

# Lagrange's equations of motion

Solving Newton's equations of motion for a system of N particles

$$\boxed{m_i \ddot{\mathbf{r}}_i = \mathbf{F}_i^e + \sum_j \mathbf{F}_{ij}} \quad (1)$$

where  $\mathbf{F}_i^e$  stands for the external force and  $\mathbf{F}_{ij}$  is the internal force on the  $i$ th particle due to the  $j$ th particle, we get the position of every particle as a function of time  $t$ ,  $\mathbf{r}_i(t)$ .

Usually things are more complicated: there exist **constraints** that limit the motion of the system. E.g.

- A point mass moving on the surface of a sphere
- A rigid body (the distances between the particles are constants)
- Gas molecules within a container are constrained by the walls of the vessel to move only inside the container.

**Constraints** introduce two types of difficulties:

1. The coordinates  $\mathbf{r}_i$  are no longer independent, since they are connected by the equations of the constraint. Thus the equations (1) are not all independent.
2. The forces of the constraint are also unknowns.

We overcome these difficulties by:

1. Introducing suitable generalized coordinates
2. Using Lagrange's equations of motion

## Types of constraints

### ► Holonomic constraints:

$$f(\mathbf{r}_1, \mathbf{r}_2, \mathbf{r}_3, \dots, \mathbf{r}_{3N}, t) = 0 \quad (2)$$

- ◆ **rheonomous**, if  $t$  appears explicitly in (2)
- ◆ **scleronomous** if the constraint does not depend explicitly on time

### Examples:

- Motion of a particle on a sphere of radius  $R$ :

$$x^2 + y^2 + z^2 - R^2 = 0$$

- Two particles on the plane moving as a rigid body (their distance  $d$  remains constant)

$$(x_1 - x_2)^2 + (y_1 - y_2)^2 - d^2 = 0$$

### ► Nonholonomic constraints

#### Example:

A particle placed in the interior of a sphere:

$$x^2 + y^2 + z^2 < R^2$$

**Generalized coordinates ( $q_i$ ):** The independent parameters needed for defining the position of a particle or a system of particles.

**Configuration space:** The space whose coordinates are the generalized coordinates  $q_i$ .

**Degrees of freedom:** the number of generalized coordinates.

**Generalized velocities:** The time derivatives of **generalized** coordinates  $\dot{q}_i$

A system of  $N$  particles, free from constraints, has  $3N$  independent coordinates or degrees of freedom. **If there exist  $k$  holonomic constraints** of the form (2), then we may use these equations to eliminate  $k$  of the  $3N$  coordinates. So we are left with  $3N-k$  independent coordinates, so **the system has  $3N-k$  degrees of freedom.**

This elimination can be done by introducing  $3N-k$  new independent variables  $q_1, q_2, \dots, q_{3N-k}$  in terms of which the old coordinates  $r_1, r_2, \dots, r_N$  are expressed by the equations:

$$r_i = r_i(q_1, q_2, \dots, q_{3N-k}, t) \quad \text{for } i=1, 2, \dots, 3N \quad (3)$$

In general we can solve (3) with respect to the new generalized coordinates and get:

$$q_i = q_i(r_1, r_2, \dots, r_{3N}, t) \quad \text{for } i=1, 2, \dots, 3N-k \quad (4)$$

The equations expressing nonholonomic constraints cannot be used to eliminate the dependent coordinates. So nonholonomic constraints do not reduce the number of degrees of freedom.

A **virtual infinitesimal displacement** of a system refers to a change in the configuration of the system as the result of any arbitrary infinitesimal change of the coordinates  $\delta r_i$ , **consistent with the forces and constraints imposed on the system at a given time  $t$** . The displacement is called virtual and denoted by  $(\delta)$  to distinguish it from an actual displacement of the system, denoted by  $(d)$  occurring in a time interval  $dt$ , during which the forces and constraints may be changing.

### Example

A mass point moving free of constraints is a system with 3 degrees of freedom. As generalized coordinates can be used the cartesian coordinates  $x, y, z$  or the spherical coordinates  $r, \theta, \varphi$ .

