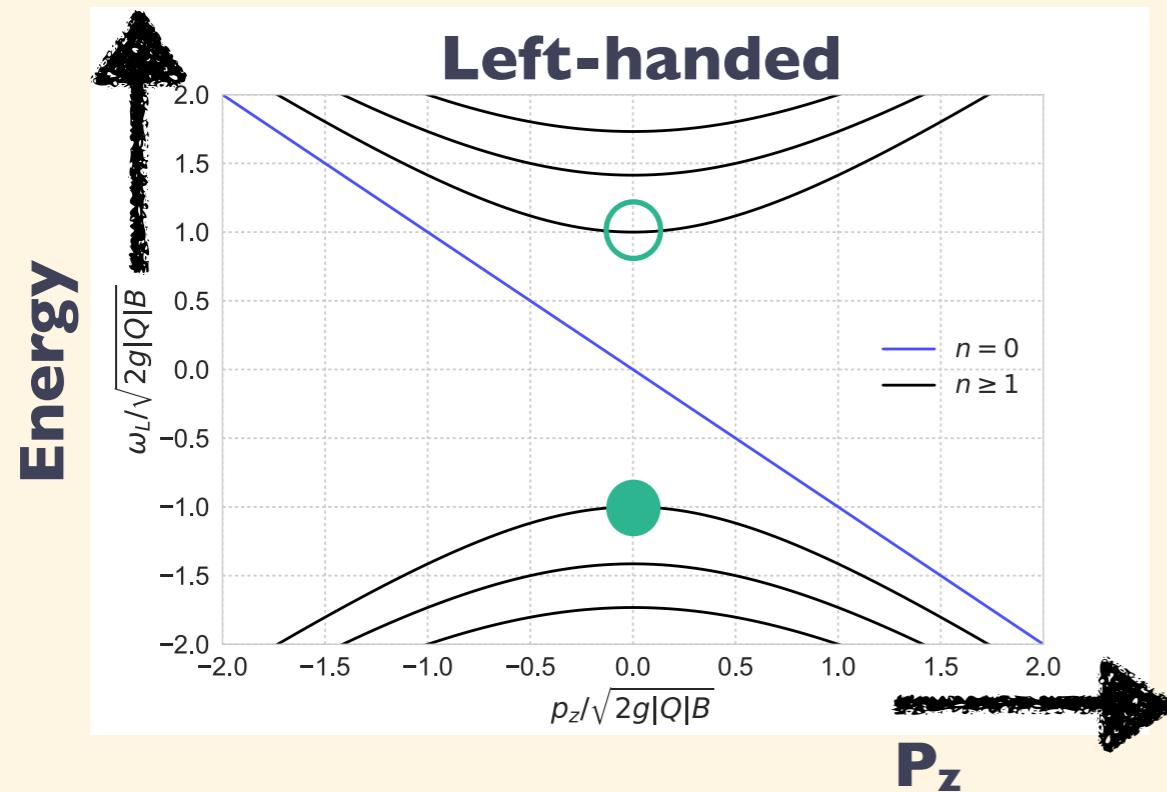
→ **ABJ anomaly:**  $\dot{q}_\alpha = \epsilon_\alpha N_\alpha \frac{g_Y^2 Q_\alpha^2}{4\pi^2} E_Y B_Y = -\epsilon_\alpha N_\alpha \frac{g_Y^2 Q_\alpha^2}{16\pi^2} Y^{\mu\nu} \tilde{Y}_{\mu\nu}$  w/  $\epsilon_\alpha = \pm$  for R/L

# Fermion Production

## Higher Landau Levels ( $n \geq 1$ ) & Pair Production

- ▶ Turn on  $E_Y$  and see what happens.

