Let A_{nm} be the transition rate for the spontaneous emission process $\psi_n \to \psi_m$. In accordance with Heisenberg we have the following formula.

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

The transition frequency ω_{nm} is given by Bohr's frequency condition.

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

The transition probability (multiplied by a physical constant) is

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

where

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

Let us compute A_{21} for hydrogen. The energy levels for hydrogen are

$$E_n = -\frac{e^2}{8\pi\varepsilon_0 a_0 n^2}$$

where a_0 is the Bohr radius

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

For the transition frequency we have

$$\omega_{21} = \frac{1}{\hbar}(E_2 - E_1) = 1.55 \times 10^{16} \,\mathrm{second}^{-1}$$

To compute the transition probability $|r_{21}|^2$ we need to consider all four eigenstates for n=2.

$$\begin{array}{ccccc}
n & \ell & m_{\ell} \\
2 & 1 & 1 \\
2 & 1 & -1 \\
2 & 1 & 0 \\
2 & 0 & 0
\end{array}$$

The following table shows the transition probability for every possible transition.

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

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

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

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

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

The transition $\psi_{2,0,0} \to \psi_{1,0,0}$ has zero probability. For the remaining transitions, the probability $|r_{21}|^2$ is independent of m_{ℓ} .

Now that we have $|r_{21}|^2$ we can compute a numerical value for A_{21} .

$$A_{21} = \frac{e^2}{3\pi\varepsilon_0\hbar c^3} \times \omega_{21}^3 \times \frac{32768}{59049} a_0^2 = 6.27 \times 10^8 \text{ second}^{-1}$$

Here is A_{21} as a product of fundamental constants.

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

$$\omega_{21}^{\theta_{21}} = \frac{e^{10}m_e}{128\pi^2\varepsilon_0^2\hbar^3}$$

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 $|r_{21}|^2$

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

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

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

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

$$\varepsilon_0 \qquad \qquad \hbar \qquad \qquad \varepsilon^3$$

For the transition frequency we have

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

$$\varepsilon_0^2 \qquad \qquad \hbar^3$$

For the Bohr radius we have

$$a_0 = \frac{4\pi\varepsilon_0\hbar^2}{e^2m_e} \propto \frac{\left(\frac{\text{ampere}^2 \text{second}^4}{\text{kilogram meter}^3}\right)\left(\frac{\text{kilogram}^2 \text{meter}^4}{\text{second}^2}\right)}{\left(\text{ampere}^2 \text{second}^2\right) \text{kilogram}} = \text{meter}$$

Hence

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

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