

Chap.1 Kinematics and Dynamics of Galactic Stars

- Orbits of stars
 - Orbits in spherical and tri-axial potentials
 - Orbits in Stäckel potentials, Action integrals
- Kinematics of stars
 - (U,V,W) , LSR, solar motion, Galactic constants
- Distribution functions of stars
 - Schwarzschild, modeling distribution functions
- Jeans equations
 - Jeans theorem, spherical system, asymmetric drift
- Virial theorem

1. Orbits of stars

Galaxy structure: superposition of stellar orbits

- Orbits in a spherical potential $\Phi(r)$

$L = r \times dr/dt = \text{const.}$

\Rightarrow confined to the 2D orbital plane \Rightarrow coordinates (r, ϕ)

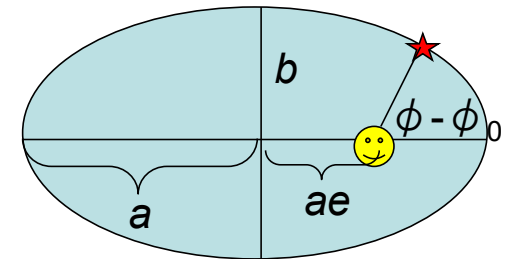
E.g. Kepler potential (by a point mass: M)

$\Phi(r) = -GM/r$

$$\begin{cases} L = r^2 d\phi/dt \\ E = \frac{1}{2} \left(\frac{dr}{dt}\right)^2 + \frac{L^2}{2r^2} - \frac{GM}{r} \end{cases}$$

\Rightarrow $\frac{a(1 - e^2)}{r} = 1 + e \cos(\phi - \phi_0)$ equation for an ellipse (orbit)

$e \equiv \sqrt{1 - 2|E|L^2/(G^2M^2)}$ eccentricity $a \equiv L^2/GM(1 - e^2)$ semi-major axis



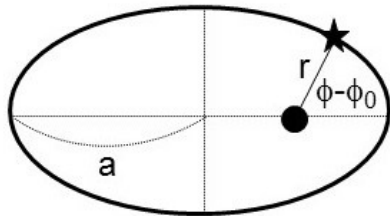
$r_{pr} = a(1 - e)$
pericenter

$r_{ap} = a(1 + e)$
apocenter

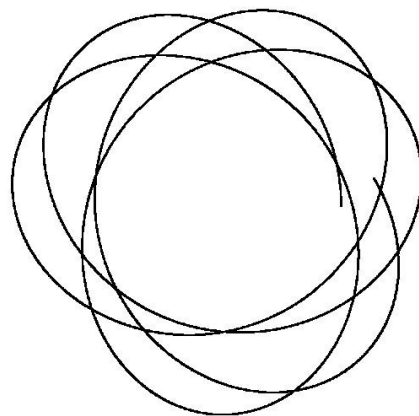


$e = \frac{r_{ap} - r_{pr}}{r_{ap} + r_{pr}}$

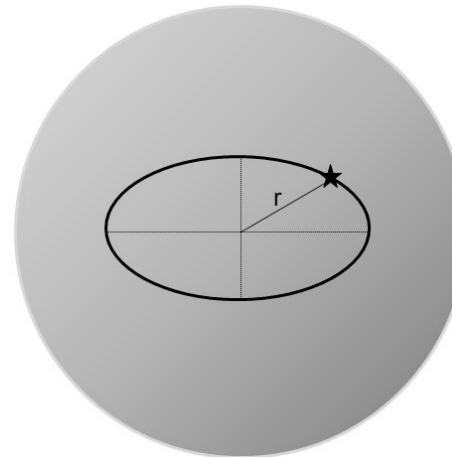
Kepler motion
(orbit in a point-mass potential)



$\Delta\phi = 2\pi$ over one period
of radial oscillation
 \Rightarrow closed orbit



Orbit inside a uniform sphere



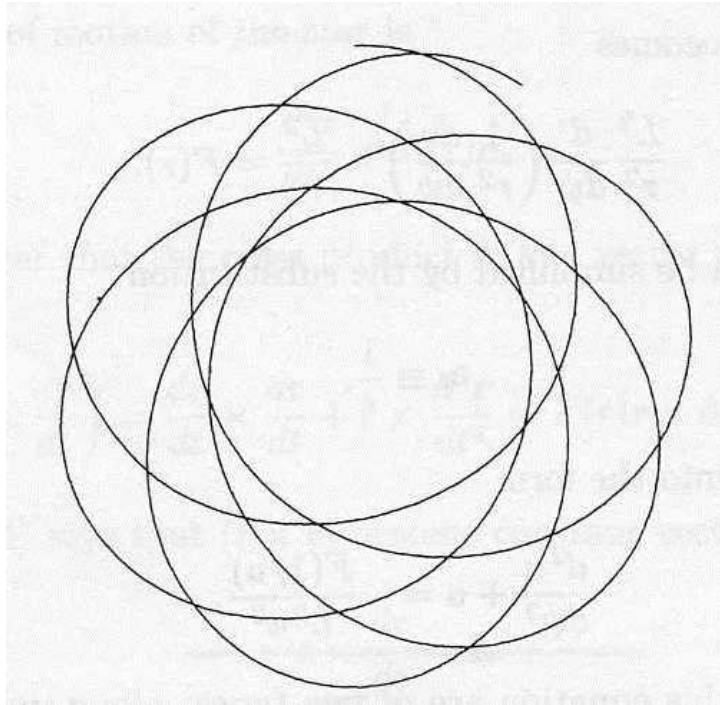
$M(<r) = 4\pi r^3/3$
 $F(r) = -GM(<r)/r^2$
 $\propto -r$
 $F_x \propto -x, F_y \propto -y$
Simple oscillator

$\Delta\phi = \pi$
closed orbit

**Orbit in a gravitational potential
provided by
a general spherical mass distribution**

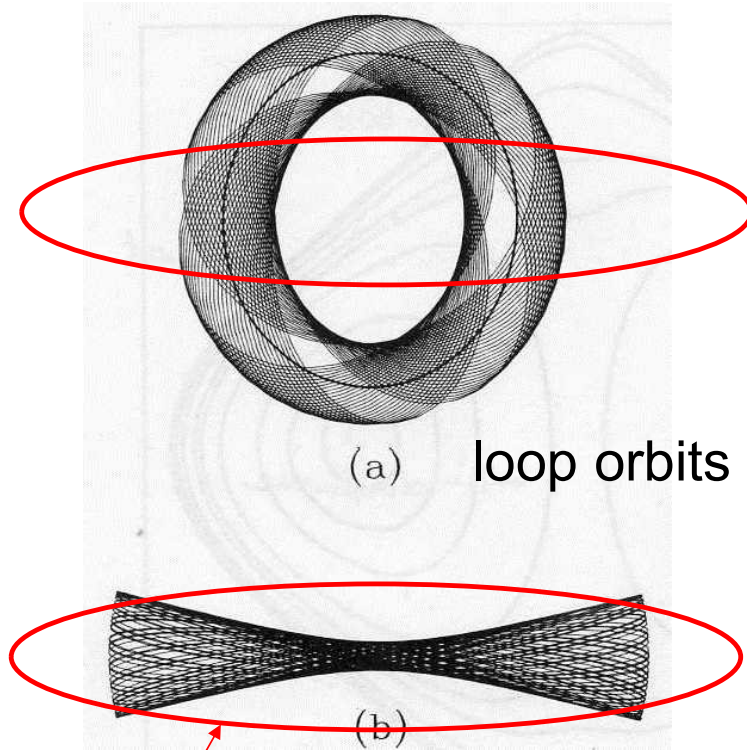
$\pi < \Delta\phi < 2\pi$
Rosette orbit
(non-closed)

• 2D axisymmetric $\Phi(R)$



loop orbits

• 2D non-axisymmetric $\Phi(x,y)$
(Nonrotating bar potential)



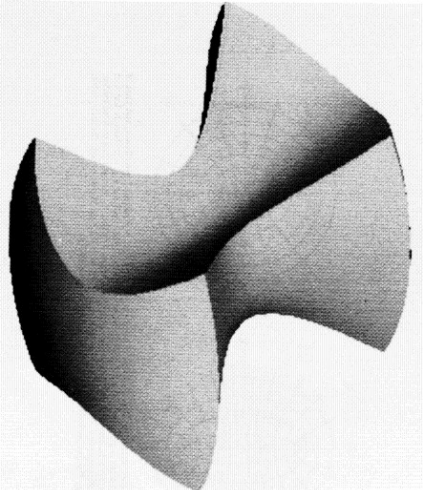
(a) loop orbits

(b) box orbits

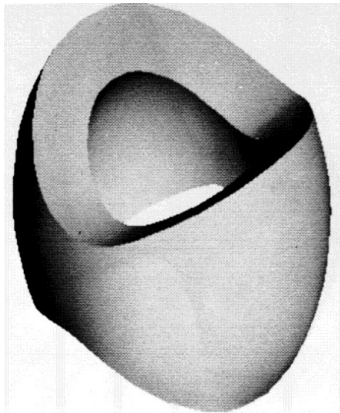
Orientation of a bar

Orbits in a (nonrotating) triaxial potential

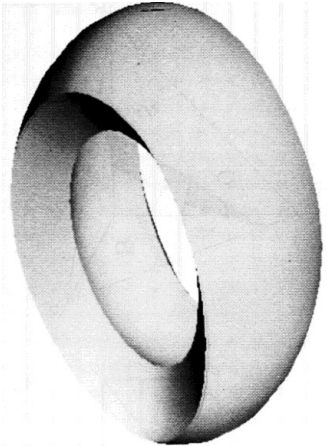
Box orbit



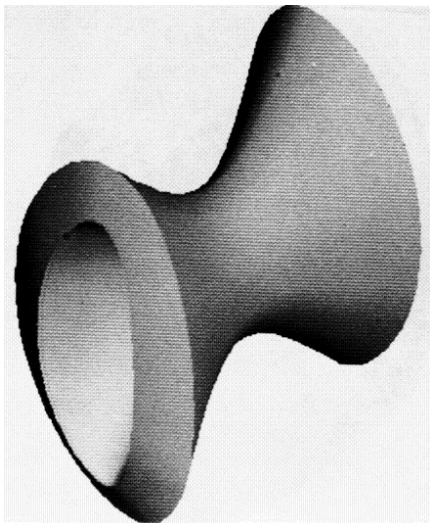
Short-axis tube orbit



Outer long-axis tube orbit



Inner long-axis tube orbit



Statler 1987, ApJ, 321, 113

- **Stäckel potential**

- Hamilton-Jacobi eq. is separable \Rightarrow eq. of motions is solvable independently in each spatial coordinate

- Integral of motion $I_i(\mathbf{x}, \mathbf{v})$ $i=1,3$

Only regular orbits exist (de Zeeuw 1985, MNRAS, 216, 273)

explicit expressions for $I_1(\mathbf{x}, \mathbf{v}) (=E)$, $I_2(\mathbf{x}, \mathbf{v})$, $I_3(\mathbf{x}, \mathbf{v})$

