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证明正反粒子单位旋量正交关系：

$$\bar{u}_i(\vec{p})u_j(\vec{p}) = \frac{m}{E}\delta_{ij}$$

$$\bar{v}_i(\vec{p})v_j(\vec{p}) = -\frac{m}{E}\delta_{ij}$$

$$\bar{u}_i(\vec{p})v_j(\vec{p}) = 0$$

$$\bar{v}_j(\vec{p})u_i(\vec{p}) = 0$$

当 $i = 1, 2$, 正反粒子单位旋量满足动量表象 Dirac 方程

$$(\hat{p} + m) u_i(\vec{p}) = 0, \quad (\hat{p} - m) v_i(\vec{p}) = 0$$

可写成：

$$(\vec{\gamma} \cdot \vec{p} - \gamma_4 E + m) u_i(\vec{p}) = 0$$

$$(\vec{\gamma} \cdot \vec{p} - \gamma_4 E - m) v_i(\vec{p}) = 0$$

取厄米共轭：

$$u_i^\dagger(\vec{p}) (-\vec{\gamma} \cdot \vec{p} - \gamma_4 E + m) = 0$$

$$v_i^\dagger(\vec{p}) (-\vec{\gamma} \cdot \vec{p} - \gamma_4 E - m) = 0$$

因此：

$$u_i^\dagger(\vec{p}) (\vec{\gamma} \cdot \vec{p} - \gamma_4 E + m) u_i(\vec{p}) = 0 \quad (1)$$

$$v_i^\dagger(\vec{p}) (\vec{\gamma} \cdot \vec{p} - \gamma_4 E - m) v_i(\vec{p}) = 0 \quad (2)$$

$$u_i^\dagger(\vec{p}) (-\vec{\gamma} \cdot \vec{p} - \gamma_4 E + m) u_j(\vec{p}) = 0 \quad (3)$$

$$v_i^\dagger(\vec{p}) (-\vec{\gamma} \cdot \vec{p} - \gamma_4 E - m) v_j(\vec{p}) = 0 \quad (4)$$

(1), (3) 式相加, (2), (4) 式相加, 得：

$$u_i^\dagger(\vec{p}) (-2E\gamma_4 + 2m) u_j(\vec{p}) = 0$$

$$v_i^\dagger(\vec{p}) (-2E\gamma_4 - 2m) v_j(\vec{p}) = 0$$

即：

$$u_i^\dagger(\vec{p})\gamma_4 u_j(\vec{p}) = \frac{m}{E} u_i^\dagger(\vec{p}) u_j(\vec{p})$$

$$v_i^\dagger(\vec{p})\gamma_4 v_j(\vec{p}) = -\frac{m}{E} v_i^\dagger(\vec{p}) v_j(\vec{p})$$

利用正交性和定义

$$\bar{u}_i(\vec{p}) \equiv u_i^\dagger(\vec{p})\gamma_4, \quad \bar{v}_i(\vec{p}) \equiv v_i^\dagger(\vec{p})\gamma_4$$

$$u_i^\dagger(\vec{p}) u_j(\vec{p}) = \delta_{ij}, \quad v_i^\dagger(\vec{p}) v_j(\vec{p}) = \delta_{ij}$$

得到：

$$\bar{u}_i(\vec{p}) u_j(\vec{p}) = \frac{m}{E} \delta_{ij}$$

$$\bar{v}_i(\vec{p}) v_j(\vec{p}) = -\frac{m}{E} \delta_{ij}$$