

About the origin of CMB anisotropies

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$$(1) \quad Y = \frac{m_{\text{He}}}{m} = \frac{m_{\text{He}}}{m_{\text{H}} + m_{\text{He}}} = \frac{4 m_p N_{\text{He}}}{m_p N_{\text{H}} + 4 m_p N_{\text{He}}} = \frac{4 N_{\text{He}}}{N_{\text{H}} + 4 N_{\text{He}}}$$

$$Y N_{\text{H}} + 4 Y N_{\text{He}} = 4 N_{\text{He}}$$

$$N_{\text{He}} = \frac{Y}{4(1-Y)} N_{\text{H}}$$

$$N = N_{\text{H}} + N_{\text{He}} = N_{\text{H}} + \frac{Y}{4(1-Y)} N_{\text{H}} = \frac{4-3Y}{4(1-Y)} N_{\text{H}} = \frac{4-3Y}{Y} N_{\text{He}}$$

$$\rho = \frac{\alpha m_p N}{V} = \frac{m_{\text{H}} + m_{\text{He}}}{V} = \frac{m_p N_{\text{H}} + 4 m_p N_{\text{He}}}{V} = \frac{m_p N}{V} \left[\frac{4(1-Y)}{4-3Y} + 4 \frac{Y}{4-3Y} \right]$$

$$Y \approx 0.25 \Rightarrow \alpha \approx 1.23$$

$$\alpha = \frac{1}{1 - \frac{3}{4}Y}$$

$$(2) \quad \left. \begin{array}{l} T \sim a^{-1} \\ \rho \sim a^{-3} \end{array} \right\} \begin{array}{l} \rho \sim T^3 \\ \delta \rho \sim 3 T^2 \delta T \\ \frac{\delta \rho}{\rho} = 3 \frac{\delta T}{T} \end{array} \quad \left\langle \frac{\delta \rho}{\rho} \right\rangle = 3 \left\langle \frac{\delta T}{T} \right\rangle$$

$$(3) \quad \left\langle \frac{\delta \rho}{\rho} \right\rangle = \left\langle \frac{\delta N}{N} \right\rangle = \frac{1}{\sqrt{N}} = \left(\frac{\rho V}{\alpha m_p} \right)^{-\frac{1}{2}} = \left[\frac{\Omega_{m,0} (1+z_*)^3}{\alpha m_p} \frac{4\pi r_*^3}{3} \right]^{-\frac{1}{2}} = \left[\frac{\Omega_{m,0} (1+z_*)^3}{\alpha m_p} \frac{3 H_0^2}{8\pi G} \frac{4\pi r_*^3}{3} \right]^{-\frac{1}{2}}$$

$$\left\langle \frac{\delta \rho}{\rho} \right\rangle = \frac{1}{H_0} \sqrt{\frac{2\alpha G m_p}{\Omega_{m,0} (1+z_*)^3 r_*^3}} = 3 \left\langle \frac{\delta T}{T} \right\rangle$$

$$\left\langle \frac{\delta T}{T} \right\rangle = \frac{1}{3 H_0} \sqrt{\frac{2\alpha G m_p}{\Omega_{m,0} (1+z_*)^3 r_*^3}}$$

$$\alpha \approx 1.23$$

$$G = 6.67 \cdot 10^{-11} \frac{\text{Nm}^2}{\text{kg}^2}$$

$$m_p = 1.67 \cdot 10^{-27} \text{ kg}$$

$$H_0 = 67.66 \frac{\text{km}}{\text{s} \cdot \text{Mpc}}$$

$$z_* = 1089.8$$

$$r_* = 144.57 \text{ Mpc}$$

Planck 2018

$$\Rightarrow \left\langle \frac{\delta T}{T} \right\rangle \approx 3.7 \cdot 10^{-43} \ll 10^{-5}$$