- **Action integrals**

$$J_i(E, I_2, I_3) \quad i=1,3$$

- Adiabatic invariance

- $J_i \geq 0$ for bound orbits

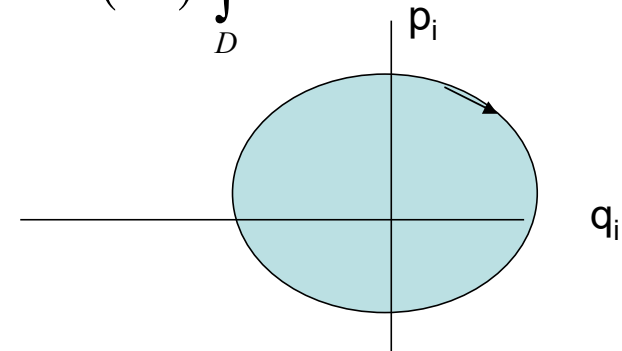
- Phase volume

$$J_i = \frac{1}{2\pi} \oint p_i dq_i$$

$$V = \int_D d^3x d^3v = \int_D d^3J d^3\theta = (2\pi)^3 \int_D d^3J$$

Canonical transformation $(\mathbf{q}, \mathbf{p}) \rightarrow (\boldsymbol{\theta}, \mathbf{J})$

$$\dot{\theta}_i = \frac{\partial H}{\partial J_i} = \omega_i, \quad \dot{J}_i = -\frac{\partial H}{\partial \theta_i} = 0$$



Action integrals for a Kepler motion

$$J_r = \frac{1}{\pi} \int_{r_{\min}}^{r_{\max}} p_r dr = \frac{\sqrt{2}}{\pi} \int_{r_{\min}}^{r_{\max}} \sqrt{E - \frac{L^2}{2r^2} + \frac{GM}{r}} dr = \frac{GM}{\sqrt{2|E|}} - L = L \left[\frac{1}{\sqrt{1-e^2}} - 1 \right]$$

$$J_\theta = \frac{1}{\pi} \int_{\theta_{\min}}^{\theta_{\max}} \sqrt{L^2 - \frac{p_\phi^2}{\sin^2 \theta}} d\theta = L - |J_\phi|$$

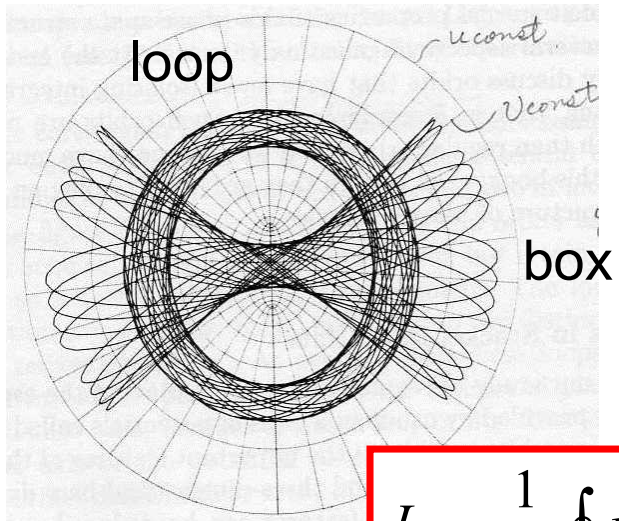
$$J_\phi = \frac{1}{2\pi} \oint p_\phi d\phi = p_\phi$$

$L = |J_\phi| + J_\theta$: adiabatic invariance

\Rightarrow **Orbital eccentricity: e is an adiabatic invariance as well**

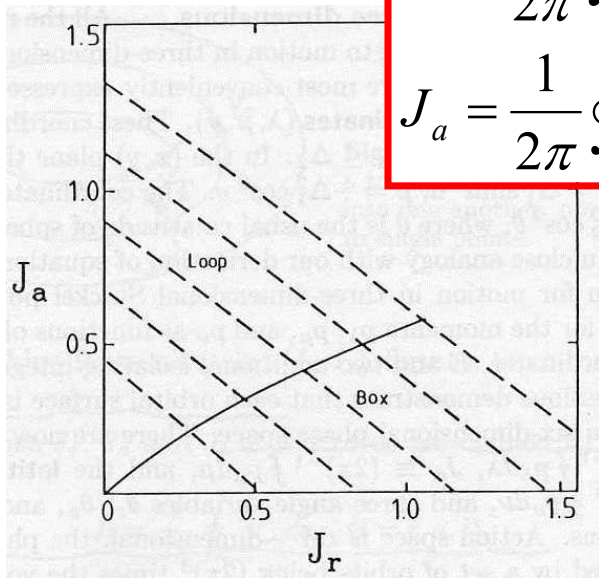
(a conserved quantity when the change of a gravitational potential is sufficiently slow compared to its dynamical time scale)

• 2D non-axisymmetric $\Phi(x,y) \Rightarrow \Phi(u,v)$

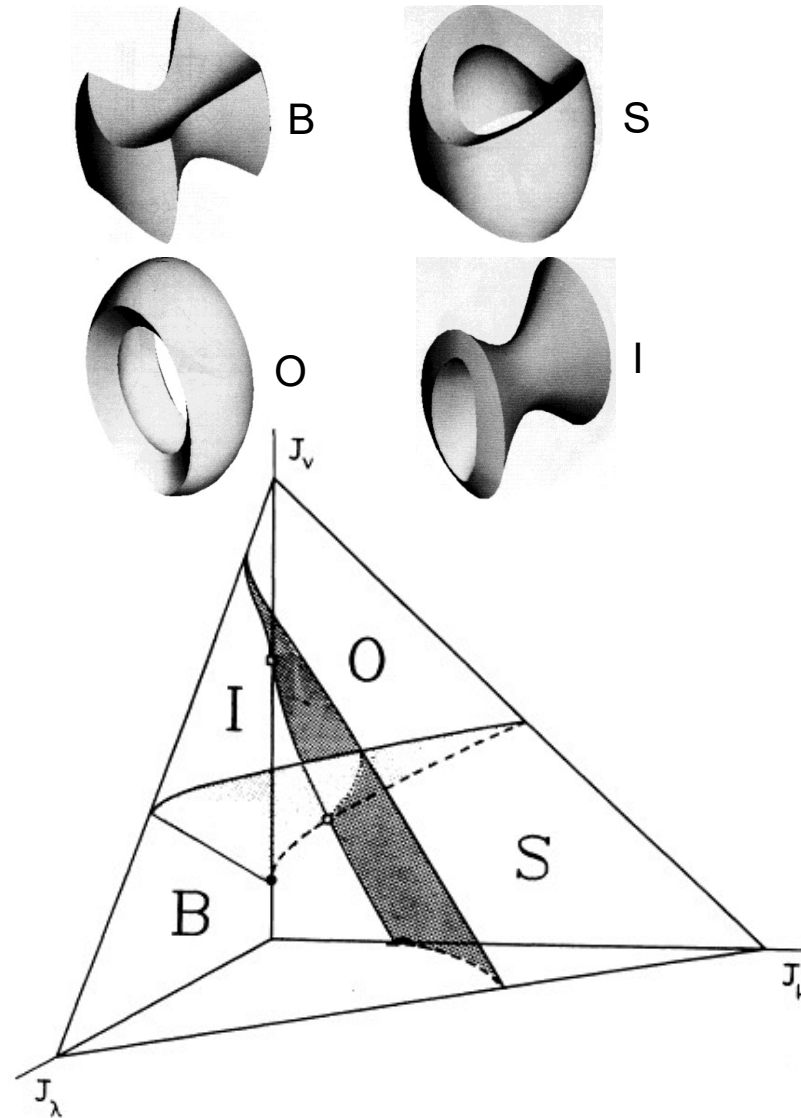


$$J_r = \frac{1}{2\pi} \oint p_u du$$

$$J_a = \frac{1}{2\pi} \oint p_v dv$$



• 3D triaxial $\Phi(\lambda, \mu, \nu)$



2. Kinematics of stars

Description of stellar kinematics observed from the Sun

- Observed kinematical quantities
 - Line of sight velocity: V_{rad} ,
 - Distance: D (pc) = $1 / \pi$ (arcsec)
or D (kpc) = $1 / \pi$ (mas, milli-arcsec)
 - Proper motion: $\mu = [(\mu_{\alpha} \cos \delta)^2 + (\mu_{\delta})^2]^{1/2}$
[unit: arcsec (") /yr
or mas (milli-arcsec: 10^{-3} ") /yr]

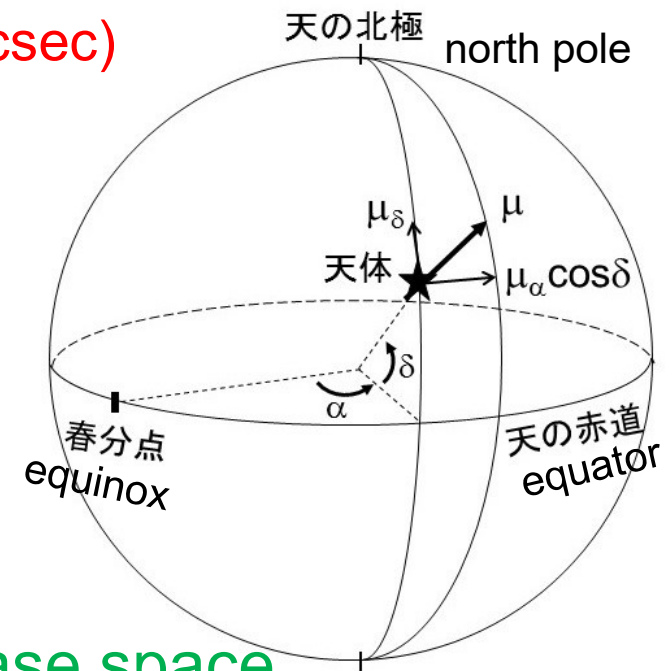
Tangential velocity:

$$V_{\text{tan}}(\text{km/s}) = 4.74 D(\text{pc}) \mu(\text{arcsec/yr})$$

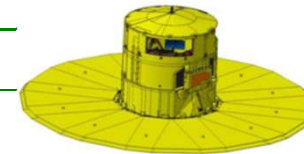
$$= 4.74 D(\text{kpc}) \mu(\text{mas/yr})$$

– $(\alpha, \delta), D, V_{\text{rad}}, (\mu_{\alpha}, \mu_{\delta})$

→ 3d position + 3d velocity → 6d phase space



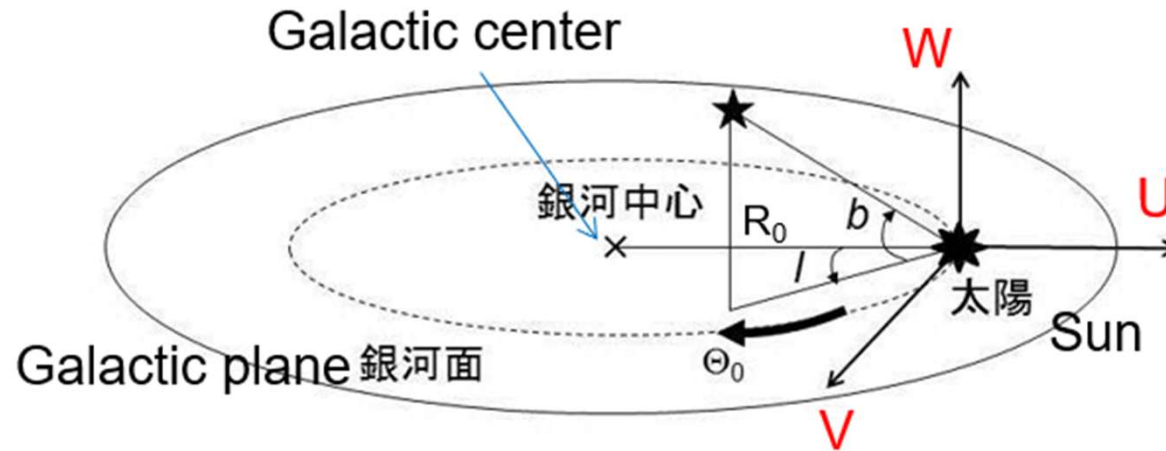
Astrometry Satellites: Hipparcos & Gaia



	1989~1993 Hipparcos	2013~2021 Gaia
Magnitude limit	12 mag	20 mag
Completeness	7.3 – 9.0 mag	20 mag
Bright limit	0 mag	6 mag
Number of objects	120,000	26 million to V = 15 250 million to V = 18 1000 million to V = 20
Effective distance	1 kpc	50 kpc
Quasars	1 (3C 273)	500,000
Galaxies	None	1,000,000
Accuracy	1 milliarcsec	7 μ arcsec at V = 10 10 – 25 μ arcsec at V = 15 300 μ arcsec at V = 20
Photometry	2-colour (B and V)	Low-res. spectra to V = 20
Radial velocity	None	15 km s ⁻¹ to V = 17
Observing	Pre-selected	Complete and unbiased