V.Domcke and KM 1806.08769

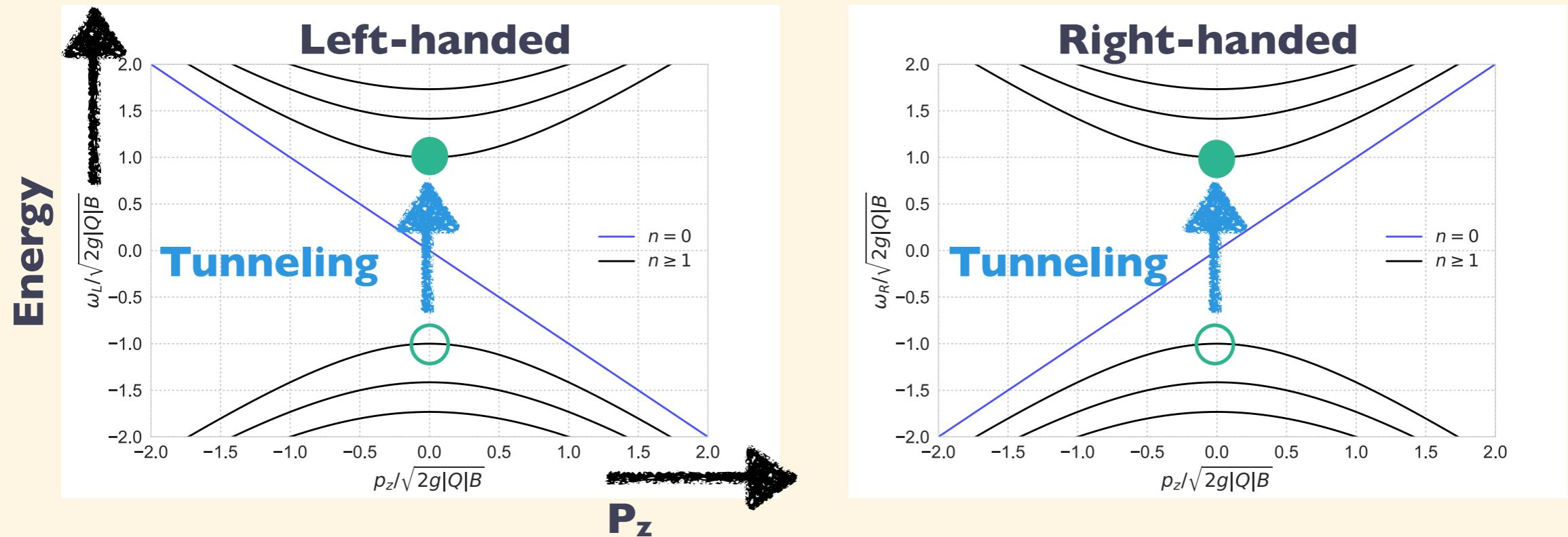


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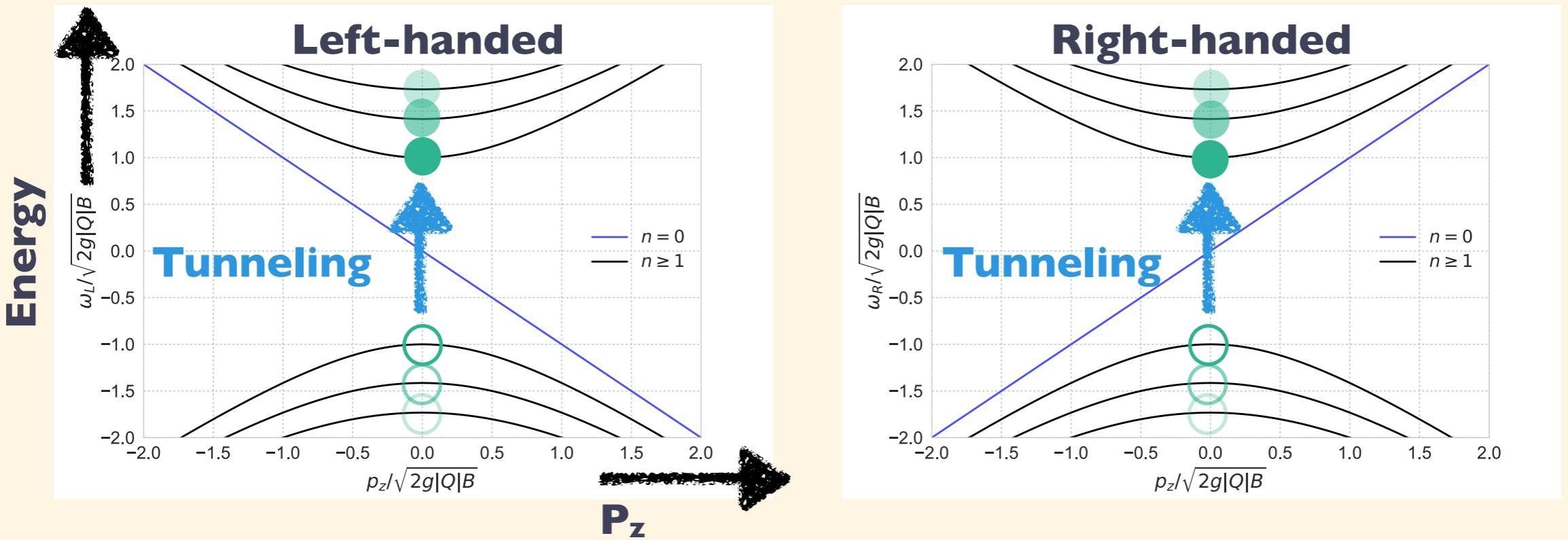
- Pair-production via Schwinger effect

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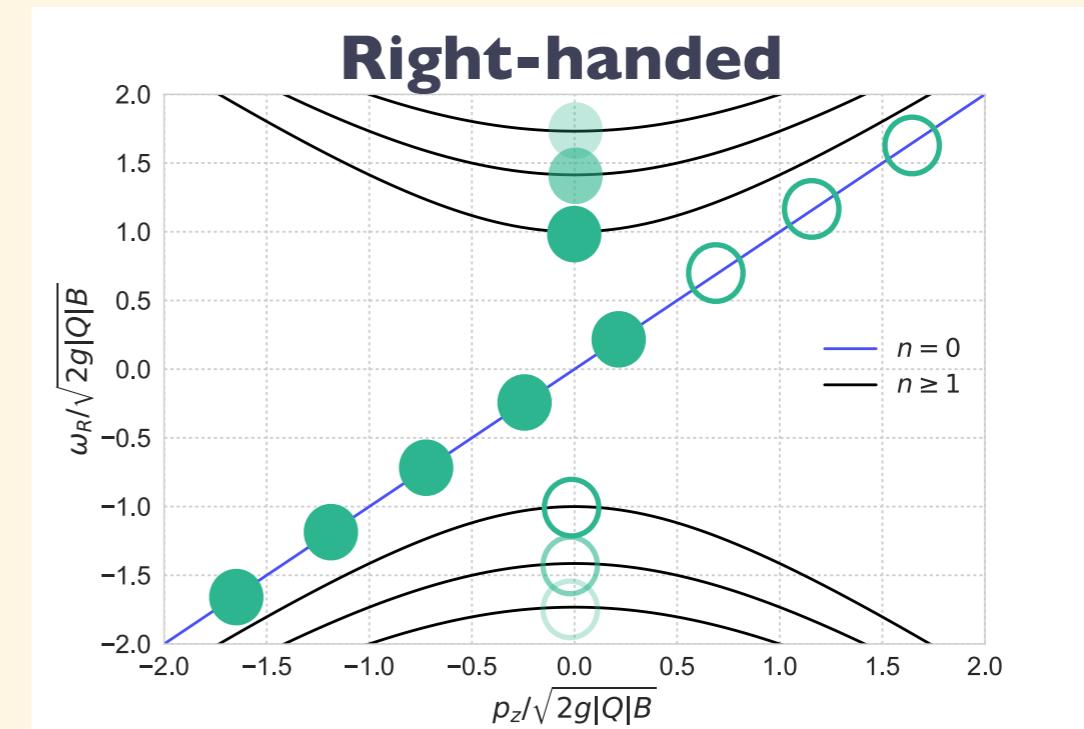
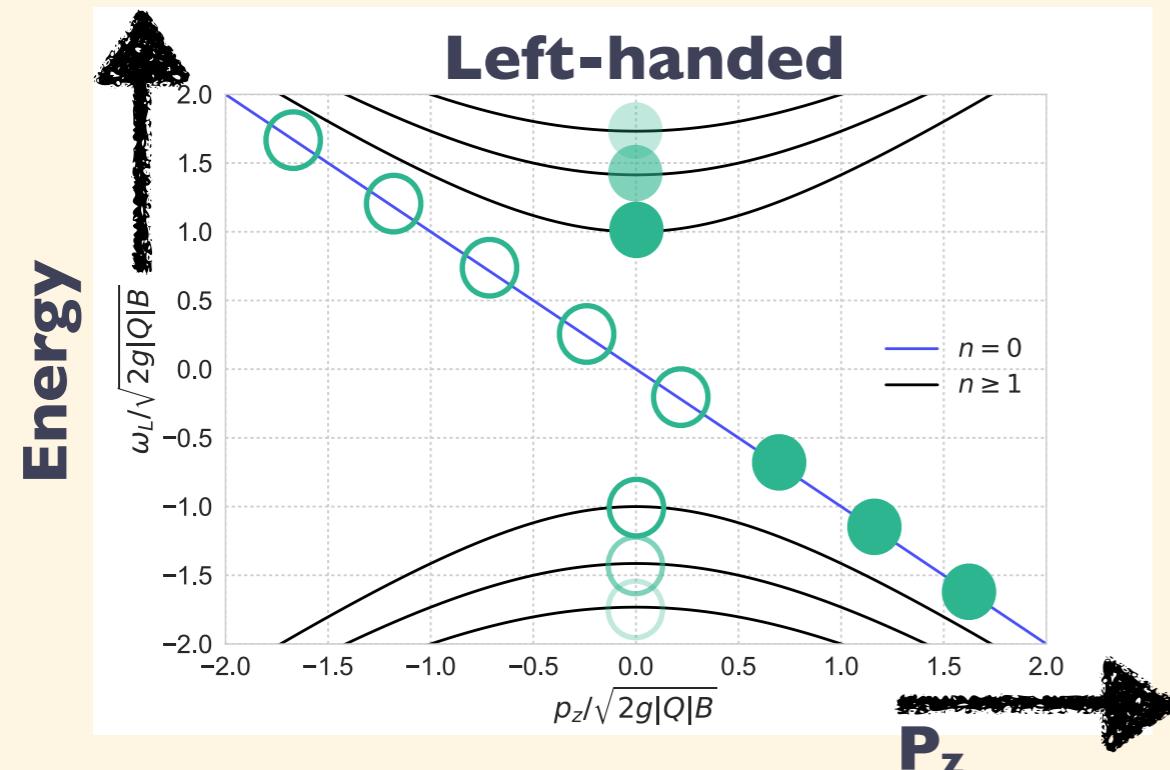
$$\dot{n}_{\alpha,R}^{(n \geq 1)} = \dot{\bar{n}}_{\alpha,R}^{(n \geq 1)} = \dot{n}_{\alpha,L}^{(n \geq 1)} = \dot{\bar{n}}_{\alpha,L}^{(n \geq 1)} = \sum_{n=1} N_\alpha \frac{g_Y^2 Q_\alpha^2}{4\pi^2} E_Y B_Y e^{-\frac{2\pi n B_Y}{E_Y}} = N_\alpha \frac{g_Y^2 Q_\alpha^2}{4\pi^2} E_Y B_Y \frac{1}{e^{\frac{2\pi B_Y}{E_Y}} - 1}$$