If the point is moving on a sphere of radius  $R$  then we have 1 holonomic constraint of the form:

$$x^2 + y^2 + z^2 - R^2 = 0$$

This constraint is scleronomous if  $R$  is constant and rheonomous if  $R$  changes in time  $R(t)$ . So the system has 2 degrees of freedom. We can choose as generalized coordinates the angles  $\theta, \varphi$ .

The transformations between the generalized coordinates and the cartesian coordinates are:

$$x = R \cos\varphi \cos\theta,$$

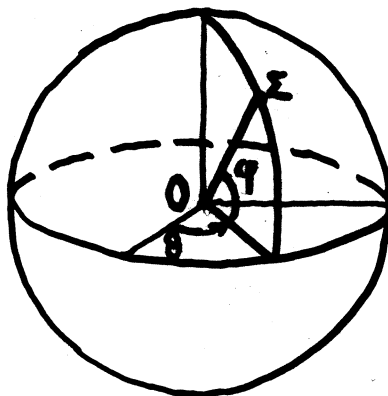
$$y = R \cos\varphi \sin\theta,$$

$$z = R \sin\varphi$$

and

$$\theta = \arctan\left(\frac{y}{x}\right)$$

$$\varphi = \arctan\left(\frac{z}{\sqrt{x^2 + y^2}}\right)$$



## Principle of virtual work

We consider the system of  $N$  particles with  $k$  holonomic constraints, to be in equilibrium i.e. the total force on each particle vanishes

$$F_i = 0 \quad (5)$$

Then the virtual work of these forces also vanishes

$$\sum_i F_i \cdot \delta r_i = 0 \quad (6)$$

We decompose the total force  $F_i$  into the applied force  $F_i^a$  and the force of the constraint  $R_i$

$$F_i = F_i^a + R_i \quad (7)$$

Then eq.(6) becomes:

$$\sum_i F_i^a \cdot \delta r_i + \sum_i R_i \cdot \delta r_i = 0 \quad (8)$$

We consider systems where the net virtual work of the forces of constraints is zero (or the forces of constraints are perpendicular to the constraint's surface):

$$\sum_i R_i \cdot \delta r_i = 0 \quad (9)$$

### Principle of virtual work:

The necessary and sufficient condition for a system to be in equilibrium is that the virtual work of the applied forces vanishes for all virtual displacements:

$$\boxed{\sum_i F_i^a \cdot \delta r_i = 0} \quad (10)$$

## D' Alembert's principle and Lagrange's equations

In the general case that the system is not at equilibrium, Newton's equations of motion give:

$$F_i = \dot{p}_i \Leftrightarrow F_i - \dot{p}_i = 0 \Leftrightarrow F_i^a + R_i - \dot{p}_i = 0 \Leftrightarrow \sum_i (F_i^a - \dot{p}_i) \cdot \delta r_i + \sum_i R_i \cdot \delta r_i = 0$$

Since the virtual work of the forces of constraints is zero (eq.(9)) we get the D' Alembert's principle:

$$\boxed{\sum_i (F_i^a - m_i \ddot{r}_i) \cdot \delta r_i = 0} \quad (11)$$

The D' Alembert's principle does not contain the forces of constraints, and the superscript (a) can be dropped. Since  $\delta r_i$  are not independent we will transform eq.(11) into an equation involving the independent virtual displacements  $\delta q_i$ .

From eq.(3)

$$r_i = r_i(q_1, q_2, \dots, q_{3N-k}, t) \quad \text{for } i=1, 2, \dots, 3N$$

we get

$$\underline{u_i = \frac{dr_i}{dt} = \dot{r}_i = \sum_k \frac{\partial r_i}{\partial q_k} \dot{q}_k + \frac{\partial r_i}{\partial t}} \quad (12)$$

and

$$\underline{\delta r_i = \sum_j \frac{\partial r_i}{\partial q_j} \delta q_j} \quad (13)$$