Gaia: 10 μ as = 10% error @distance 10kpc, 10 μ as/yr = 1km/s @20kpc
Hipparcos: 1mas = 10% error @distance 100pc, 1mas/yr = 5km/s @ 1kpc

The Local Standard of Rest (LSR) & UVW velocities



- The LSR: a circular orbit at $(R=R_0, V_{\text{rot}} = \Theta_0)$
- (U, V, W) : star's velocities relative to the LSR
- $(U_{\text{sun}}, V_{\text{sun}}, W_{\text{sun}})$: solar motion relative to the LSR
- Observed star's velocities from the Sun (heliocentric)
 $(U-U_{\text{sun}}, V-V_{\text{sun}}, W-W_{\text{sun}}) \simeq (V_R, V_\phi - \Theta_0, V_z)$ in cylindrical coords.

Galactic constants: $\Theta_0, R_0, (U_{\text{sun}}, V_{\text{sun}}, W_{\text{sun}})$

Determination of Galactic Constants

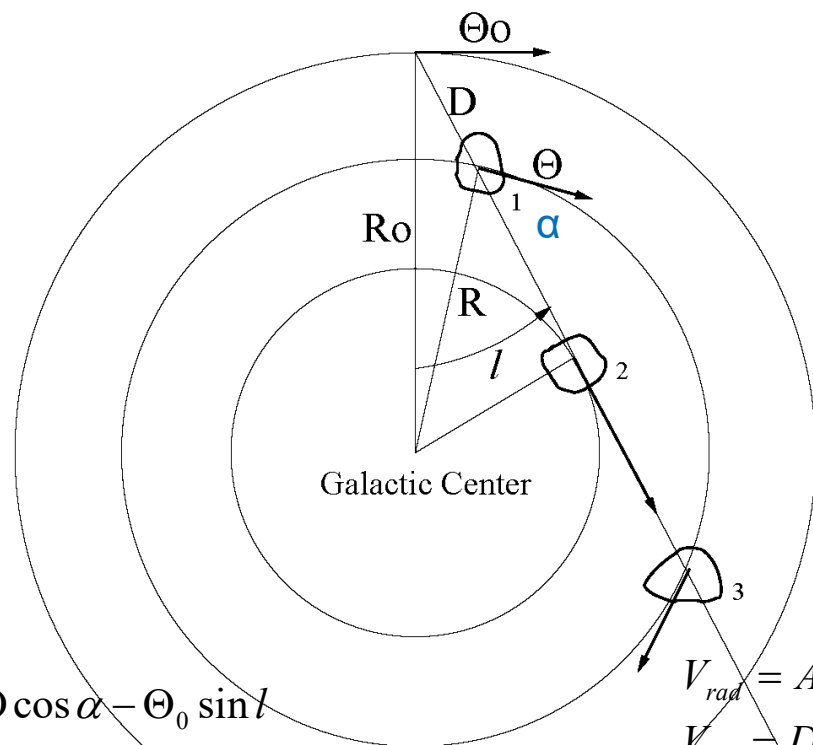
LSR
(Θ_0 , R_0)

- **Rotational velocity of the LSR: Θ_0**
 - Oort constants (A,B) $\rightarrow \Omega_0 = A - B \rightarrow R_0$ given $\rightarrow \Theta_0 = R_0 (A - B)$
 - Motion relative to Pop II system, but $\langle \Theta \rangle = 0$ is assumed
 - Proper motion of Sgr A* $\rightarrow R_0 \rightarrow \Theta_0$
if Sgr A* is fixed at the center and the LSR has $\Theta_0 = 220 \text{ km/s}$, then $\Theta_0 = 4.74 D \mu_\ell \rightarrow$ proper motion along Galactic long.: $\mu_\ell \sim 5.8 \text{ mas/yr}$
- **Solar position: R_0**
 - The center of halo tracers (GCs, RR Lyr, Mira variables in the bulge)
 - Parallax of Sgr A*: $p(\text{mas}) = (D/\text{kpc})^{-1} = 0.1 \text{ mas}$
 - Stellar motions near Sgr A* (“binary method”) Salim & Gould 1999
- Kerr & Lynden-Bell (1986, MN, 221, 1023)
 $\Theta_0 = 220 \text{ km/s}$, $R_0 = 8.5 \text{ kpc}$ (IAU standards)
- Recent trend: $\Theta_0 > 220 \text{ km/s}$, $R_0 \sim 8 \text{ kpc}$

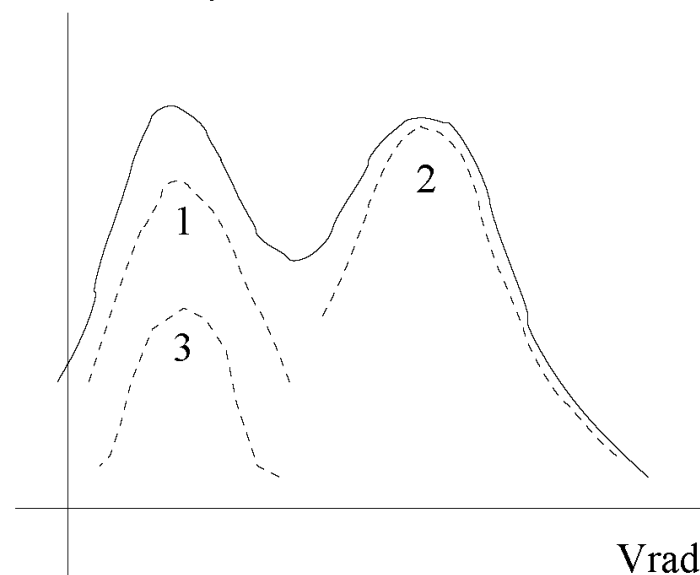
Solar motion
(U_{sun} , V_{sun} , W_{sun})

- * Delhaye 1965 using A stars, K giants, M dwarfs
(U_{sun} , V_{sun} , W_{sun}) = (-9, 12, 7) km/s, (l,b)=(53,25)
- * More recent result (Schönrich +10, Coşkunoğlu+11)
(U_{sun} , V_{sun} , W_{sun}) = (-11.10, 12.24, 7.25) km/s

Determination of the rotation curve



Radio intensity



$$V_{rad} = \Theta \cos \alpha - \Theta_0 \sin l$$

$$V_{tan} = \Theta \sin \alpha - \Theta_0 \cos l$$

$$\sin l / R = \sin(90 + \alpha) / R_0 = \cos \alpha / R_0$$

$$R \cos(90 - \alpha) = R \sin \alpha = R_0 \cos l - D$$

$$V_{rad} = (\Omega - \Omega_0) R_0 \sin l$$

$$V_{tan} = (\Omega - \Omega_0) R_0 \cos l - \Omega D$$

$$\Rightarrow (R_0 - R) / R_0 \ll 1 \Rightarrow$$

$$V_{rad} = AD \sin 2l$$

$$V_{tan} = D(A \cos 2l + B)$$

$$\mu_l = \frac{A \cos 2l + B}{4.74}$$

$$A \equiv \frac{1}{2} \left[\frac{\Theta_0}{R_0} - \left(\frac{d\Theta}{dR} \right)_{R_0} \right]$$

$$B \equiv -\frac{1}{2} \left[\frac{\Theta_0}{R_0} + \left(\frac{d\Theta}{dR} \right)_{R_0} \right]$$

A, B: Oort Constants

$$\Omega_0 = \Theta_0 / R_0 = A - B$$

$$\left(\frac{d\Theta}{dR} \right)_{R_0} = -(A + B)$$

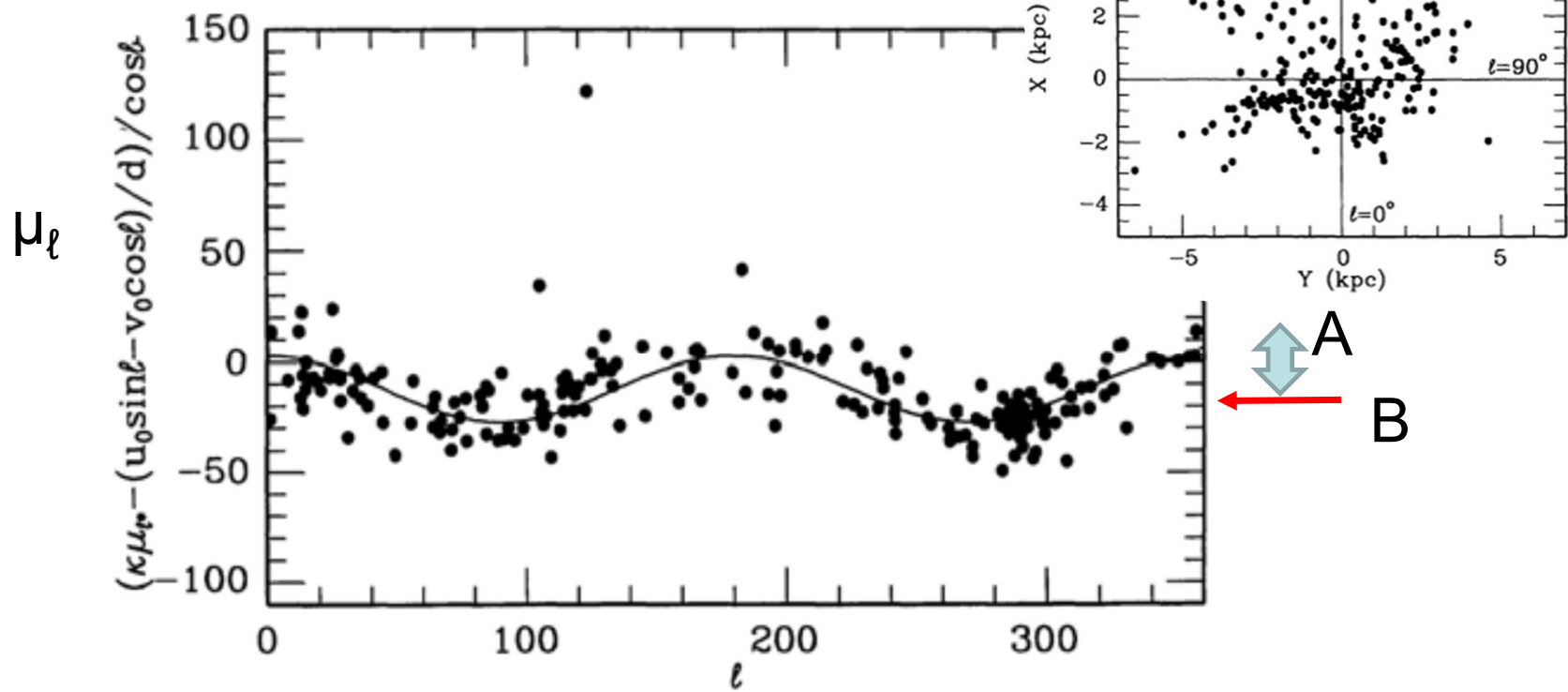
V_{rad} is max at $R = R_0 \sin l \Rightarrow \Theta(R)$

