

The constrained Euler-Lagrange equations says the following holds for some unknown time-dependent matrix Λ .

$$\left(\frac{d}{dt} \frac{\partial \mathcal{L}}{\partial \dot{Q}} \right) - \frac{\partial \mathcal{L}}{\partial Q} = \Lambda \frac{\partial g}{\partial Q}$$

Evaluating the derivatives:

$$\begin{aligned} \frac{\partial \mathcal{L}}{\partial \dot{Q}} &= 0 \\ \frac{\partial \mathcal{L}}{\partial Q} &= \frac{1}{2} \left(\sum m_\alpha r_\alpha^2 \dot{Q} + \sum m_\alpha r_\alpha^2 \dot{Q} \right) \\ &= \sum m_\alpha r_\alpha^2 \dot{Q} \\ \Lambda \frac{\partial g}{\partial Q} &= \left(\Lambda Q + \Lambda Q \right) \\ &= 2 \left(\Lambda + \Lambda^T \right) Q \end{aligned}$$

So:

$$\sum m_\alpha r_\alpha^2 \ddot{Q} = 2 \left(\Lambda + \Lambda^T \right) Q$$

In other words:

$$\sum m_\alpha r_\alpha^2 \ddot{Q} - Q = 2 \left(\Lambda + \Lambda^T \right)$$

So $\sum m_\alpha r_\alpha^2 \ddot{Q} - Q$ is symmetric.

That's the equation of motion.

Say we want to work in the body frame. Then we'll say the angular velocity is $\Omega = \dot{Q}Q^{-1}$. This is an antisymmetric matrix, because $\dot{\Omega} + \Omega^2 = \frac{d}{dt} \Omega = 0$.

We compute:

$$\begin{aligned}
 \dot{\Omega} &= \ddot{Q}Q^{-1} + \dot{Q}\dot{Q}^{-1} \\
 &= \ddot{Q}Q^{-1} + \dot{Q}Q^{-1}Q\dot{Q}^{-1} \\
 &= \ddot{Q}Q^{-1} + \Omega^2 \\
 &= \ddot{Q}Q^{-1}
 \end{aligned}$$

So $\sum m_\alpha r_\alpha^2 \dot{\Omega} + \Omega^2$ is symmetric.

If we want, we can solve for $\dot{\Omega}$.

$$\begin{aligned}
 \sum m_\alpha r_\alpha^2 \dot{\Omega} + \Omega^2 &= -\dot{\Omega} + \Omega^2 \\
 \sum m_\alpha r_\alpha^2 \dot{\Omega} &= -\dot{\Omega} + \Omega^2 - \Omega^2 \\
 (\sum m_\alpha r_\alpha^2) \otimes \text{id} + \text{id} \otimes (\sum m_\alpha r_\alpha^2) &= -(\sum m_\alpha r_\alpha^2) \otimes \text{id} + \text{id} \otimes (\sum m_\alpha r_\alpha^2) \\
 \dot{\Omega} &= \Omega^2
 \end{aligned}$$

The big box on the left, treated as a map from antisymmetric matrices to antisymmetric matrices, is the inertia tensor I . It is invertible in a suitable sense, so we get an equation for $\dot{\Omega}$.

$$\dot{\Omega} = I^{-1} \Omega^2$$

Let's work in a convenient basis.

$$\sum m_\alpha r_\alpha^2 = \begin{bmatrix} a_0 & & & & \\ & a_1 & & & \\ & & a_2 & & \\ & & & a_3 & \\ & & & & \ddots \end{bmatrix}$$

Then this formula simplifies. We compute:

$$\begin{aligned} & \left(\sum m_\alpha r_\alpha^2 \right) \otimes \text{id} + \text{id} \otimes \left(\sum m_\alpha r_\alpha^2 \right) = (a_i + a_j)(e_i \otimes e_j - e_j \otimes e_i) \\ & \quad \left(e_i \otimes e_j - e_j \otimes e_i \right) \\ & - \left(\sum m_\alpha r_\alpha^2 \right) \otimes \text{id} + \text{id} \otimes \left(\sum m_\alpha r_\alpha^2 \right) = (a_j - a_i)(e_i \otimes e_j - e_j \otimes e_i) \\ & \quad \left(e_i \otimes e_j + e_j \otimes e_i \right) \\ & \dot{\Omega}_{ij} = \frac{a_j - a_i}{a_i + a_j} (\Omega^2)_{ij} \end{aligned}$$

It is clear, then, that if the body is fully asymmetric, then equilibrium occurs when Ω^2 is diagonal. If Ω 's eigenvalues are likewise maximally distinct, then we have, up to permuting rows and columns:

$$\Omega = \begin{bmatrix} & & & & \omega_0 \\ & & & & \\ & & & \omega_1 & \\ & & \ddots & & \\ & \omega_{n-1} & & & \\ \omega_n & & & & \end{bmatrix}$$

(where $\omega_k = -\omega_{n-k}$).

That is, the planes of rotation are spanned by pairs of principal axes.