So in terms of the generalized coordinates the virtual work of  $F_i$  becomes:

$$\underline{\sum_i F_i \cdot \delta r_i = \sum_{i,j} F_i \cdot \frac{\partial r_i}{\partial q_j} \delta q_j = \sum_i Q_j \cdot \delta q_j} \quad (14)$$

where  $Q_j$  are called the **generalized forces** defined as

$$\boxed{Q_j = \sum_i F_i \cdot \frac{\partial r_i}{\partial q_j}} \quad (15)$$

From eq.(12), since  $r_i$  and  $(\partial r_i / \partial t)$  do not depend on  $\dot{q}_k$  we get

$$\underline{\frac{\partial u_i}{\partial \dot{q}_j} = \frac{\partial r_i}{\partial q_j}} \quad (16)$$

We also have (using eq.(12)).

$$\underline{\frac{d}{dt} \left( \frac{\partial r_i}{\partial q_j} \right) = \sum_k \frac{\partial^2 r_i}{\partial q_j \partial q_k} \dot{q}_k + \frac{\partial^2 r_i}{\partial q_j \partial t} = \frac{\partial \dot{r}_i}{\partial q_j} = \frac{\partial u_i}{\partial q_j}} \quad (17)$$

The second part of D' Alembert's principle (eq.(11)) using eq.(13) becomes:

$$\sum_i m_i \ddot{r}_i \cdot \delta r_i = \sum_{i,j} m_i \ddot{r}_i \cdot \frac{\partial r_i}{\partial q_j} \delta q_j \quad (18)$$

So we get

$$\sum_i m_i \ddot{r}_i \cdot \frac{\partial r_i}{\partial q_j} = \sum_i \left\{ \frac{d}{dt} \left( m_i \dot{r}_i \cdot \frac{\partial r_i}{\partial q_j} \right) - m_i \dot{r}_i \cdot \frac{d}{dt} \left( \frac{\partial r_i}{\partial q_j} \right) \right\} \quad (19)$$

Using eqs.(16) and (17), eq.(19) becomes

$$\sum_i m_i \ddot{\mathbf{r}}_i \cdot \frac{\partial \mathbf{r}_i}{\partial \mathbf{q}_j} = \sum_i \left\{ \frac{d}{dt} \left( m_i \mathbf{u}_i \cdot \frac{\partial \mathbf{u}_i}{\partial \dot{\mathbf{q}}_j} \right) - m_i \mathbf{u}_i \cdot \frac{\partial \mathbf{u}_i}{\partial \mathbf{q}_j} \right\} \quad (20)$$

so the second term of eq.(11) can be written as

$$\sum_i m_i \ddot{\mathbf{r}}_i \cdot \delta \mathbf{r}_i = \sum_j \left\{ \frac{d}{dt} \left( \frac{\partial}{\partial \dot{\mathbf{q}}_j} \left( \sum_i \frac{1}{2} m_i u_i^2 \right) \right) - \frac{\partial}{\partial \mathbf{q}_j} \left( \sum_i \frac{1}{2} m_i u_i^2 \right) \right\} \delta \mathbf{q}_j \quad (21)$$

Identifying  $\sum_i \frac{1}{2} m_i u_i^2$  with the **kinetic energy T** of the system, D' Alembert's principle becomes:

$$\sum_j \left[ \left\{ \frac{d}{dt} \left( \frac{\partial T}{\partial \dot{\mathbf{q}}_j} \right) - \frac{\partial T}{\partial \mathbf{q}_j} \right\} - Q_j \right] \delta \mathbf{q}_j = 0 \quad (22)$$

Since the virtual displacements are independent eq.(22) holds when

$$\boxed{\frac{d}{dt} \left( \frac{\partial T}{\partial \dot{\mathbf{q}}_j} \right) - \frac{\partial T}{\partial \mathbf{q}_j} = Q_j \quad j = 1, 2, \dots, 3N - k} \quad (23)$$

When the forces are derived from a scalar potential function V

$$\mathbf{F}_i = - \nabla_i V \quad (24)$$

the generalized forces can be written as:

$$Q_j = \sum_i \mathbf{F}_i \cdot \frac{\partial \mathbf{r}_i}{\partial \mathbf{q}_j} = - \sum_i \nabla_i V \cdot \frac{\partial \mathbf{r}_i}{\partial \mathbf{q}_j} = - \frac{\partial V}{\partial \mathbf{q}_j} \quad (25)$$