❖ Never contribute to the asymmetry!  $\dot{q}_L|_{n \geq 1} = (\dot{n}_L - \dot{\bar{n}}_L)|_{n \geq 1} = 0$ ,  $\dot{q}_R|_{n \geq 1} = (\dot{n}_R - \dot{\bar{n}}_R)|_{n \geq 1} = 0$

# Fermion Production

## Fermion Production in $B_Y \parallel E_Y$

V.Domcke and KM 1806.08769



### ► ABJ anomaly from LLL

$$\dot{q}_\alpha = \epsilon_\alpha N_\alpha \frac{g_Y^2 Q_\alpha^2}{4\pi^2} E_Y B_Y = -\epsilon_\alpha N_\alpha \frac{g_Y^2 Q_\alpha^2}{16\pi^2} Y^{\mu\nu} \tilde{Y}_{\mu\nu} \rightarrow 0 \quad \text{for } B_Y \rightarrow 0 \quad \text{w/ } \epsilon_\alpha = \pm \text{ for R/L}$$

### ► Schwinger pair-production from HLLs

$$\dot{n}_{\alpha,R}^{(n \geq 1)} = \dot{\bar{n}}_{\alpha,R}^{(n \geq 1)} = \dot{n}_{\alpha,L}^{(n \geq 1)} = \dot{\bar{n}}_{\alpha,L}^{(n \geq 1)} = N_\alpha \frac{g_Y^2 Q_\alpha^2}{4\pi^2} E_Y B_Y \frac{1}{e^{\frac{2\pi B_Y}{E_Y}} - 1} \rightarrow N_\alpha \frac{g_Y^2 Q_\alpha^2}{8\pi^3} E_Y^2 \quad \text{for } B_Y \rightarrow 0$$

# Fermion Production

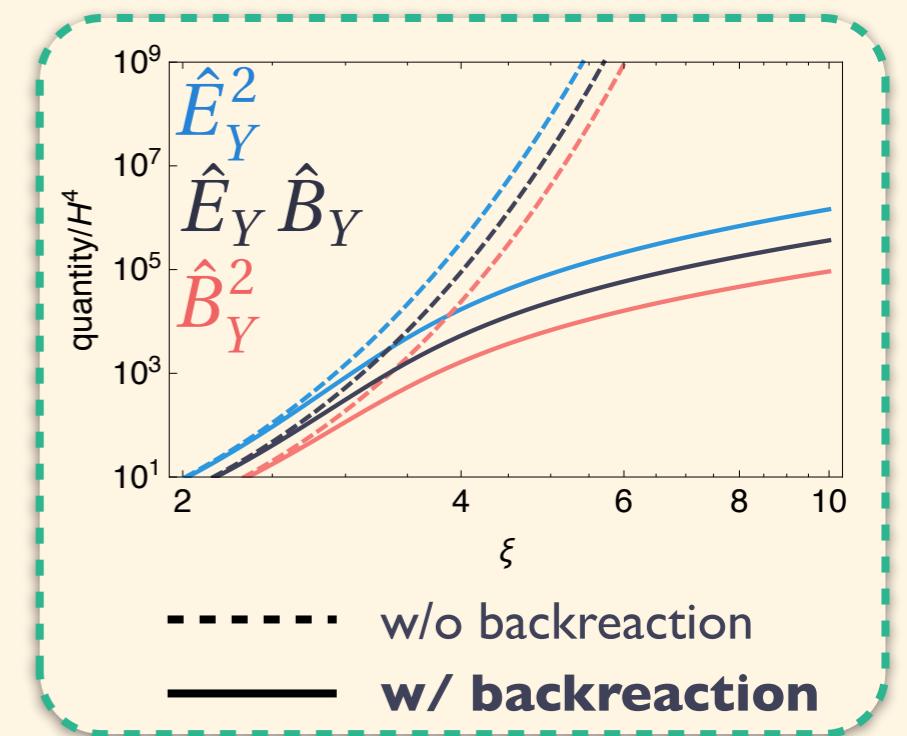
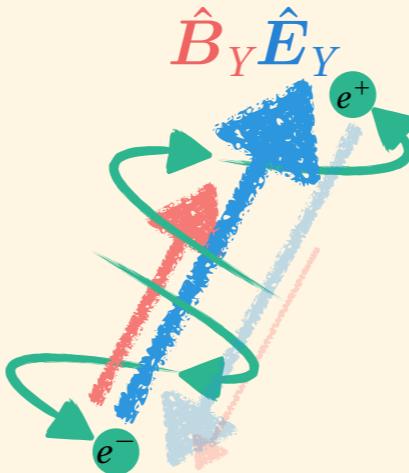
## Implications on Axion Inflation

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- **Backreaction** suppresses gauge field

$$0 = \square A_Y + a \frac{g_Y^2}{4\pi^2} \frac{\dot{\phi}}{f_a} \nabla \times A_Y - g_Y J_Y$$

$$g_Y J_Y = -a \left[ \sum_{\alpha} N_{\alpha} \frac{g_Y^3 |Q_{\alpha}|^3}{12\pi^2} \coth \left( \frac{\pi \hat{B}_Y}{\hat{E}_Y} \right) \frac{\hat{B}_Y}{H} \right] \frac{\partial}{\partial \eta} A_Y$$



- **Primordial** generation of **B+L asym.**

$$\Delta q_{B+L}^{\text{rh}} = -\frac{3}{2} \frac{\alpha_Y}{\pi} \Delta h_Y^{\text{rh}} \quad \text{where} \quad \frac{\Delta h_Y^{\text{rh}}}{a_{\text{rh}}^3} = -\frac{2}{3H_{\text{rh}}} \langle \hat{E}_Y \cdot \hat{B}_Y \rangle_{\text{rh}}$$



$$\frac{\hat{\mu}_{B+L}^{\text{rh}}}{\hat{T}_{\text{rh}}} = \frac{6\alpha_Y}{\pi} \left( \frac{H_{\text{rh}}}{M_*} \right)^{\frac{3}{2}} \frac{\langle \hat{E}_Y \cdot \hat{B}_Y \rangle_{\text{rh}}}{H_{\text{rh}}^4} \sim 10^{-3} \left( \frac{H_{\text{rh}}}{10^{14} \text{GeV}} \right)^{\frac{3}{2}} \left( \frac{\langle \hat{E}_Y \cdot \hat{B}_Y \rangle_{\text{rh}} / H_{\text{rh}}^4}{10^5} \right)$$