$$\frac{\partial V_{rad}}{\partial D} = 0 \Rightarrow \partial R / \partial D = 0$$

$$R^2 = D^2 + R_0^2 - 2DR_0 \cos l$$

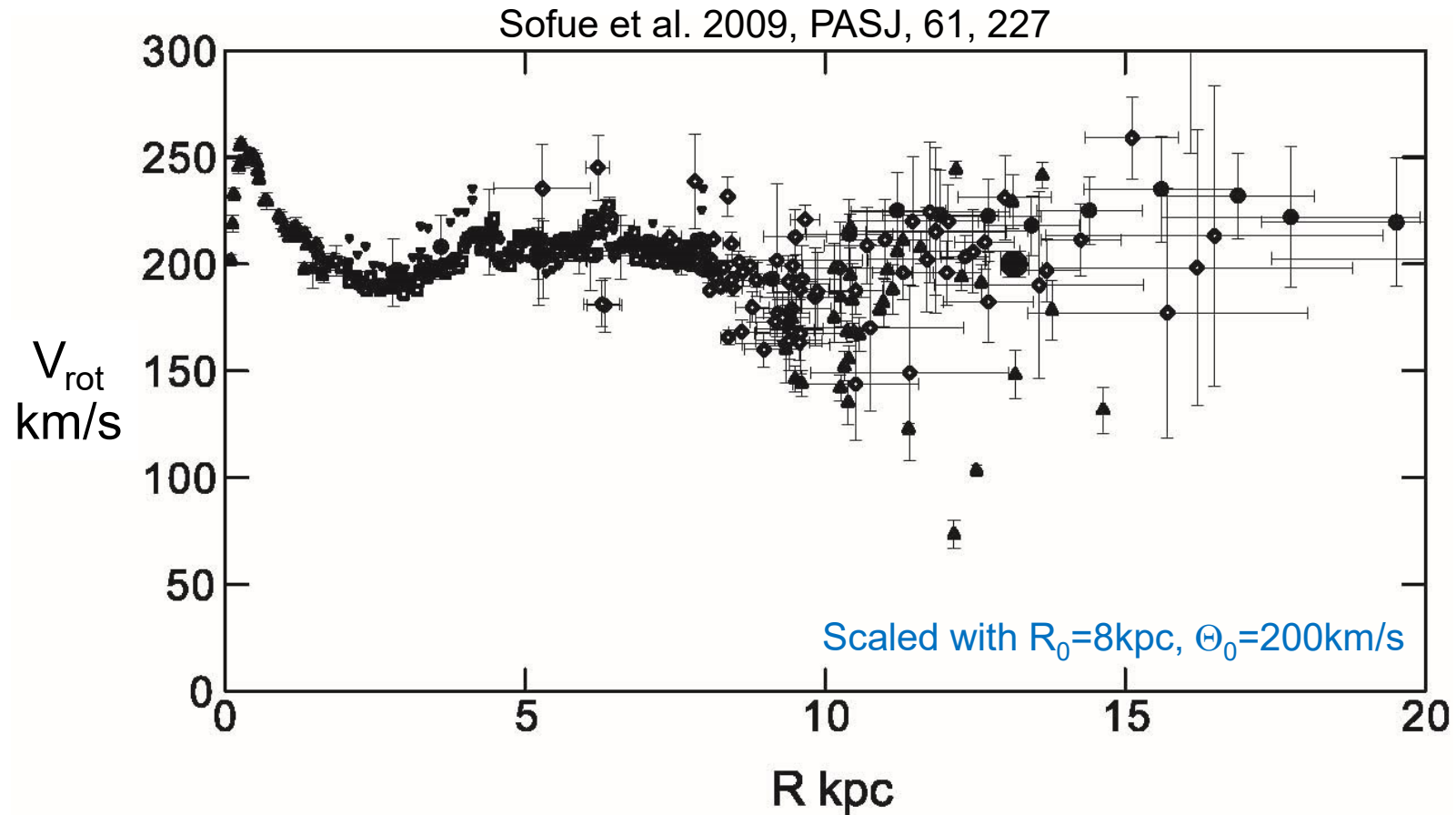
$$\Rightarrow D = R_0 \cos l \Rightarrow R = R_0 \sin l$$

Hipparcos proper motions toward Galactic longitude for 220 Cepheids (Feast & Whitelock 1997)



$$\mu_\ell \propto V_{\tan} / D = A \cos 2\ell + B \Rightarrow A, B$$

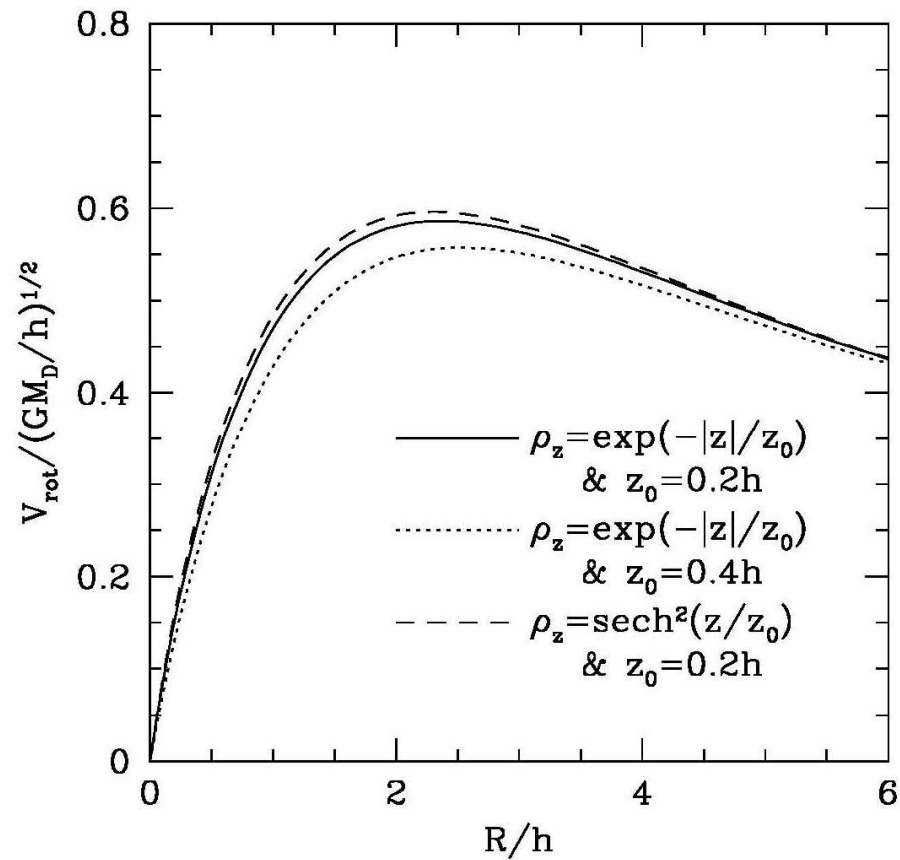
Rotation curve of the Milky Way

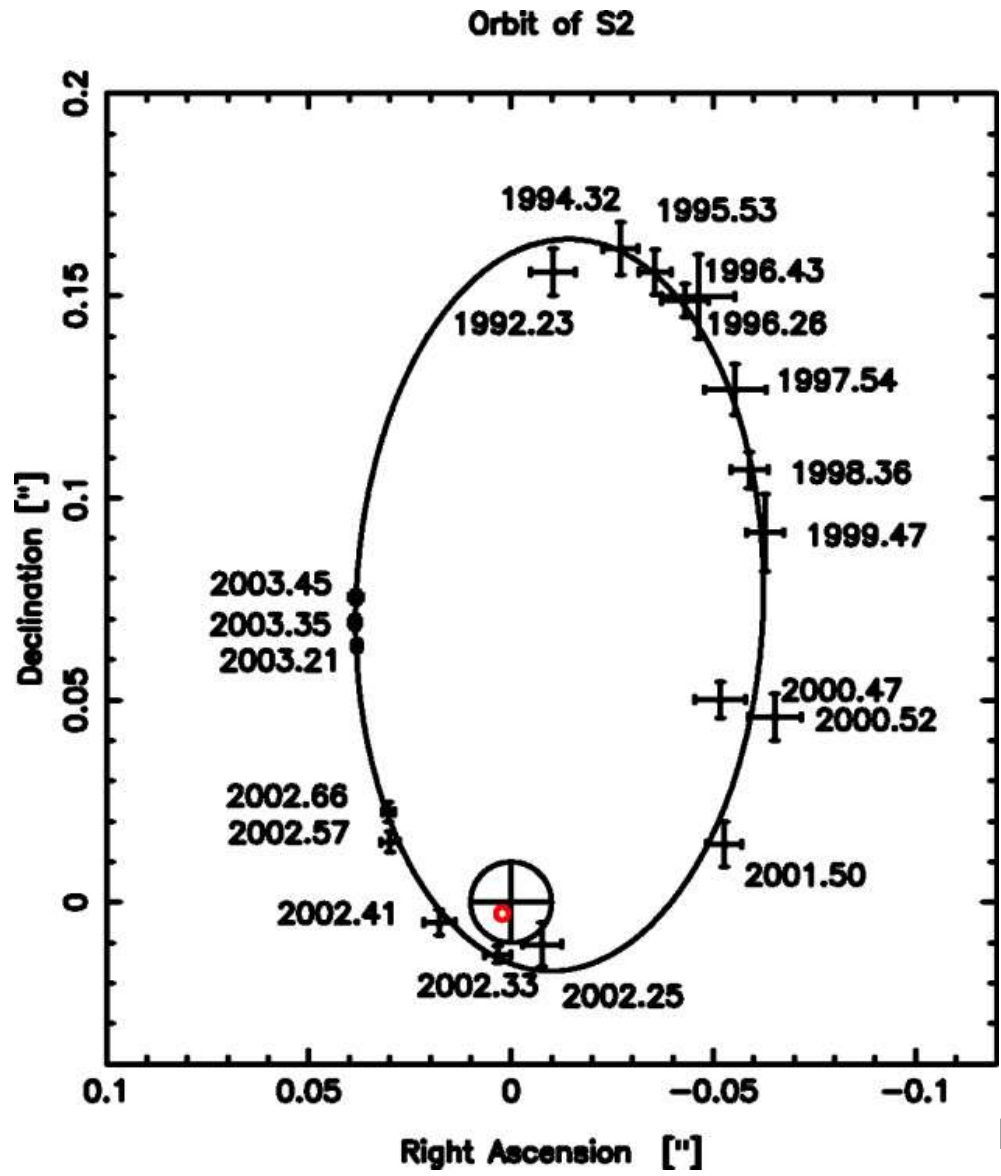


See also, Gunn, Knapp, Tremaine 1979, AJ, 84, 1181;
Fich & Tremaine 1991, ARAA, 29, 409

Effect of disk thickness on rotation curve at the disk plane

V_{rot} provided by an exponential disk: $\rho(R,z) = \rho_0 \exp(-R/h) \rho_z(z)$





