

Energy of a prolate top: (without distortion)

$$F(J, k_a) = BJ(J+1) + (A-B)k_a^2 \quad (A-B) > 0$$

Energy of an oblate top: (without distortion)

$$F(J, k_c) = BJ(J+1) + (C-B)k_c^2 \quad (C-B) < 0$$

Prolate top

Oblate top