Since V does not depend on the generalized velocities **eq.(23)** becomes



$$\frac{d}{dt} \left( \frac{\partial(T-V)}{\partial \dot{q}_j} \right) - \frac{\partial(T-V)}{\partial q_j} = 0 \quad (26)$$

Defining the Lagrangian function L

$$L = T - V \quad (27)$$

we get the Lagrange's equations:

$$\frac{d}{dt} \left( \frac{\partial L}{\partial \dot{q}_j} \right) - \frac{\partial L}{\partial q_j} = 0 \quad (28)$$

Advantages of Lagrange's equations:

- They have the same form for any set of generalized functions
- The unknown forces of the constraints do not appear

# Hamilton's Principle

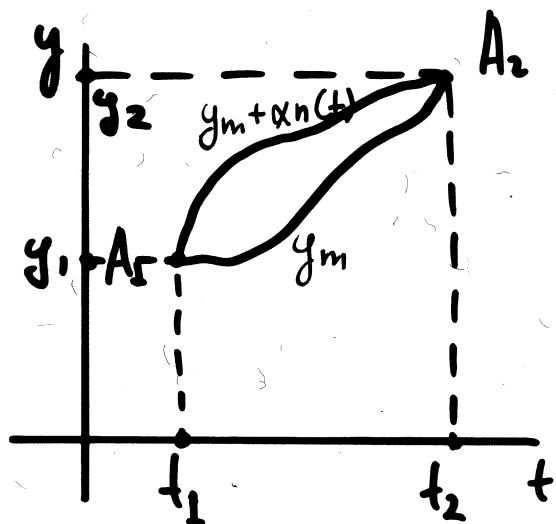
We will obtain Lagrange's equations from a principle that considers the entire motion of the system between times  $t_1$  and  $t_2$ , and small virtual variations of the entire motion from the actual motion.

• First we consider the problem:

We have a function  $f(y, \dot{y}, t)$  defined on a path  $y = y(t)$  between two values  $t_1$  and  $t_2$ . We wish to find a particular path  $y(t)$  such that the line integral

$$J = \int_{t_1}^{t_2} f(y, \dot{y}, t) dt \tag{29}$$

has a stationary value relative to paths differing infinitesimally from the correct function  $y(t)$



We consider paths for which:

$$y(t_1) = y_1, \quad y(t_2) = y_2$$

So all paths pass from points  $A_1, A_2$

Let  $y_m$  be the path we seek. Then a possible set of varied paths is given by:

$$y(t) = y_m(t) + \alpha \cdot n(t) \tag{30}$$

where  $\alpha$  an infinitesimal parameter and  $n(t)$  any function that vanishes at  $t_1, t_2$

For any parametric family of curves of eq. (30) the integral  $J$  (eq. (29)) is also a function of  $a$ :

$$J(a) = \int_{t_1}^{t_2} f(y(t, a), \dot{y}(t, a), t) dt \quad (31)$$

Since  $J$  has a stationary value for the path  $y = y_m(t)$  (which corresponds to  $a=0$ ) we have:

$$\left( \frac{dJ}{da} \right)_{a=0} = 0 \quad (32)$$

Differentiating  $J(a)$  (eq. (31)) we get:

$$\frac{dJ}{da} = \int_{t_1}^{t_2} \left( \frac{\partial f}{\partial y} \frac{\partial y}{\partial a} + \frac{\partial f}{\partial \dot{y}} \frac{\partial \dot{y}}{\partial a} \right) dt \quad (33)$$

Integrating by parts, the second integral becomes:

$$\int_{t_1}^{t_2} \frac{\partial f}{\partial \dot{y}} \frac{\partial \dot{y}}{\partial a} dt = \int_{t_1}^{t_2} \frac{\partial f}{\partial \dot{y}} \frac{\partial^2 y}{\partial t \partial a} dt = \left. \frac{\partial f}{\partial \dot{y}} \frac{\partial y}{\partial a} \right|_{t_1}^{t_2} - \int_{t_1}^{t_2} \left[ \frac{d}{dt} \left( \frac{\partial f}{\partial \dot{y}} \right) \right] \frac{\partial y}{\partial a} dt \quad (34)$$