Geometric determination of the distance to the Galactic Center

orbital eclipse vs. angular sep.
 $\rightarrow R_0$

$$R_0 = 7.94 \pm 0.42 \text{ kpc}$$

Using more orbits

Gillessen et al. 2009:
16 years of monitoring
the orbits of 28 stars

$$R_0 = 8.33 \pm 0.35 \text{ kpc}$$

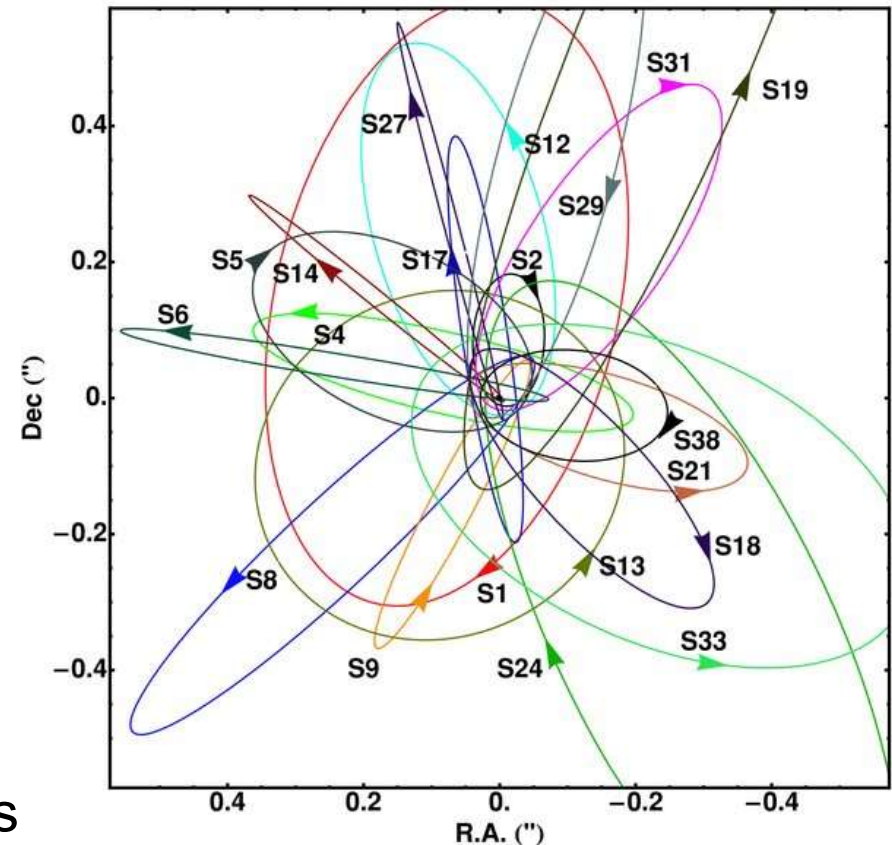
Reid & Brunthaler 2004:

$$\mu_{\ell}(\text{SgrA}^*) = 6.379 \pm 0.026 \text{ mas/yr}$$

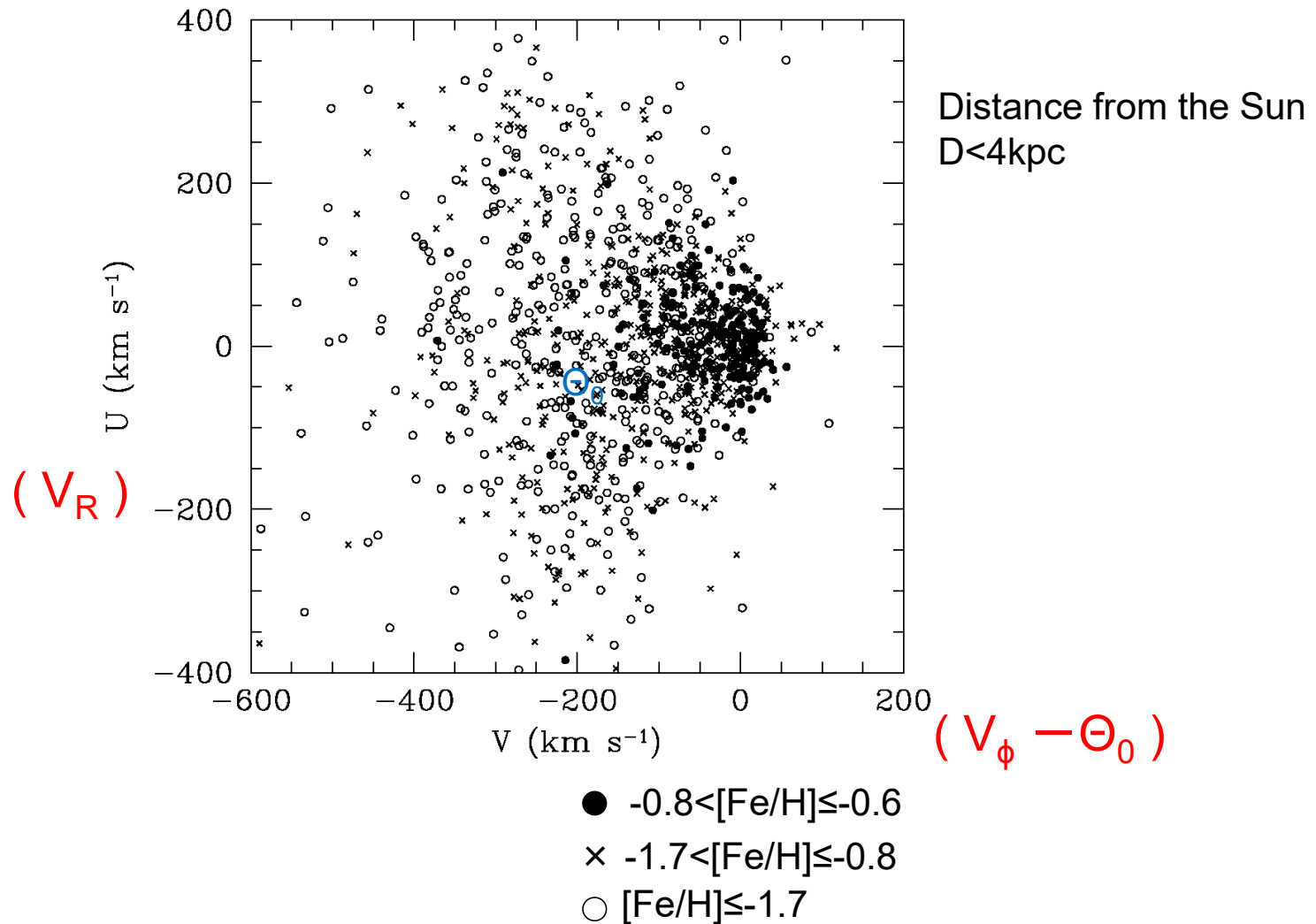
$$\Rightarrow (\Theta_0 + V_{\text{sun}}) / R_0 = 30.24 \text{ km/s/kpc}$$

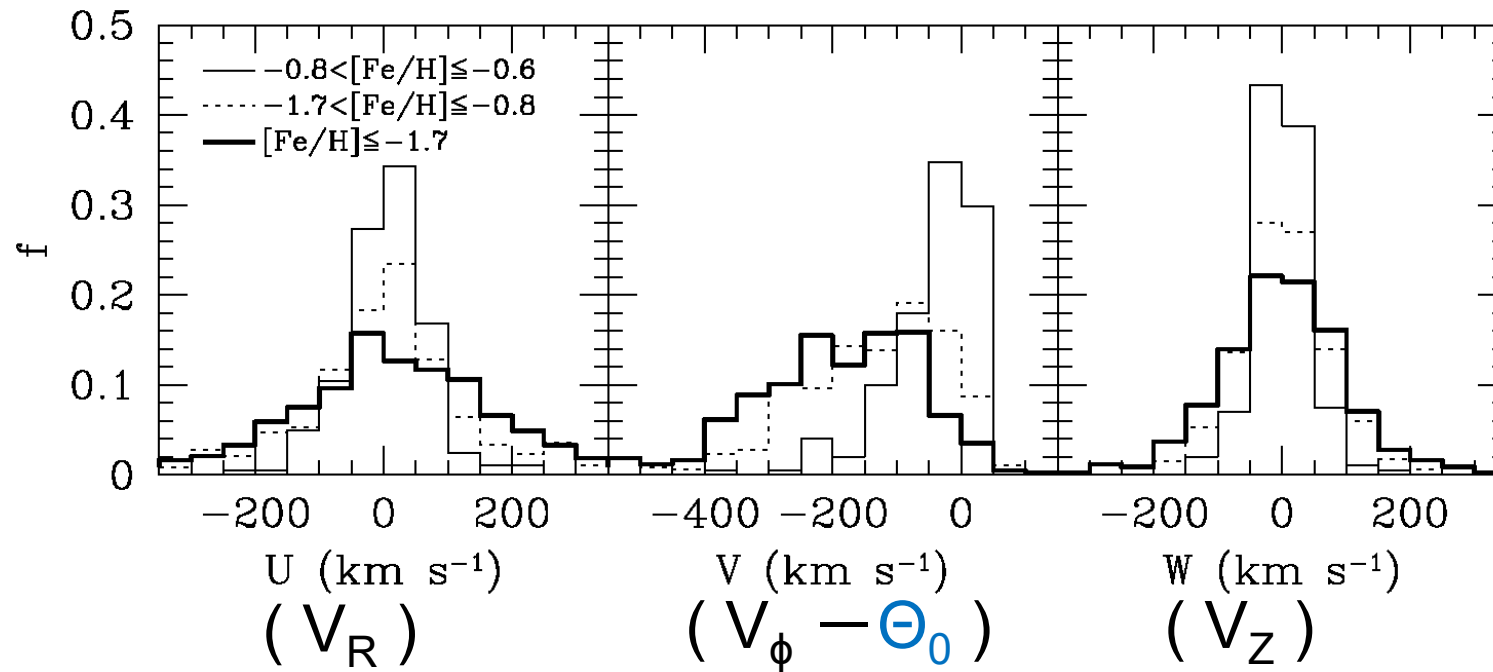
$$\text{Then if } R_0 = 8.3 \text{ kpc \& } V_{\text{sun}} = 12.24 \text{ km/s}$$

$$\Rightarrow \Theta_0 = 239 \text{ km/s}$$



(U,V) velocities for nearby stars (V_R , $V_\phi - \Theta_0$)





	σ_U	σ_V	σ_W	$\langle V \rangle$
$[Fe/H] \leq -1.7$	150 km/s	110 km/s	100 km/s	-200 km/s
$-0.8 < [Fe/H] \leq -0.6$	60 km/s	60 km/s	40 km/s	-30 km/s

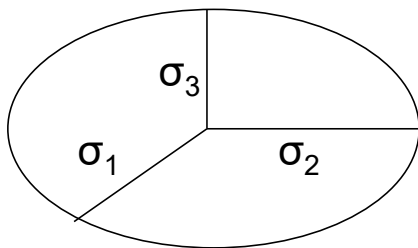
3. Distribution function of stars

- Schwarzschild (1907) model

$$f(v_1, v_2, v_3)dv_1dv_2dv_3 = \frac{dv_1dv_2dv_3}{(2\pi)^{3/2}\sigma_1\sigma_2\sigma_3} \exp \left[- \left(\frac{v_1^2}{2\sigma_1^2} + \frac{v_2^2}{2\sigma_2^2} + \frac{v_3^2}{2\sigma_3^2} \right) \right]$$