When is the equilibrium stable? Linearize by setting $\Omega = \Omega_0 + \epsilon \Omega_1$, where Ω_0 is an equilibrium, and take the order ϵ part.

$$\begin{aligned} (\dot{\Omega}_1)_{ij} &= \frac{a_j - a_i}{a_i + a_j} (\Omega_0 \Omega_1 + \Omega_1 \Omega_0)_{ij} \\ &= \frac{a_j - a_i}{a_i + a_j} (\omega_i (\Omega_1)_{(n-i)j} + \omega_{n-j} (\Omega_1)_{i(n-j)}) \end{aligned}$$

For any i and j , this linear transformation $\Omega_1 \mapsto \dot{\Omega}_1$ preserves the subspace of matrices which are nonzero only when both indices are either $i, j, n-i$, or $n-j$. We'll find all our eigenvectors in those subspaces. So, in essence, *we can reduce the problem to the case where there are only four dimensions.*

Let's work in four dimensions. Then Ω_1 is a six-dimensional vector:

$$\begin{bmatrix} (\Omega_1)_{01} \\ (\Omega_1)_{02} \\ (\Omega_1)_{03} \\ (\Omega_1)_{12} \\ (\Omega_1)_{13} \\ (\Omega_1)_{23} \end{bmatrix}$$

The linearized equations of motion are thus given by a 6×6 matrix.

$$\dot{\Omega}_1 = \begin{bmatrix} 0 & \frac{a_1-a_0}{a_0+a_1}\omega_2 & 0 & 0 & -\frac{a_1-a_0}{a_0+a_1}\omega_0 & 0 \\ \frac{a_2-a_0}{a_0+a_2}\omega_1 & 0 & 0 & 0 & 0 & -\frac{a_2-a_0}{a_0+a_2}\omega_0 \\ 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 \\ -\frac{a_3-a_1}{a_1+a_3}\omega_0 & 0 & 0 & 0 & 0 & \frac{a_3-a_1}{a_1+a_3}\omega_1 \\ 0 & -\frac{a_3-a_2}{a_2+a_3}\omega_0 & 0 & 0 & \frac{a_3-a_2}{a_2+a_3}\omega_2 & 0 \end{bmatrix} \Omega_1$$

Simplifying using $\omega_2 = -\omega_1$:

$$\dot{\Omega}_1 = \begin{bmatrix} 0 & -\frac{a_1-a_0}{a_0+a_1}\omega_1 & 0 & 0 & -\frac{a_1-a_0}{a_0+a_1}\omega_0 & 0 \\ \frac{a_2-a_0}{a_0+a_2}\omega_1 & 0 & 0 & 0 & 0 & -\frac{a_2-a_0}{a_0+a_2}\omega_0 \\ 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 \\ -\frac{a_3-a_1}{a_1+a_3}\omega_0 & 0 & 0 & 0 & 0 & \frac{a_3-a_1}{a_1+a_3}\omega_1 \\ 0 & -\frac{a_3-a_2}{a_2+a_3}\omega_0 & 0 & 0 & -\frac{a_3-a_2}{a_2+a_3}\omega_1 & 0 \end{bmatrix} \Omega_1$$

To simplify, define $\alpha = \frac{a_1-a_0}{a_0+a_1}$, $\beta = \frac{a_2-a_0}{a_0+a_2}$, $\gamma = \frac{a_3-a_1}{a_1+a_3}$, and $\delta = \frac{a_3-a_2}{a_2+a_3}$.

$$\dot{\Omega}_1 = \begin{bmatrix} 0 & -\alpha\omega_1 & 0 & 0 & -\alpha\omega_0 & 0 \\ \beta\omega_1 & 0 & 0 & 0 & 0 & -\beta\omega_0 \\ 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 \\ -\gamma\omega_0 & 0 & 0 & 0 & 0 & \gamma\omega_1 \\ 0 & -\delta\omega_0 & 0 & 0 & -\delta\omega_1 & 0 \end{bmatrix} \Omega_1$$

We drop the trivial rows and columns, then compute the characteristic polynomial.

$$\begin{aligned} & \det \begin{bmatrix} -\lambda & (-\alpha)\omega_1 & (-\alpha)\omega_0 & \\ (\beta)\omega_1 & -\lambda & & (-\beta)\omega_0 \\ (-\gamma)\omega_0 & & -\lambda & (\gamma)\omega_1 \\ & (-\delta)\omega_0 & (-\delta)\omega_1 & -\lambda \end{bmatrix} \\ &= \lambda^4 - (-\delta)(\gamma)\lambda^2\omega_1^2 - (-\delta)(-\beta)\lambda^2\omega_0^2 \\ & - (\beta)(-\alpha)\lambda^2\omega_1^2 + (\beta)(-\alpha)(-\delta)(\gamma)\omega_1^4 - (\beta)(-\delta)(-\alpha)(\gamma)\omega_0^2\omega_1^2 \\ & - (-\gamma)(-\alpha)(-\delta)(-\beta)\omega_0^2\omega_1^2 - (-\gamma)(-\alpha)\omega_0^2\lambda^2 + (-\gamma)(-\delta)(-\alpha)(-\beta)\omega_0^4 \\ &= \lambda^4 + ((\alpha\beta + \gamma\delta)\omega_1^2 - (\alpha\gamma + \beta\delta)\omega_0^2)\lambda^2 + \alpha\beta\gamma\delta(\omega_1^2 - \omega_0^2)^2 \end{aligned}$$

I have not yet found a clean-enough way to determine when the roots are all imaginary.