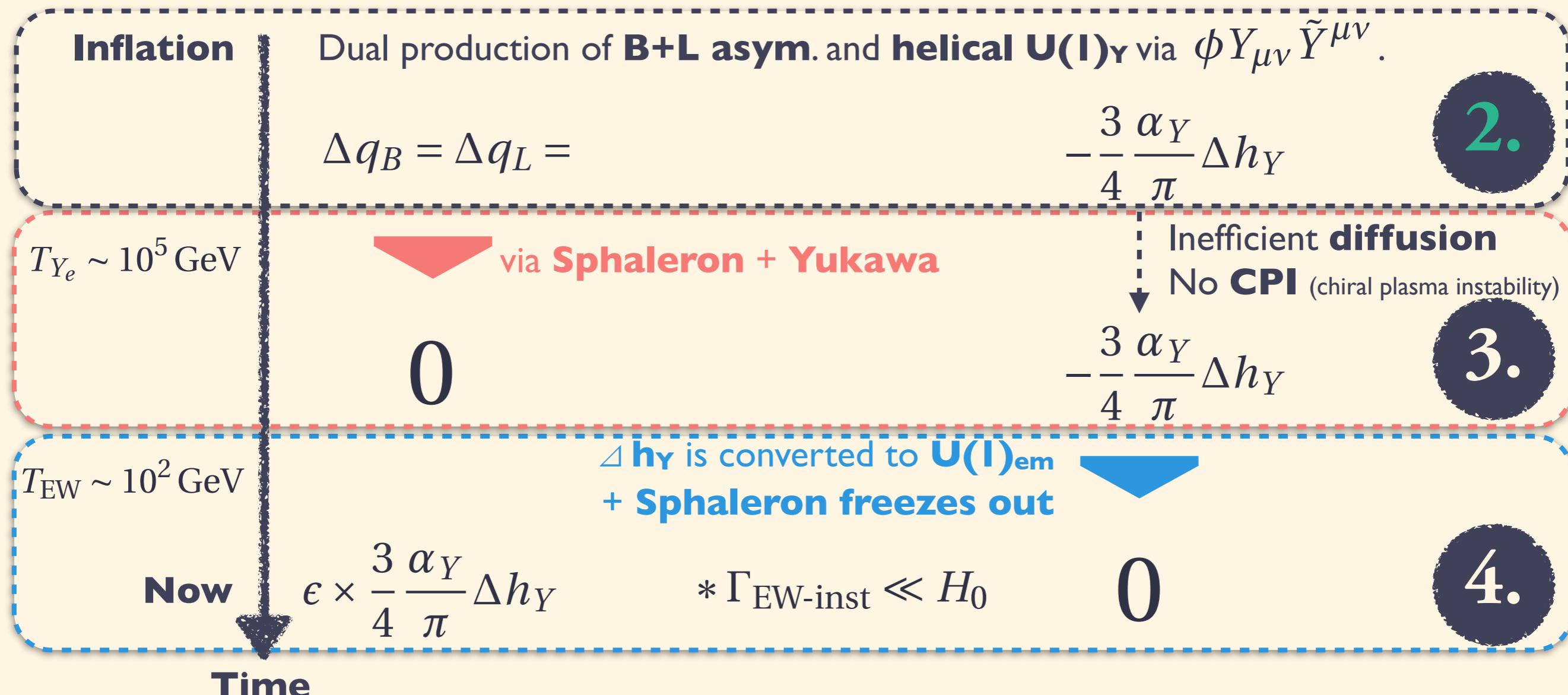
3.

# Survival of Helical Gauge Field

# Outline of this Talk

## Baryogenesis from B+L asymmetry?

$$\partial_\mu J_B^\mu = \partial_\mu J_L^\mu = \frac{3}{32\pi^2} \left( g_2^2 W_{\mu\nu}^a \tilde{W}^{a\mu\nu} - g_Y^2 Y_{\mu\nu} \tilde{Y}^{\mu\nu} \right)$$

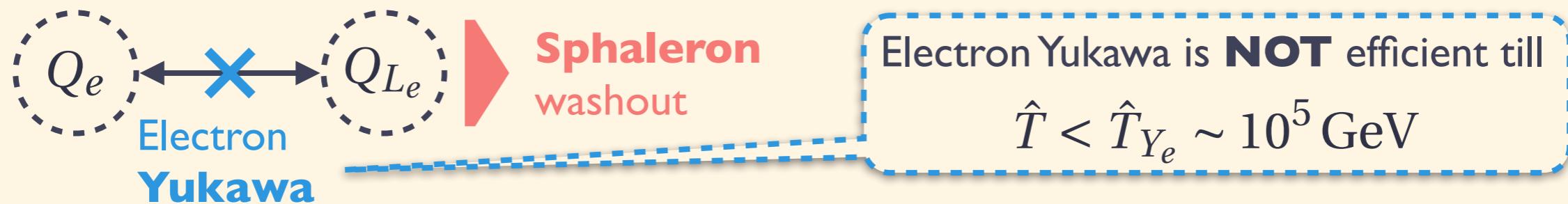


# Survival of Helical Gauge Field

## Avoid Chiral Plasma Instability

V.Domcke, B.Harling, E.Morgante, **KM**  
1905.13318

- Survival of  $Q_e$  from Sphaleron + Yukawa washout



# Survival of Helical Gauge Field

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V.Domcke, B.Harling, E.Morgante, **KM**  
1905.13318

- ▶ Survival of  $Q_e$  from Sphaleron + Yukawa washout



- ▶ Chiral Plasma Instability (CPI)

$$\partial \cdot J_e = -\frac{g_Y^2}{16\pi^2} Y_{\mu\nu} \tilde{Y}^{\mu\nu} + (\text{Yukawa})$$

$$\Delta q_e = -\frac{\alpha_Y}{2\pi} \Delta h_Y$$

Inflation  
 $(\partial_\eta \phi) h_Y$

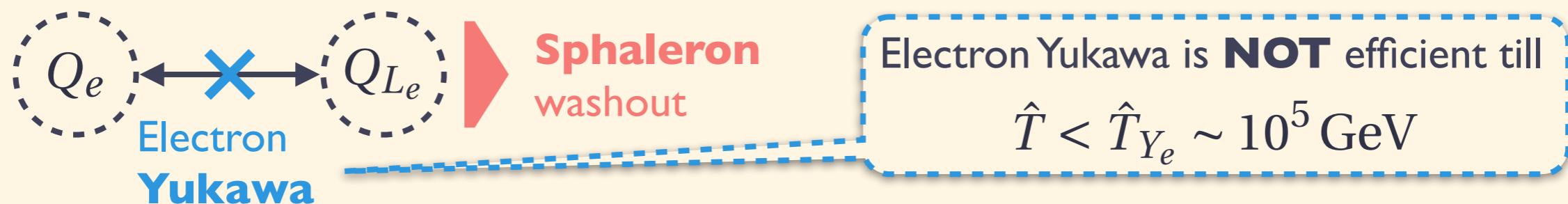


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Inflation

$(\partial_\eta \phi) h_Y$

Reheating

$\dot{\phi} = 0$



0

Chiral Plasma  
Instability

- Annihilation between  $\Delta \mathbf{q}_e$  and  $\Delta \mathbf{h}_Y$ .

M.Joyce and M.Shaposhnikov 9703005, ...

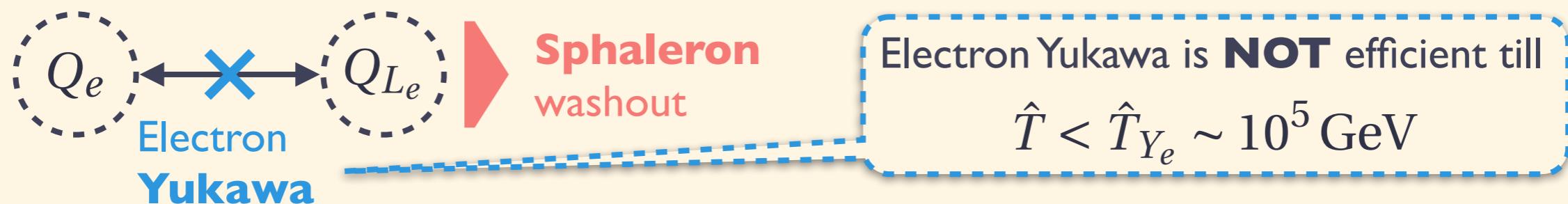
$$\hat{T}_{\text{CPI}} \sim \left( \frac{H_{\text{rh}}}{10^{14} \text{ GeV}} \right)^3 \left( \frac{\langle \hat{E}_Y \cdot \hat{B}_Y \rangle_{\text{rh}} / H_{\text{rh}}^4}{10^5} \right)^2$$

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V.Domcke, B.Harling, E.Morgante, **KM**  
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$$\Delta q_e = -\frac{\alpha_Y}{2\pi} \Delta h_Y \quad \propto \partial \cdot h_Y$$

Inflation  
 $(\partial_\eta \phi) h_Y$   
Reheating  
 $\dot{\phi} = 0$



Chiral Plasma  
Instability

- Annihilation between  $\Delta \mathbf{q}_e$  and  $\Delta \mathbf{h}_Y$ .