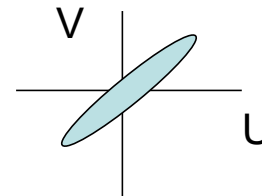
$$\sigma_i^2 = \langle (v_i - \langle v_i \rangle)^2 \rangle \text{ velocity dispersion}$$

Velocity ellipsoid



Vertex deviation

σ_i axis does not necessary match the direction of (U,V,W)



Modeling distribution functions

$$f(\mathbf{r}, \mathbf{v}, t) d^3 r d^3 v \quad (\mathbf{r}, \mathbf{v}) \text{ phase space}$$

$$E(\mathbf{r}, \mathbf{v}) \quad I_2(\mathbf{r}, \mathbf{v}) \quad I_3(\mathbf{r}, \mathbf{v}) \quad \text{Integrals of motions}$$

$$n(\mathbf{r}) = \int f d^3 v \quad \langle v_i \rangle = \frac{1}{n} \int v_i f d^3 v$$

$$\sigma_i^2 = \langle (v_i - \langle v_i \rangle)^2 \rangle \quad \sigma_{ij}^2 = \langle (v_i - \langle v_i \rangle)(v_j - \langle v_j \rangle) \rangle = \langle v_i v_j \rangle - \langle v_i \rangle \langle v_j \rangle$$

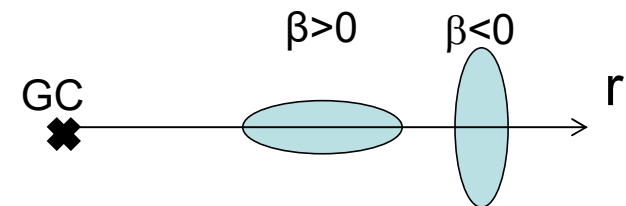
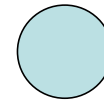
Integrals of motions, $I(\mathbf{r}, \mathbf{v})$, are the solutions to the steady-state collisionless Boltzmann equation

$$\frac{dI}{dt} = \mathbf{v} \cdot \nabla I - \nabla \Phi \cdot \frac{\partial I}{\partial \mathbf{v}} = 0$$

⇒ Jeans Theorem: $f(E, I_2, I_3)$, $f(J_1, J_2, J_3)$

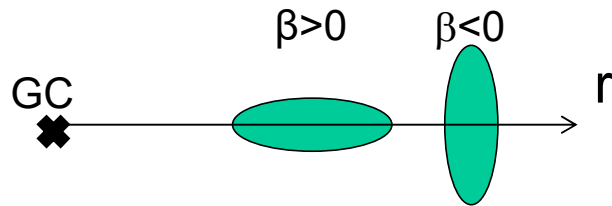
Some simple cases

- $f(E)$ isotropic velocity distribution
- $f(E, L_z)$ $L_z = Rv_\phi$ in axisymmetric $\Phi(R, z)$
 - $\sigma_R^2 = \sigma_z^2$ (but $\neq \sigma_\phi^2$) anisotropic
 - but $\sigma_R^2 \neq \sigma_z^2$ near the Sun \rightarrow presence of I_3
 - $(\sigma_U, \sigma_V, \sigma_W) \approx (150, 110, 100)$ km/s for halo stars
- $f(E, L)$ L : total angular momentum
 - $v_r = v \cos \eta$, $v_\theta = v \sin \eta \cos \psi$, $v_\phi = v \sin \eta \sin \psi$
 - $v_t^2 = v_\theta^2 + v_\phi^2 = v^2 \sin^2 \eta$, $L = |rv_t| = |rv \sin \eta|$
 - $\sigma_\theta^2 = \sigma_\phi^2 \neq \sigma_r^2$ anisotropic
 - $\beta(r) = 1 - \sigma_\theta^2 / \sigma_r^2$, $\beta \leq 1$
 - $\beta > 0$: radially anisotropic
 - $\beta < 0$: tangentially anisotropic



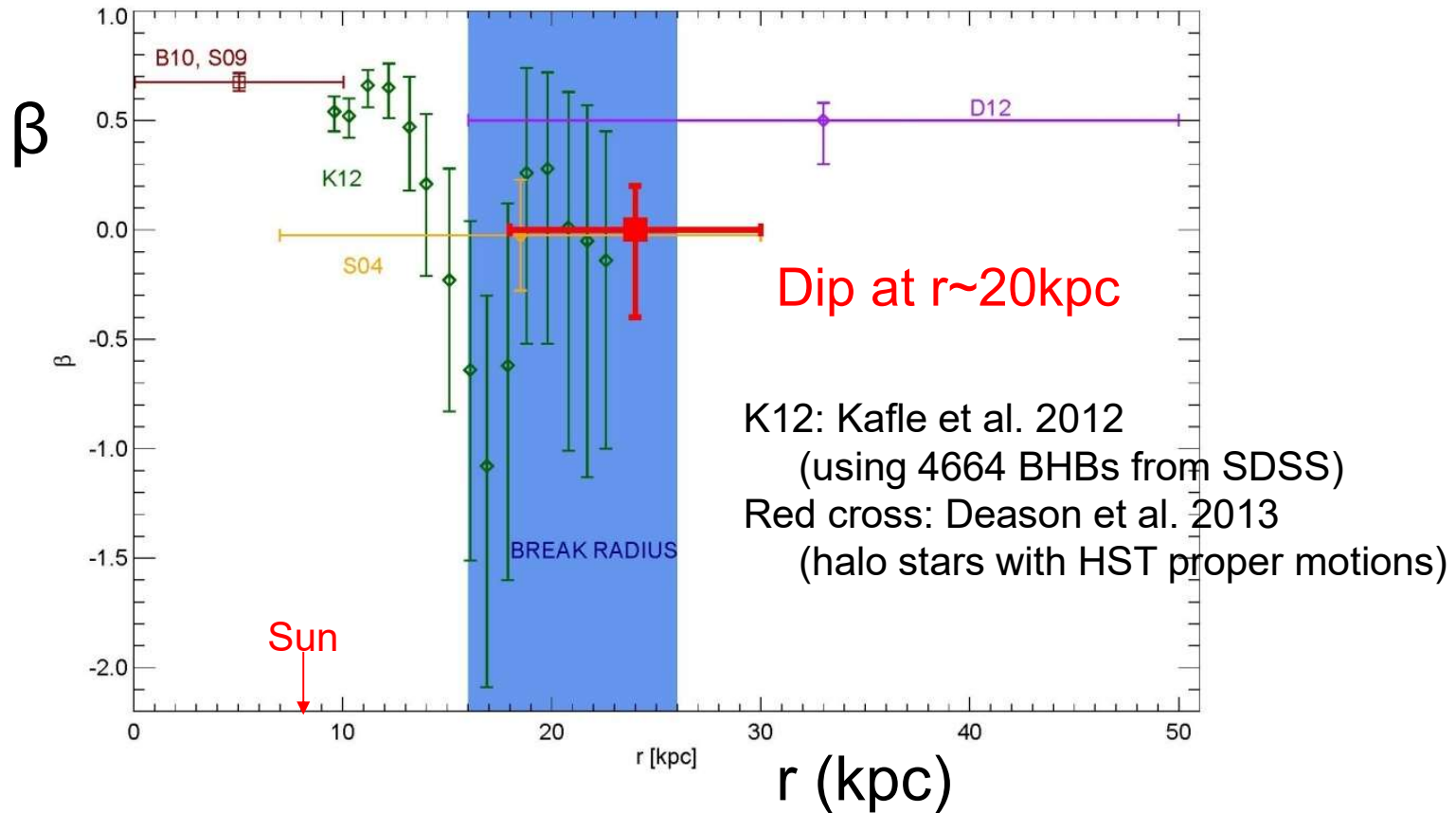
These velocity anisotropies reflect past merging/accretion histories

Velocity anisotropy parameter $\beta(r)$



Radial anisotropy:

$$\beta(r) = 1 - (\sigma_{\theta}^2 + \sigma_{\phi}^2) / 2\sigma_r^2$$



Recent results on $\beta(r)$

Bird et al. 2019

using 5600 K giants from
LAMOST and Gaia DR2

-1.8 < [Fe/H] < -1.3: boundary
at $r \sim 20$ kpc

[Fe/H] < -1.8: no dip

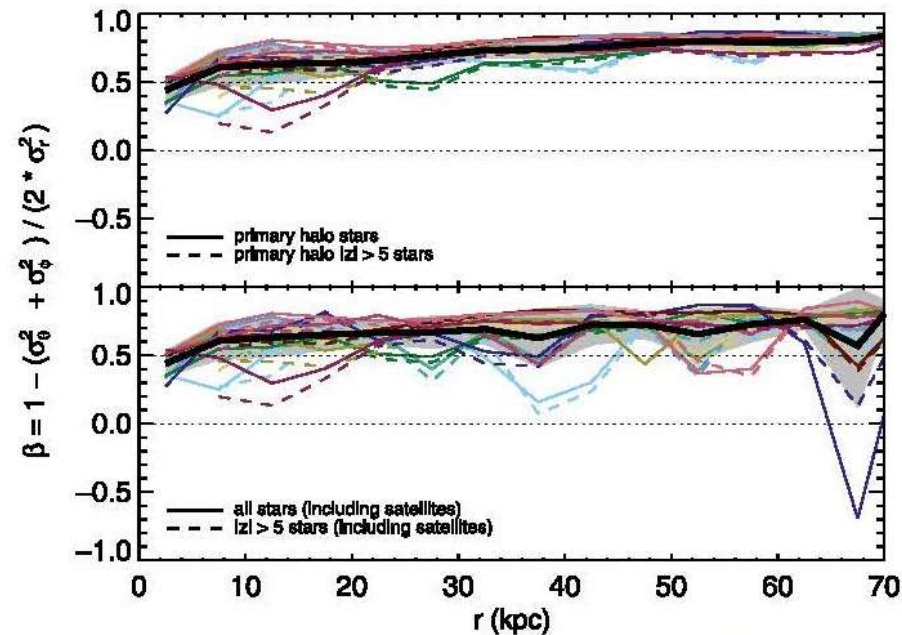
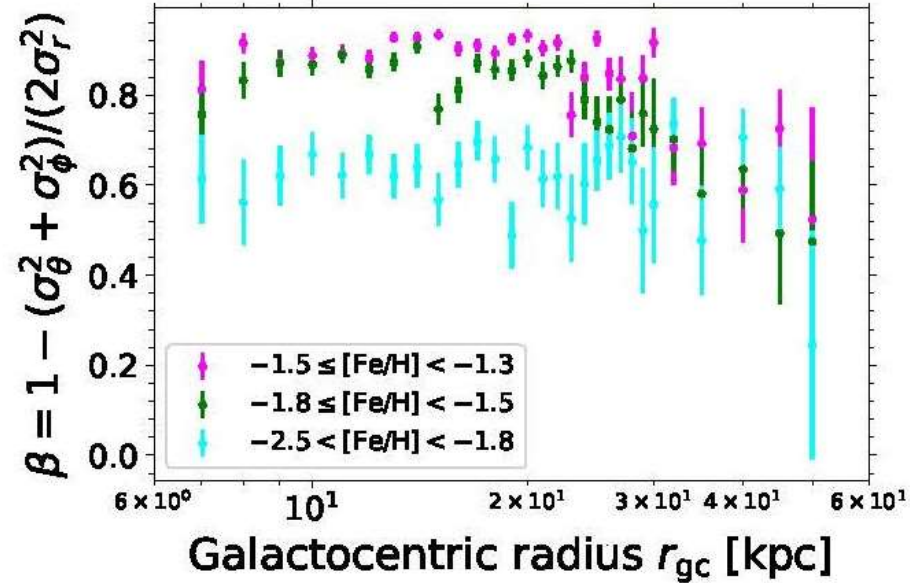
Loebman et al. 2019

using simulation results
by Bullock & Johnston 2005
(hierarchical clustering process)

