

*biases*

*colvars*

*components*

**harmonic restraint:**

$$\frac{1}{2} K [ (d-d_0(t))^2/w_d^2 + (c-c_0(t))^2/w_c^2 ]$$

**histogram:**  
(alpha, c)

**colvar “d”**  
 $(d_1 - d_2)$

**colvar “c”**  
(coord)

**colvar “alpha”**  
(alpha)

**distance “ $d_1$ ”:**  
atoms [1, 2] [3-5]  
(C = 1.0, p = 1)

**distance “ $d_2$ ”:**  
atoms [7] [8-10]  
(C = -1.0, p = 1)

**coord. num. “coord”:**  
atoms [1-10] [11-20]  
radius 6 Å

**alpha helix “alpha”:**  
residues [1-10]