From eq. (30) we get

$$\frac{\partial y}{\partial a} = n(t)$$

Since  $n(t)$  vanishes at  $t_1, t_2$  ( $n(t_1) = n(t_2) = 0$ ) eq. (34) gives:

$$\int_{t_1}^{t_2} \frac{\partial f}{\partial \dot{y}} \frac{\partial \dot{y}}{\partial a} dt = - \int_{t_1}^{t_2} \left[ \frac{d}{dt} \left( \frac{\partial f}{\partial \dot{y}} \right) \right] n(t) dt \quad (35)$$

So eq. (33) becomes:

$$\frac{dJ}{da} = \int_{t_1}^{t_2} \left[ \frac{\partial f}{\partial y} - \frac{d}{dt} \left( \frac{\partial f}{\partial \dot{y}} \right) \right] n(t) dt \quad (36)$$

For  $a=0$  the above equation gives (using eq. (32)):

$$\int_{t_1}^{t_2} \left[ \frac{\partial f}{\partial y} - \frac{d}{dt} \left( \frac{\partial f}{\partial \dot{y}} \right) \right]_{a=0} n(t) dt = 0 \quad (37)$$

where  $y$  is actually  $y_m(t)$  for which  $J$  has a stationary value.

Since eq. (37) holds for all arbitrary functions  $n(t)$  we get

$$\frac{\partial f}{\partial y} - \frac{d}{dt} \left( \frac{\partial f}{\partial \dot{y}} \right) = 0 \quad (38)$$

So, the function  $y_m(t)$  for which the line integral  $J$  has a stationary value solves eq. (38). The assertion that  $J$  is stationary for  $y_m$  can be also written as:

$$\delta J = \delta \int_{t_1}^{t_2} f(y, \dot{y}, t) dt = 0 \quad (39)$$

The above theorem is easily generalized to the case where  $f$  is a function of many independent variables  $y_i$ , and their derivatives  $\dot{y}_i$ .

$$J = \int_1^2 f(y_1, y_2, \dots, y_n, \dot{y}_1, \dot{y}_2, \dots, \dot{y}_n, t) dt \quad (40)$$

Then  $\delta J = 0$  is valid when the so-called Euler-Lagrange Differential Equations:

$$\frac{\partial f}{\partial y_i} - \frac{d}{dx} \left( \frac{\partial f}{\partial \dot{y}_i} \right) = 0 \quad (41)$$

hold.

Hamilton's principle: The motion of a dynamical system from time  $t_1$  to time  $t_2$  is such that the line integral:

$$I = \int_{t_1}^{t_2} L dt \quad (42)$$

where  $L = T - V$ , has a stationary value. In other words

$$\delta I = \delta \int_{t_1}^{t_2} L(q_1, \dots, q_n, \dot{q}_1, \dots, \dot{q}_n, t) dt = 0 \quad (43)$$

$I$  is called the ACTION

Remark: For a particular set of equations of motion there is no unique choice of Lagrangian

If  $L(q, \dot{q}, t)$  is an appropriate Lagrangian and  $F(q, t)$  is any differentiable function of the generalized coordinates and time then:

$$L'(q, \dot{q}, t) = L(q, \dot{q}, t) + \frac{d}{dt} F(q, t) \quad (44)$$

is a Lagrangian also resulting in the same equations of motion since:

$$\delta \int_1^2 L' dt = \delta \int_1^2 L dt + \delta \int_1^2 \frac{d}{dt} F(q, t) dt =$$

$$= \delta \int_1^2 L dt + \delta F(q, t) \Big|_1^2 = \delta \int_1^2 L dt$$

$\leq 0$

We note that  $\delta F(q, t) \Big|_1^2 = 0$  since all the

curves  $q_i(t)$  pass from points  $A_1$  and  $A_2$  (denoted by 1 and 2).