M.Joyce and M.Shaposhnikov 9703005, ...

$$\hat{T}_{\text{CPI}} \sim \left( \frac{H_{\text{rh}}}{10^{14} \text{ GeV}} \right)^3 \left( \frac{\langle \hat{E}_Y \cdot \hat{B}_Y \rangle_{\text{rh}} / H_{\text{rh}}^4}{10^5} \right)^2$$

$$\hat{T}_{\text{CPI}} < \hat{T}_{Y_e} \sim 10^5 \text{ GeV}$$

Sphaleron + Yukawa  
washout

$$0 \quad \Delta h_Y \neq 0$$

# Survival of Helical Gauge Field

## Avoid Magnetic Diffusion

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1905.13318

### ► Chiral Magneto Hydro Dynamics (ChMHD)

$$\frac{\partial}{\partial \eta} \mathbf{v} + \mathbf{v} \cdot \nabla \mathbf{v} = \nu \nabla^2 \mathbf{v} + \frac{1}{\rho + P} \left( -\frac{1}{2} \nabla B_Y^2 + (\mathbf{B}_Y \cdot \nabla) \mathbf{B}_Y \right)$$

$$\frac{\partial \mathbf{B}_Y}{\partial \eta} = \frac{\nabla^2}{\sigma_Y} \mathbf{B}_Y + \nabla \times (\mathbf{v} \times \mathbf{B}_Y) + \frac{2\alpha_Y}{\pi} \frac{\mu_{Y,5}}{\sigma_Y} \nabla \times \mathbf{B}_Y \quad \text{w/ } \mu_{Y,5} = \sum_{\alpha} \epsilon_{\alpha} N_{\alpha} Q_{Y,\alpha}^2 \mu_{\alpha}$$

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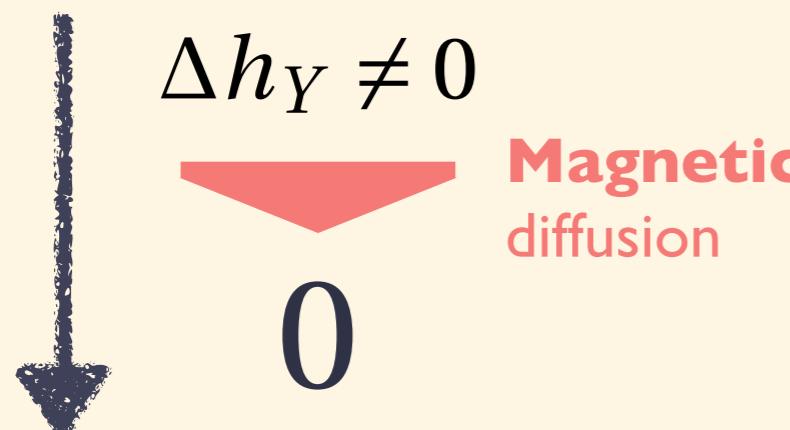
$$\frac{\partial}{\partial \eta} \mathbf{v} + \mathbf{v} \cdot \nabla \mathbf{v} = \nu \nabla^2 \mathbf{v} + \frac{1}{\rho + P} \left( -\frac{1}{2} \nabla B_Y^2 + (\mathbf{B}_Y \cdot \nabla) \mathbf{B}_Y \right)$$

**Chiral Plasma**  
Instability

$$\frac{\partial \mathbf{B}_Y}{\partial \eta} = \frac{\nabla^2}{\sigma_Y} \mathbf{B}_Y + \nabla \times (\mathbf{v} \times \mathbf{B}_Y) + \frac{2\alpha_Y}{\pi} \frac{\mu_{Y,5}}{\sigma_Y} \nabla \times \mathbf{B}_Y \quad \text{w/ } \mu_{Y,5} = \sum_{\alpha} \epsilon_{\alpha} N_{\alpha} Q_{Y,\alpha}^2 \mu_{\alpha}$$

**Magnetic**  
Diffusion

$$\hat{T}_{\text{diff}} \sim \frac{\alpha_Y \ln \alpha_Y^{-1}}{5} H_{\text{rh}}$$