$\beta \sim 0.7$

Radially anisotropic
over entire radii

Presence of temporal dips



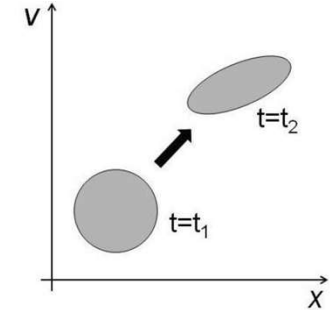
4. Jeans equations

Continuity eq. in phase space

$$\frac{\partial f}{\partial t} + \sum_{i=1}^3 \frac{\partial(f\dot{x}_i)}{\partial x_i} + \sum_{i=1}^3 \frac{\partial(f\dot{v}_i)}{\partial v_i} = 0$$

Boltzmann equation

$$\frac{\partial f}{\partial t} + \mathbf{v} \cdot \nabla f - \nabla \Phi \cdot \frac{\partial f}{\partial \mathbf{v}} = 0$$



moment over v_i \rightarrow

$$\left\{ \begin{aligned} \frac{\partial n}{\partial t} + \sum_{i=1}^3 \frac{\partial}{\partial x_i} (n \langle v_i \rangle) &= 0 \\ \frac{\partial n \langle v_j \rangle}{\partial t} + \sum_{i=1}^3 \frac{\partial}{\partial x_i} (n \langle v_i v_j \rangle) + n \frac{\partial \Phi}{\partial x_j} &= 0 \end{aligned} \right.$$

$$n(\mathbf{r}) = \int f d^3 \mathbf{v} \quad \langle v_i \rangle = \frac{1}{n} \int v_i f d^3 \mathbf{v}$$

Jeans equations

$$n \frac{\partial \langle v_j \rangle}{\partial t} + \sum_{i=1}^3 n \langle v_i \rangle \frac{\partial \langle v_j \rangle}{\partial x_i} = -n \frac{\partial \Phi}{\partial x_j} - \sum_{i=1}^3 \frac{\partial n \sigma_{ij}^2}{\partial x_i}$$

(hydrodynamical description)

$$\sigma_{ij}^2 = \langle (v_i - \langle v_i \rangle)(v_j - \langle v_j \rangle) \rangle = \langle v_i v_j \rangle - \langle v_i \rangle \langle v_j \rangle$$

Jeans theorem

$$\frac{dI}{dt} = \mathbf{v} \cdot \nabla I - \nabla \Phi \cdot \frac{\partial I}{\partial \mathbf{v}} = 0$$

I is a solution to steady-state collisionless Boltzmann eq.

$f(I(r,v))$: a solution to steady-state collisionless Boltzmann eq.

Strong Jeans Theorem

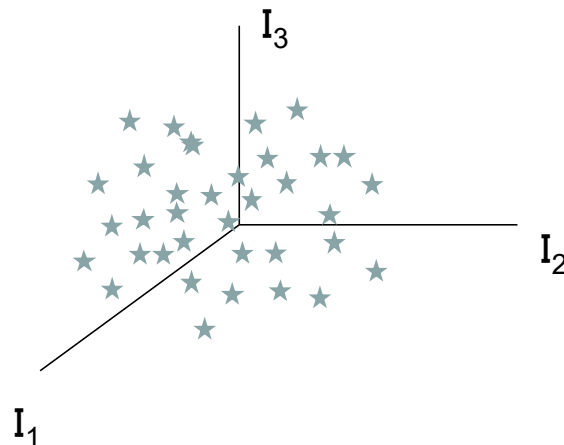
Potential Φ allowing only regular orbits

(no resonance among 3 orbital frequencies)

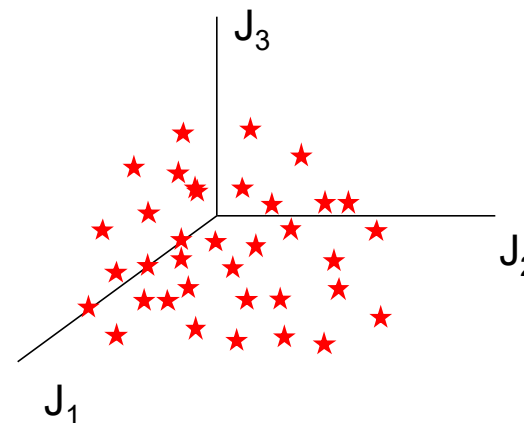
⇒ 3 isolating integrals

⇒ DF depends only these 3 integrals

$$f(I_1, I_2, I_3) \quad I_1 = E, \quad I_2 = L_z^2/2$$

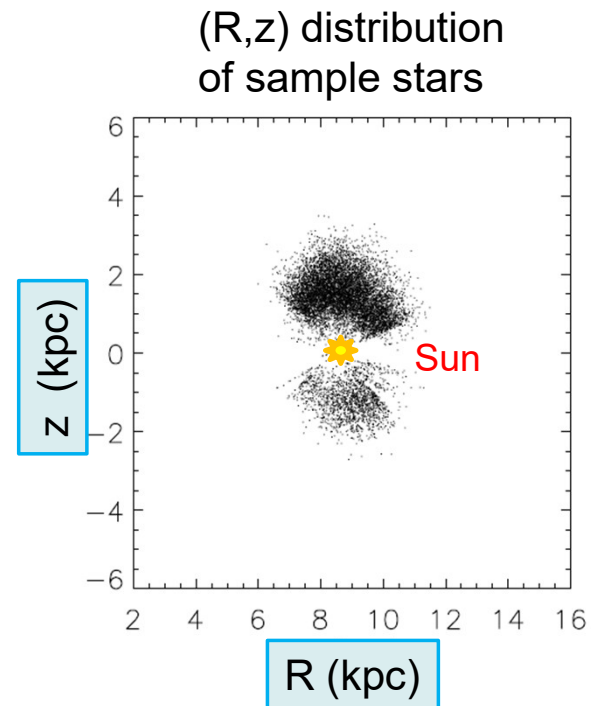
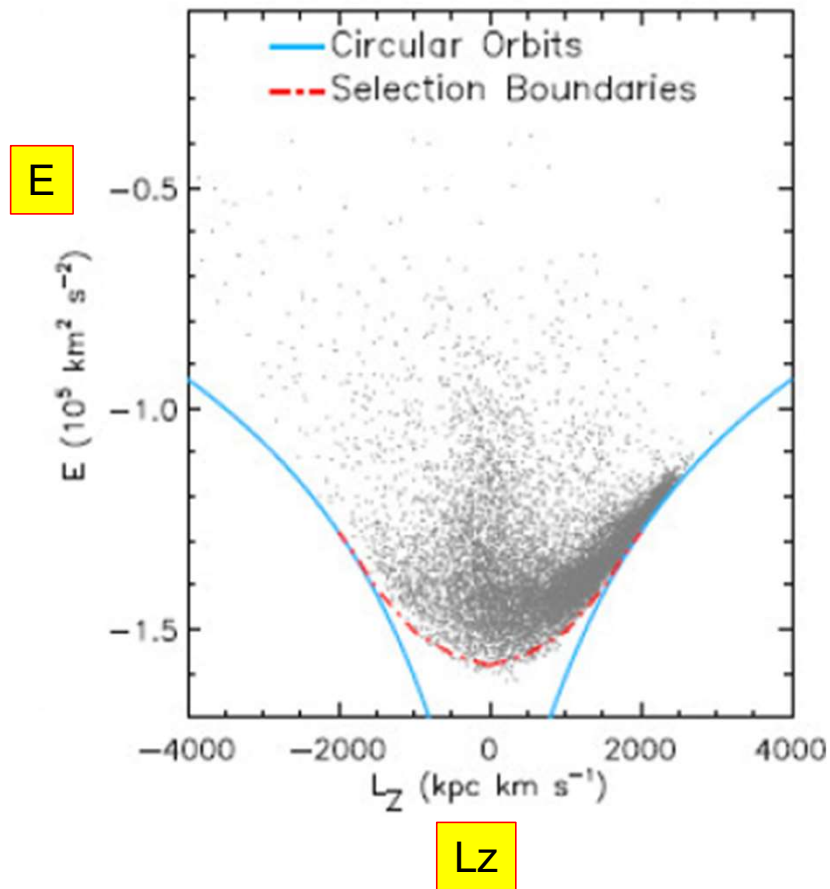


$$f(J_1, J_2, J_3) \quad J_i(I_j)$$



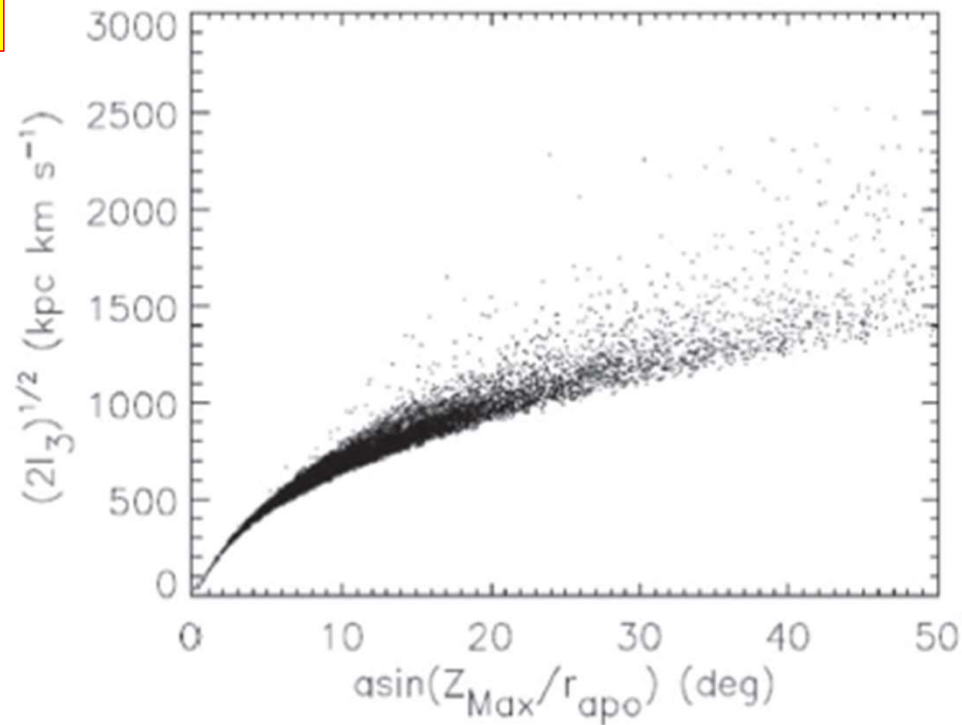
Nearby stars in (E, L_z, I_3) phase space SDSS-DR7 Calibration Stars + Gaia DR2

