

Bloembergen-Purcell-Pound (BPP) relaxation shape factor

$$P(\tau, f) = J_\tau(\omega) + 4 J_\tau(2\omega), \text{ where } J_\tau(\omega) = \frac{2\tau}{1 + (\omega\tau)^2} \text{ and } \omega = 2\pi f$$

for a pair of spin 1/2 nuclides of the same kind under isotropic rotational diffusion (dipolar interaction)