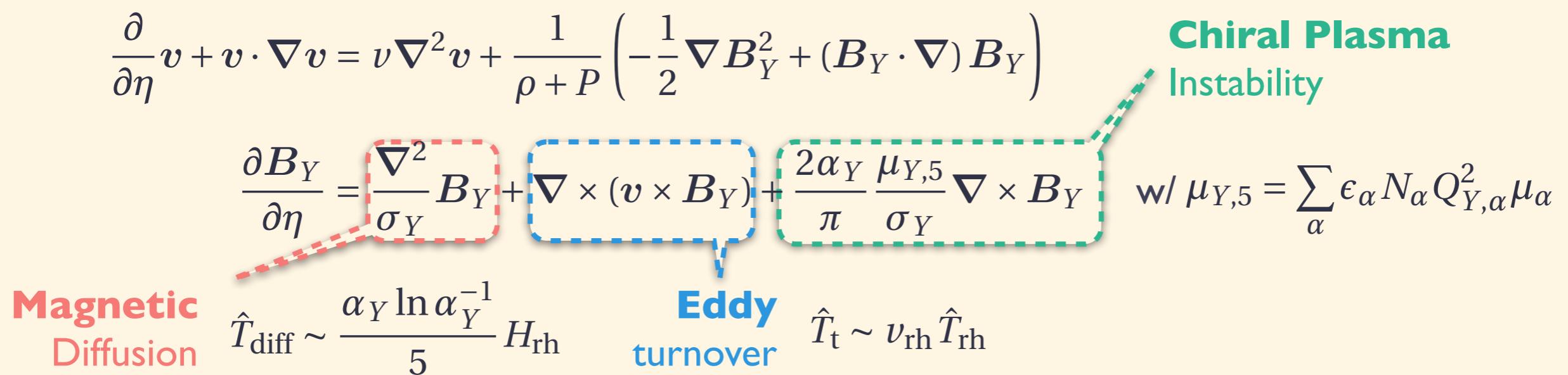
# Survival of Helical Gauge Field

## Avoid Magnetic Diffusion

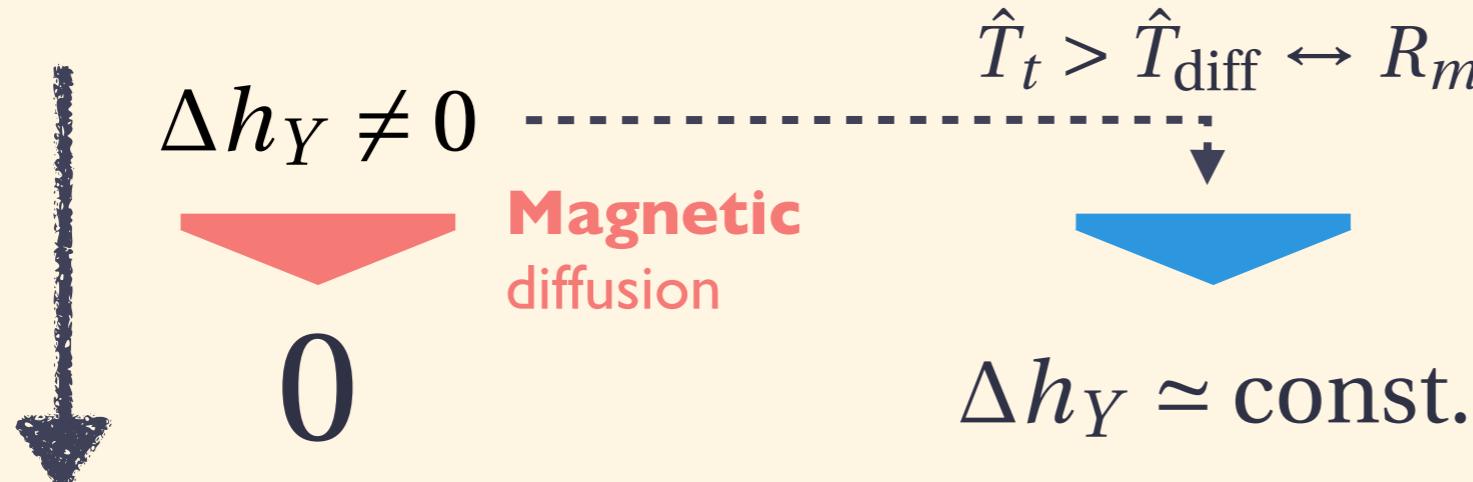
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### ► Chiral Magneto Hydro Dynamics (ChMHD)

$$\frac{\partial}{\partial \eta} \mathbf{v} + \mathbf{v} \cdot \nabla \mathbf{v} = \nu \nabla^2 \mathbf{v} + \frac{1}{\rho + P} \left( -\frac{1}{2} \nabla B_Y^2 + (\mathbf{B}_Y \cdot \nabla) \mathbf{B}_Y \right)$$



### ► Large Magnetic Reynolds #



- Transfer from short to long wave length.
- Approximate **conservation of  $h_Y$** .

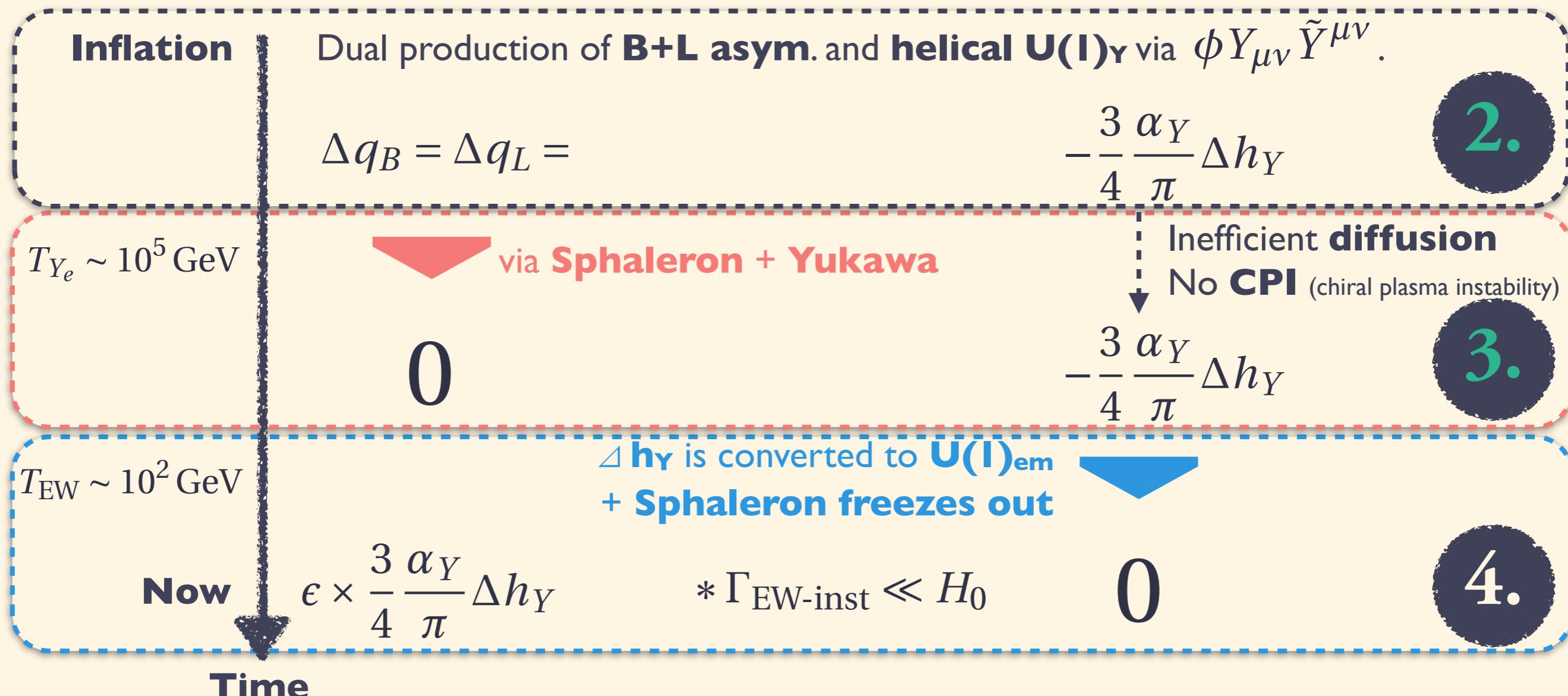
# 4. t.

# Regeneration of Baryon Asymmetry

# Outline of this Talk

## Baryogenesis from B+L asymmetry?

$$\partial_\mu J_B^\mu = \partial_\mu J_L^\mu = \frac{3}{32\pi^2} \left( g_2^2 W_{\mu\nu}^a \tilde{W}^{a\mu\nu} - g_Y^2 Y_{\mu\nu} \tilde{Y}^{\mu\nu} \right)$$



# Regeneration of Baryon Asym.

## Baryogenesis from Decaying Helicity

- Transport equation @ **EW Crossover**

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- Slowest processes: **EW sphaleron & Decaying helicity**

$$\partial_\eta q_B = -\frac{111}{34} \Gamma_{W,\text{sph}} q_B + \frac{3}{2} (g_2^2 + g_Y^2) \sin(2\theta) (\partial_\eta \theta) \frac{\Delta h_Y^{\text{rh}}}{8\pi^2}$$
$$\left\{ \begin{array}{l} \Gamma_{W,\text{sph}} \propto e^{-\frac{M_{\text{sph}}(T)}{T}} \\ M_{\text{sph}}(T) \propto \nu(T) \end{array} \right.$$

# Regeneration of Baryon Asym.

## Baryogenesis from Decaying Helicity

### ► Transport equation @ EW Crossover

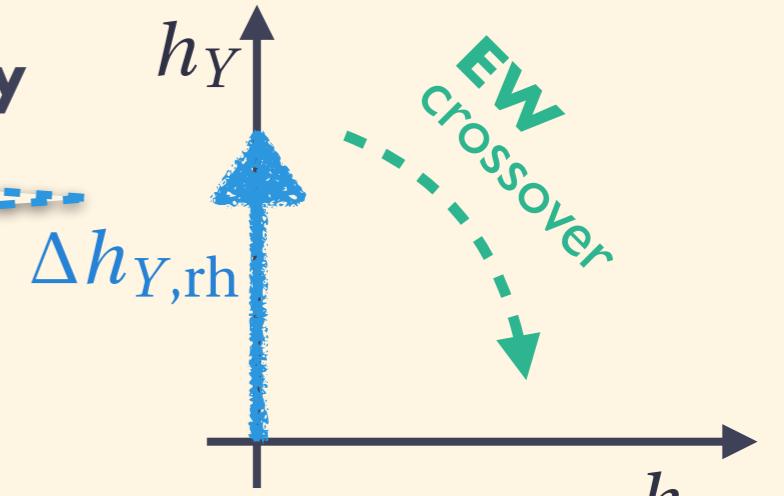
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$$\propto \partial_\eta h_Y$$

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# Regeneration of Baryon Asym.