Carollo & Chiba 2021

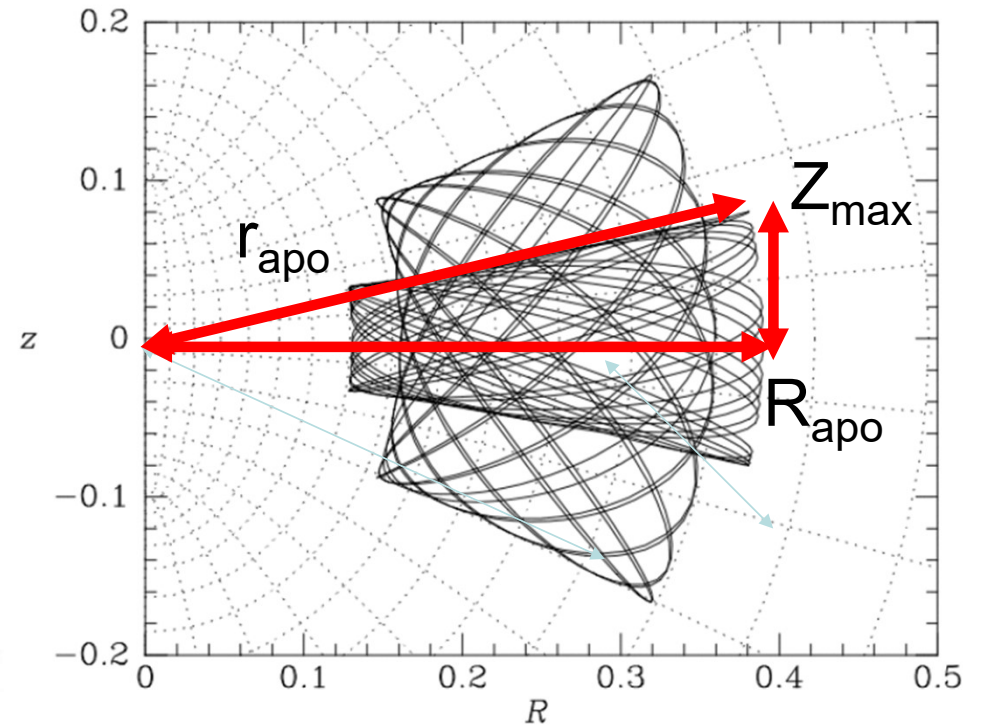


What is the third integral, I_3 ?

$(2I_3)^{1/2}$



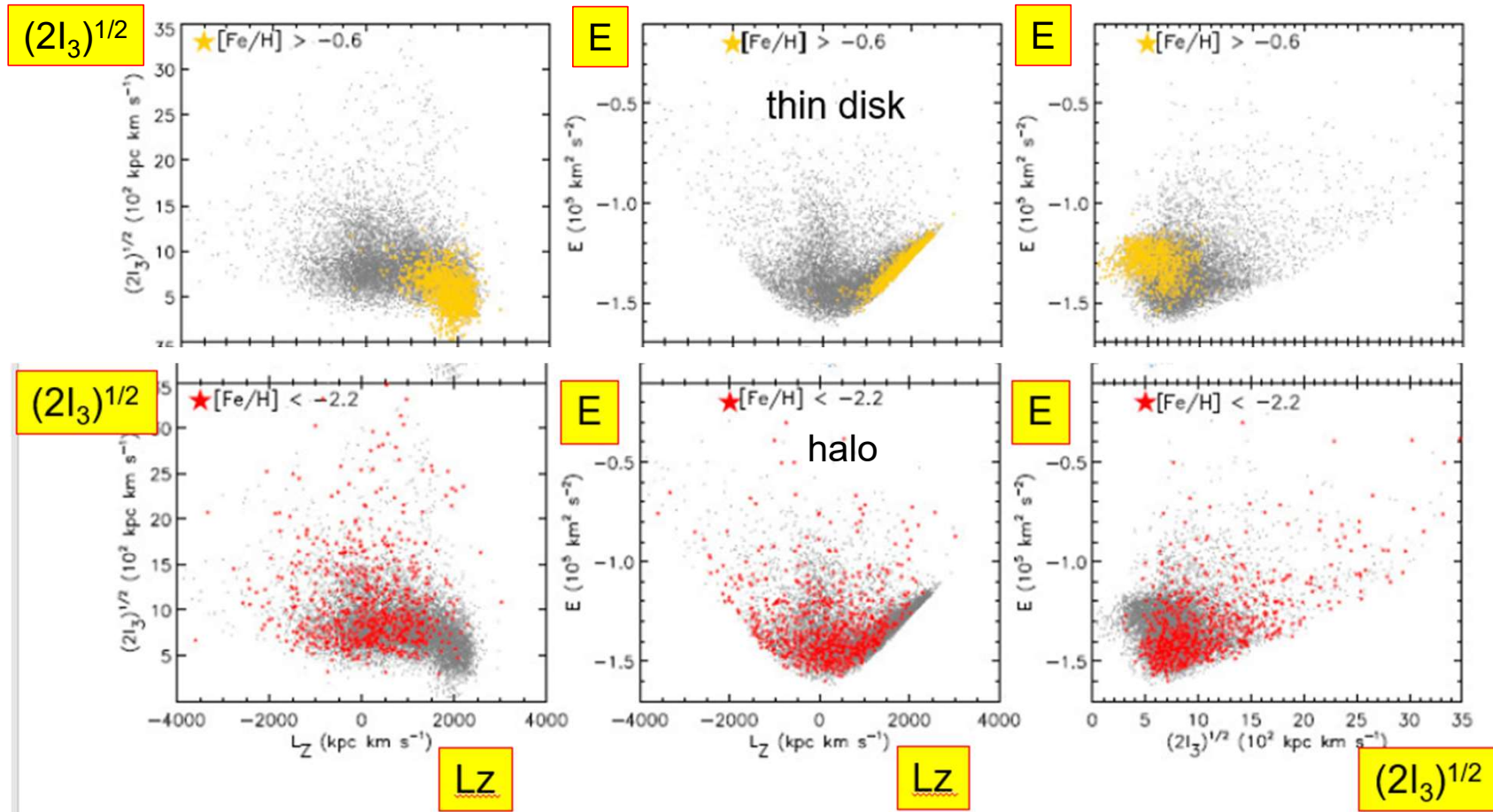
$\arcsin(Z_{\text{max}}/r_{\text{apo}})$ (deg)
~ orbital inclination angle θ



Nearby stars in (E, L_z, I_3) phase space SDSS-DR7 Calibration Stars + Gaia DR2

Carollo & Chiba 2021

(grey: all stars)



Simple cases for Jeans equations (I)

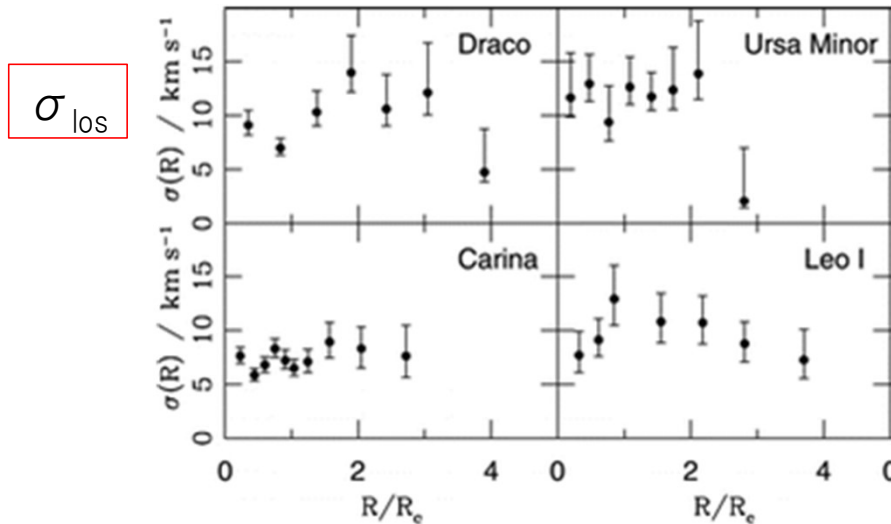
- Spherical system

$$\frac{1}{n} \frac{dn\sigma_r^2}{dr} + 2\frac{\beta\sigma_r^2}{r} = -\frac{d\Phi}{dr} = -\frac{GM(r)}{r^2}$$

$$\beta \equiv 1 - (\sigma_\theta^2 + \sigma_\phi^2) / (2\sigma_r^2)$$

$$\beta = \text{const.} \Rightarrow n\sigma_r^2 = r^{-2\beta} \int_r^\infty \frac{nGM(r')}{r'^2} r'^{2\beta} dr'$$

Example: Line-of-sight velocity dispersion profile in MW dwarf satellites



Leo I



Car



$$\sigma_{\text{los}}(R)$$

$$\sigma_r(r)$$

$M(r)$
Dark matter

Simple cases for Jeans equations (II)

- Axisymmetric system

$$\frac{1}{n} \frac{\partial n \langle v_R^2 \rangle}{\partial R} + \frac{1}{n} \frac{\partial n \langle v_R v_z \rangle}{\partial z} + \frac{\langle v_R^2 \rangle - \langle v_\phi^2 \rangle}{R} = - \frac{\partial \Phi}{\partial R}$$

$$\frac{1}{n} \frac{\partial n \langle v_R v_z \rangle}{\partial R} + \frac{1}{n} \frac{\partial n \langle v_z^2 \rangle}{\partial z} + \frac{\langle v_R v_z \rangle}{R} = - \frac{\partial \Phi}{\partial z} .$$

Example 1: R direction

At $z \sim 0$ $\partial n / \partial z = 0$, $\partial \langle v_R v_z \rangle / \partial z = 0$
 Circular velocity $V_c^2 = R \partial \Phi / \partial R$

$$\langle v_\phi \rangle^2 = V_c^2 - \sigma_R^2 \left[\frac{\sigma_\phi^2}{\sigma_R^2} - 1 - \frac{\partial \ln(n \sigma_R^2)}{\partial \ln R} \right]$$

Asymmetric drift

σ_R^2 is large (old stars) $\langle v_\phi \rangle < V_c$
 σ_R^2 is small (young stars) $\langle v_\phi \rangle \approx V_c$

Example 2: z direction

At $z \sim 0$ $\partial / \partial z \gg 1$

$$\frac{1}{n} \frac{\partial n \sigma_z^2}{\partial z} = - \frac{\partial \Phi}{\partial z}$$

vertical equilibrium

5. Virial theorem

$xm x_k$ $\rho \equiv nm$

$$\frac{\partial n \langle v_j \rangle}{\partial t} + \sum_{i=1}^3 \frac{\partial}{\partial x_i} (n \langle v_i v_j \rangle) + n \frac{\partial \Phi}{\partial x_j} = 0$$

→
$$\int x_k \frac{\partial \rho \langle v_j \rangle}{\partial t} d^3x + \int x_k \sum_{i=1}^3 \frac{\partial}{\partial x_i} (\rho \langle v_i v_j \rangle) d^3x + \int \rho x_k \frac{\partial \Phi}{\partial x_j} d^3x = 0$$

$$\boxed{\frac{1}{2} \frac{d^2 I_{jk}}{dt^2} = 2K_{jk} + W_{jk}}$$

$$\left\{ \begin{array}{l} I_{jk} \equiv \int \rho x_j x_k d^3x, \\ K_{jk} \equiv \frac{1}{2} \int \rho \langle v_j v_k \rangle d^3x, \\ W_{jk} = W_{kj} \equiv - \int \rho x_k \frac{\partial \Phi}{\partial x_j} d^3x \end{array} \right.$$

Steady state

$$\boxed{2K + W = 0}$$

$$\left\{ \begin{array}{l} K = M \langle v^2 \rangle / 2 \\ W = -GM^2 / R_g \end{array} \right. \rightarrow \boxed{\langle v^2 \rangle} = \frac{GM}{R_g} \simeq 0.4 \frac{GM}{\boxed{R_h}} \rightarrow M$$

R_g : gravitational radius

R_h : half-mass radius $\simeq 0.4R_g$