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NOMENCLATURE

Cf	Global friction coefficient
D	Deformation rate, s ⁻¹
D _m	Mean deformation rate, s ⁻¹
D _h	Hydraulic diameter, m
\bar{D}	Deformation tensor
H	Dimensionless helicity
Po	Poiseuille number
Re	Reynolds number
S	Cross section m ²
V	Velocity, m.s ⁻¹
u, v, w	Velocity components in the x, y and z directions, m.s ⁻¹
U _m	Mean velocity, m.s ⁻¹

Greek symbols

α	Stretching/compression coefficient
ΔP	pressure Difference, Pa
ν	Kinematic viscosity, m ² .s ⁻¹
ρ	Density of fluid, kg.m ⁻³
Ω	Rotation rate, s ⁻¹
Ω_m	Mean rotation rate, s ⁻¹
Ω_z	Rotation rate in the cross section, s ⁻¹
\mathcal{U}	Volume of fluide, m ³