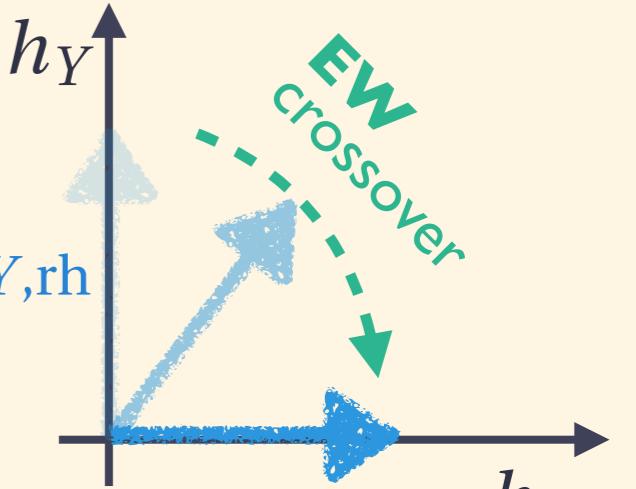
## Baryogenesis from Decaying Helicity

### ► Transport equation @ EW Crossover

- Slowest processes: **EW sphaleron & Decaying helicity**

$$\partial_\eta q_B = -\frac{111}{34} \Gamma_{W,\text{sph}} q_B + \frac{3}{2} (g_2^2 + g_Y^2) \sin(2\theta) (\partial_\eta \theta) \frac{\Delta h_Y^{\text{rh}}}{8\pi^2}$$
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# Regeneration of Baryon Asym.

## Baryogenesis from Decaying Helicity

- Transport equation @ **EW Crossover**

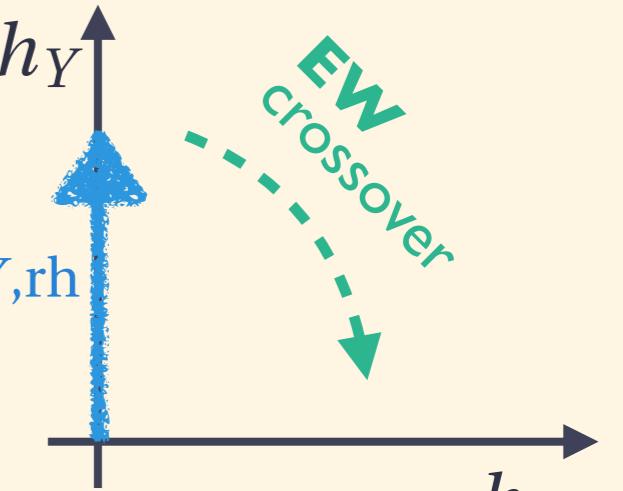
- Slowest processes: **EW sphaleron & Decaying helicity**

$$\partial_\eta q_B = -\frac{111}{34} \Gamma_{W,\text{sph}} q_B + \frac{3}{2} (g_2^2 + g_Y^2) \sin(2\theta) (\partial_\eta \theta) \frac{\Delta h_Y^{\text{rh}}}{8\pi^2}$$

$\propto \partial_\eta h_Y$

$$\left\{ \begin{array}{l} \Gamma_{W,\text{sph}} \propto e^{-\frac{M_{\text{sph}}(T)}{T}} \\ M_{\text{sph}}(T) \propto \nu(T) \end{array} \right.$$

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- Final **baryon asym**: **EW sphaleron washout** v.s. **Decaying helicity**

$$\eta_B = \frac{\hat{q}_B}{\hat{s}} \simeq \left[ \frac{34}{111} \left( 1 + \frac{\alpha_2}{\alpha_Y} \right) \frac{H}{\Gamma_{W,\text{sph}}} f(\theta, \hat{T}) \right]_{T_{\text{EW}}} \frac{3\alpha_Y}{4\pi} \frac{\Delta \hat{h}_Y}{\hat{s}} \Big|_{\text{rh}}$$

**EW sphaleron**

Washout-factor

w/  $f(\theta, \hat{T}) = -\hat{T} \frac{d\theta}{dT} \sin(2\theta)$

**EW crossover**

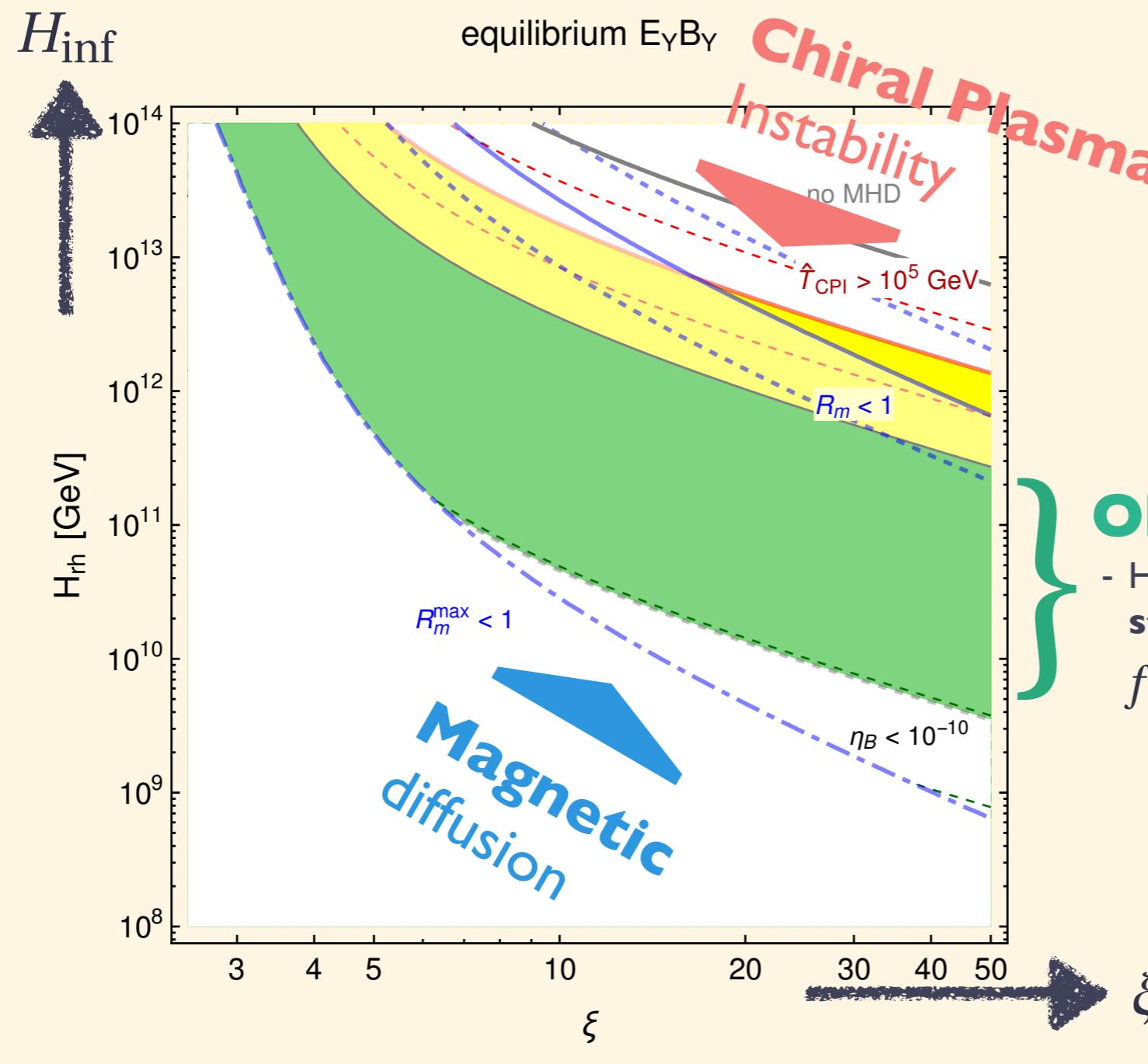
- Huge uncertainties...

