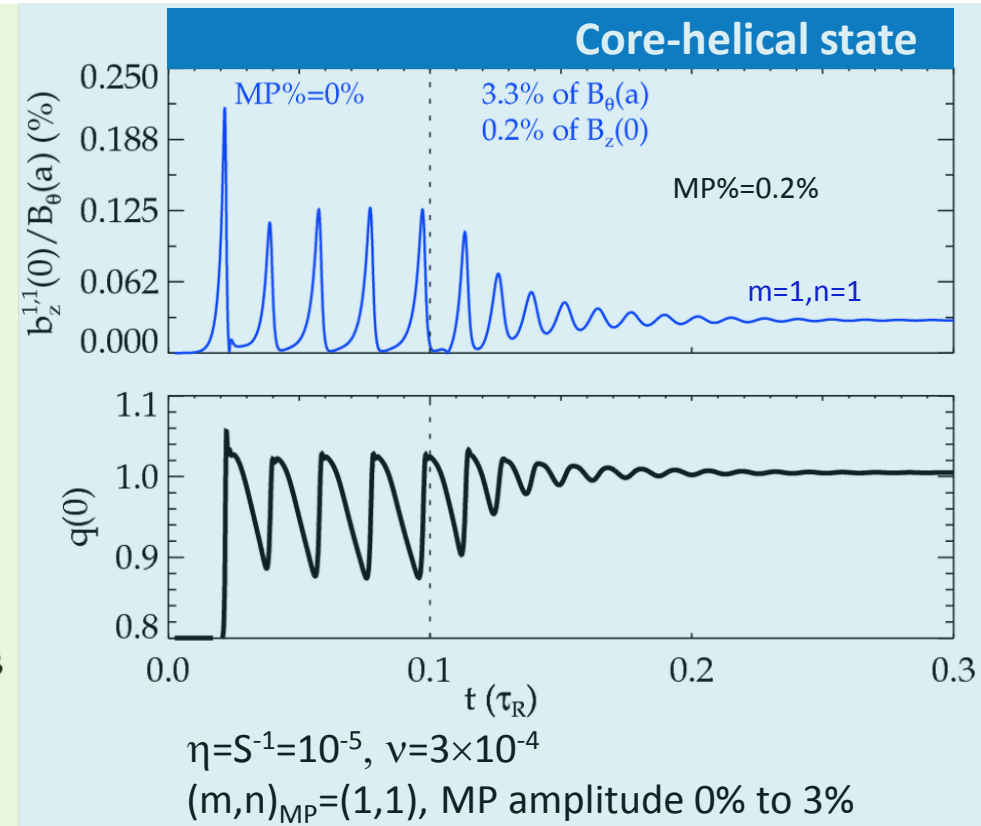
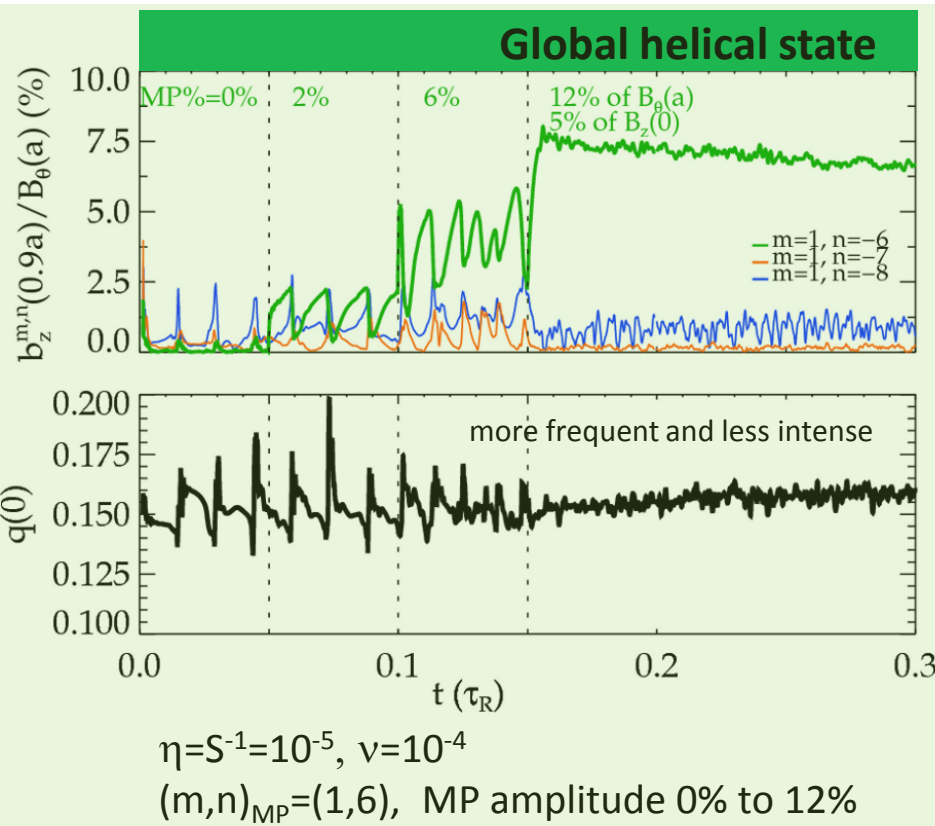


Both RFP and tokamak sawtoothing saturate to helical regime ^[1]

in 3D nonlinear $v\eta$ -MHD with small MPs
(and/or when the product $v\eta$ becomes large even without MP)

RFP

Tokamak



from **Reconnection/Sawtoothing** to **Stimulated helical self-organization**

[1] Bonfiglio, Veranda, Cappello, Escande, Chacòn **PPCF 57** 044001 (2015)