This is the transition rate A_{nm} for a spontaneous emission process $\psi_n \to \psi_m$.

$$A_{nm} = \frac{e^2}{3\pi\varepsilon_0\hbar c^3} \,\omega_{nm}^3 \,|\langle r_{nm}\rangle|^2$$

The transition frequency is

$$\omega_{nm} = \frac{1}{\hbar} (E_n - E_m)$$

The energy levels for hydrogen are

$$E_n = -\frac{\mu}{2n^2} \left(\frac{e^2}{4\pi\varepsilon_0 \hbar} \right)^2$$

where μ is reduced electron mass.

The radial density is

$$|\langle r_{nm}\rangle|^2 = |\langle x_{nm}\rangle|^2 + |\langle y_{nm}\rangle|^2 + |\langle z_{nm}\rangle|^2$$

where

$$\langle x_{nm} \rangle = \int \psi_m^* (r \sin \theta \cos \phi) \, \psi_n \, dV$$
$$\langle y_{nm} \rangle = \int \psi_m^* (r \sin \theta \sin \phi) \, \psi_n \, dV$$
$$\langle z_{nm} \rangle = \int \psi_m^* (r \cos \theta) \, \psi_n \, dV$$

Let us compute A_{21} for a hydrogen atom. For n=2 there are four possible states.

The following table shows the radial density for every possible transition.

$$\psi_{2,1,1} \to \psi_{1,0,0} \quad \psi_{2,1,-1} \to \psi_{1,0,0} \quad \psi_{2,1,0} \to \psi_{1,0,0} \quad \psi_{2,0,0} \to \psi_{1,0,0}$$

$$\langle x_{21} \rangle = -\frac{128}{243} a_0 \qquad \frac{128}{243} a_0 \qquad 0 \qquad 0$$

$$\langle y_{21} \rangle = -\frac{128}{243} i a_0 \qquad -\frac{128}{243} i a_0 \qquad 0 \qquad 0$$

$$\langle z_{21} \rangle = \qquad 0 \qquad \qquad 0 \qquad \frac{128}{243} \sqrt{2} a_0 \qquad 0$$

$$|\langle r_{21} \rangle|^2 = \qquad \frac{32768}{59049} a_0^2 \qquad \frac{32768}{59049} a_0^2 \qquad \frac{32768}{59049} a_0^2 \qquad 0$$

Note that the transition rate of $\psi_{2,0,0} \to \psi_{1,0,0}$ is zero. For the allowed transitions, the radial density $|\langle r_{21} \rangle|^2$ is independent of ℓ and m.

This is the Bohr radius for reduced electron mass μ .

$$a_0 = \frac{4\pi\varepsilon_0\hbar^2}{e^2\mu} = 5.29 \times 10^{-11} \,\text{meter}$$

For the transition frequency we have

$$\omega_{21} = \frac{1}{\hbar} (E_2 - E_1) = \frac{3e^4 \mu}{128\pi^2 \varepsilon_0^2 \hbar^3} = 1.55 \times 10^{16} \,\text{second}^{-1}$$

Hence

$$A_{21} = \frac{e^2}{3\pi\varepsilon_0\hbar c^3} \times \omega_{21}^3 \times \frac{32768}{59049} a_0^2 = 6.26 \times 10^8 \text{ second}^{-1}$$

It is interesting to work out A_{nm} symbolically and see how high the powers get.

$$A_{21} = \frac{e^2}{3\pi\varepsilon_0\hbar c^3} \times \left(\frac{3e^4\mu}{128\pi^2\varepsilon_0^2\hbar^3}\right)^3 \times \frac{32768}{59049} \left(\frac{4\pi\varepsilon_0\hbar^2}{e^2\mu}\right)^2 = \frac{e^{10}\mu}{26244\,\pi^5\varepsilon_0^5\hbar^6c^3}$$

$$\omega_{21}^3 \qquad \qquad |\langle r_{21}\rangle|^2$$

The parameters n=2 and m=1 contribute the following numerical factor to A_{21} .

$$\left(-\frac{1}{2^2} + \frac{1}{1^2}\right)^3 \times \frac{32768}{59049} = \frac{512}{2187} = \frac{2^9}{3^7}$$
from $(E_2 - E_1)^3$ from $|\langle r_{21} \rangle|^2$

Multiplying out numerical factors yields the numerical factor shown above in A_{21} .

$$\frac{1}{3} \times \left(\frac{1}{32}\right)^3 \times 4^2 \times \frac{512}{2187} = \frac{1}{26244} = \frac{1}{2^23^8}$$
from $(E_n - E_m)^3$

Let us analyze the units involved in computing A_{nm} . For the coefficient of A_{nm} we have

$$\frac{e^2}{3\pi\varepsilon_0\hbar c^3} \propto \frac{\text{ampere}^2 \operatorname{second}^2}{\left(\frac{\text{ampere}^2 \operatorname{second}^4}{\text{kilogram meter}^3}\right)\left(\frac{\text{kilogram meter}^2}{\text{second}}\right)\left(\frac{\text{meter}^3}{\text{second}^3}\right)} = \frac{\operatorname{second}^2}{\operatorname{meter}^2}$$

For the transition frequency we have

$$\omega_{21} = \frac{3e^4\mu}{128\pi^2\varepsilon_0^2\hbar^3} \propto \frac{\left(\text{ampere}^4\text{second}^4\right)\text{kilogram}}{\left(\frac{\text{ampere}^4\text{second}^8}{\text{kilogram}^2\text{meter}^6}\right)\left(\frac{\text{kilogram}^3\text{meter}^6}{\text{second}^3}\right)} = \text{second}^{-1}$$
$$\varepsilon_0^2 \qquad \qquad \hbar^3$$

For the Bohr radius we have

$$a_{0} = \frac{4\pi\varepsilon_{0}\hbar^{2}}{e^{2}\mu} \propto \frac{\left(\frac{\text{ampere}^{2} \text{ second}^{4}}{\text{kilogram meter}^{3}}\right)\left(\frac{\text{kilogram}^{2} \text{ meter}^{4}}{\text{second}^{2}}\right)}{\left(\text{ampere}^{2} \text{ second}^{2}\right) \text{ kilogram}} = \text{meter}$$

Hence

$$A_{nm} \propto \frac{\text{second}^2}{\text{meter}^2} \times \text{second}^{-3} \times \text{meter}^2 = \text{second}^{-1}$$

$$\frac{\omega_{nm}^3}{\omega_{nm}^3} = \frac{a_0^2}{a_0^2}$$