$$f_{T_{\text{EW}}} \in [6 \times 10^{-4}, 0.3]$$

$$\Delta \hat{h}_Y^{\text{rh}} = -\frac{2}{3H_{\text{rh}}} \langle \hat{E}_Y \cdot \hat{B}_Y \rangle_{\text{rh}}$$

# Result

## Viable parameters for Baryogenesis

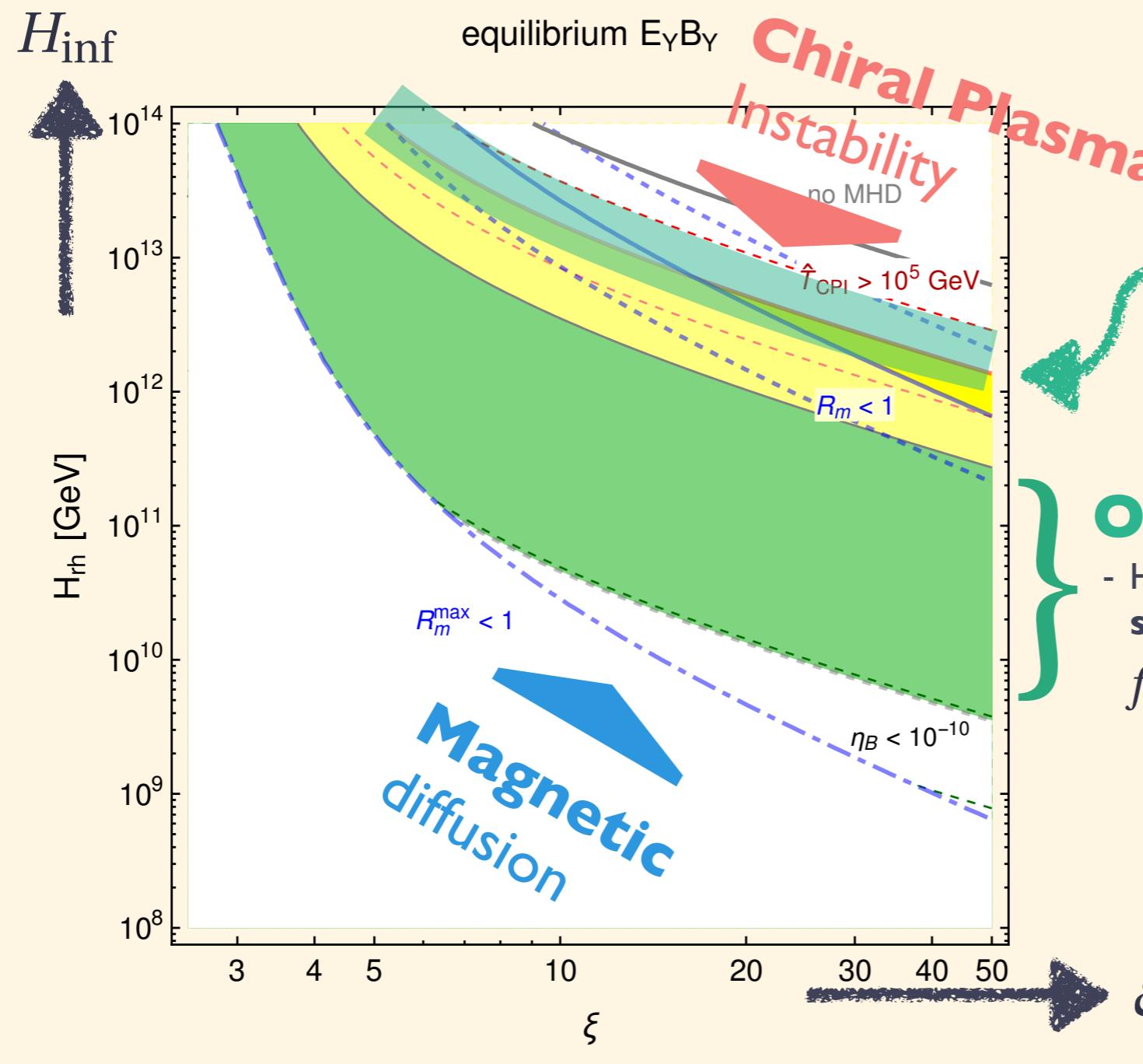


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**Observed  $\eta_B$**   
- Huge uncertainties from **lattice studies of EWPT...**  
 $f_{T_{\text{EW}}} \in [6 \times 10^{-4}, 0.3]$

# Result

## Viable parameters for Baryogenesis



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### Viable prm???

- Competition btw overproduction and CPI.
- Need ChMHD simulation...

### Observed $\eta_B$

- Huge uncertainties from **lattice studies of EWPT**...
- $f_{T_{\text{EW}}} \in [6 \times 10^{-4}, 0.3]$

$$\xi \equiv \frac{\alpha_Y |\dot{\phi}|}{2\pi f_a H}$$

# Summary

$$S = \int d^4x \left\{ \sqrt{-g} \left[ \frac{g^{\mu\nu}}{2} \partial_\mu \phi \partial_\nu \phi - V(\phi) \right] - \frac{1}{4} Y_{\mu\nu} Y^{\mu\nu} + \frac{\alpha_Y \phi}{4\pi f_a} Y_{\mu\nu} \tilde{Y}^{\mu\nu} \right. \\ \left. + \sum_\alpha \psi_\alpha^\dagger \sigma \cdot (i\partial - g_Y Q_\alpha A_Y) \psi_\alpha + \dots \right\}$$

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Dual production of **B+L asym.** and **helical  $U(1)_Y$**   
via  $\phi Y_{\mu\nu} \tilde{Y}^{\mu\nu}$ .

$$\Delta q_B = \Delta q_L =$$

via **Sphaleron**  
+ **Yukawa**

$$0$$

$\triangle h_Y$  is converted to  **$U(1)_{em}$**   
+ **Sphaleron freezes out**

$$\epsilon \times \frac{3 \alpha_Y}{4 \pi} \Delta h_Y$$

**Time**

$$-\frac{3}{4} \frac{\alpha_Y}{\pi} \Delta h_Y$$

**Inefficient diffusion**

**No CPI**

$$-\frac{3}{4} \frac{\alpha_Y}{\pi} \Delta h_Y$$



$$0$$