# Conservation theorems

## A) Momentum

- Canonical momentum or conjugate momentum  $p_i$ :

$$p_i = \frac{\partial L}{\partial \dot{q}_i} \quad (45)$$

- If the Lagrangian of a system does not contain a given coordinate  $q_i$  (although it may contain the corresponding velocity  $\dot{q}_i$ ), then the coordinate is said to be **cyclic** or **ignorable**

⇒ The generalized momentum conjugate to a cyclic coordinate is conserved

The Lagrange equation of motion (eq. (28))

$$\frac{d}{dt} \left( \frac{\partial L}{\partial \dot{q}_i} \right) - \frac{\partial L}{\partial q_i} = 0$$

reduces, for a cyclic coordinate  $q_i$ , to:

$$\frac{d}{dt} \left( \frac{\partial L}{\partial \dot{q}_i} \right) = 0 \xrightarrow{(45)} \frac{dp_i}{dt} = 0 \Rightarrow \underline{p_i = \text{constant}} \quad (46)$$

## B) Energy

The total time derivative of the Lagrangian  $L$  is:

$$\frac{dL}{dt} = \sum_j \frac{\partial L}{\partial q_j} \frac{dq_j}{dt} + \sum_j \frac{\partial L}{\partial \dot{q}_j} \frac{d\dot{q}_j}{dt} + \frac{\partial L}{\partial t} \quad (47)$$

From Lagrange's equations (eq. (28)) we have

$$\frac{\partial L}{\partial \dot{q}_j} = \frac{d}{dt} \left( \frac{\partial L}{\partial \dot{q}_j} \right) \quad (48)$$

so eq. (47) becomes:

$$\frac{dL}{dt} = \sum_j \frac{d}{dt} \left( \frac{\partial L}{\partial \dot{q}_j} \right) \dot{q}_j + \sum_j \frac{\partial L}{\partial \dot{q}_j} \frac{d\dot{q}_j}{dt} + \frac{\partial L}{\partial t} =$$

$$= \sum_j \frac{d}{dt} \left( \dot{q}_j \frac{\partial L}{\partial \dot{q}_j} \right) + \frac{\partial L}{\partial t} \implies$$

$$\frac{d}{dt} \left( \sum_j \dot{q}_j \frac{\partial L}{\partial \dot{q}_j} - L \right) + \frac{\partial L}{\partial t} = 0 \quad (49)$$

$\implies$  If the Lagrangian is not an explicit function of time, the energy function  $h(q, \dot{q}, t)$

$$h(q, \dot{q}, t) = \sum_j \dot{q}_j \frac{\partial L}{\partial \dot{q}_j} - L \quad (50)$$

is conserved. The function  $h(q, \dot{q}, t)$  is also referred to as **Jacobi's integral**



# Example: Motion of one particle

## •) Cartesian coordinates

The generalized forces (eq. (15)) are  $F_x, F_y, F_z$

$$T = \frac{1}{2} m (\dot{x}^2 + \dot{y}^2 + \dot{z}^2)$$

So eq. (23):

$$\frac{d}{dt} \left( \frac{\partial T}{\partial \dot{q}_i} \right) - \frac{\partial T}{\partial q_i} = Q_i$$

give Newton's equations:

$$\frac{d}{dt} (m\dot{x}) = F_x \quad \frac{d}{dt} (m\dot{y}) = F_y \quad \frac{d}{dt} (m\dot{z}) = F_z$$

## •) Plane polar coordinates

The equations of transformation give:

$$\left. \begin{array}{l} x = r \cos \theta \\ y = r \sin \theta \end{array} \right\} \Rightarrow \begin{array}{l} \dot{x} = \dot{r} \cos \theta - r \dot{\theta} \sin \theta \\ \dot{y} = \dot{r} \sin \theta + r \dot{\theta} \cos \theta \end{array}$$

so

$$T = \frac{1}{2} m (\dot{x}^2 + \dot{y}^2) \Rightarrow T = \frac{1}{2} m (\dot{r}^2 + (r\dot{\theta})^2)$$

Generalized forces:

$$Q_r = \vec{F} \cdot \frac{\partial \vec{r}}{\partial r} = \vec{F} \cdot \frac{\vec{r}}{r} = F_r$$

$$Q_\theta = \vec{F} \cdot \frac{\partial \vec{r}}{\partial \theta} = \vec{F} \cdot r \vec{n} = r F_\theta$$

where  $\vec{r} \cdot \vec{n} = 0$  or  $\vec{r} \perp \vec{n}$

So eq. (23) give:

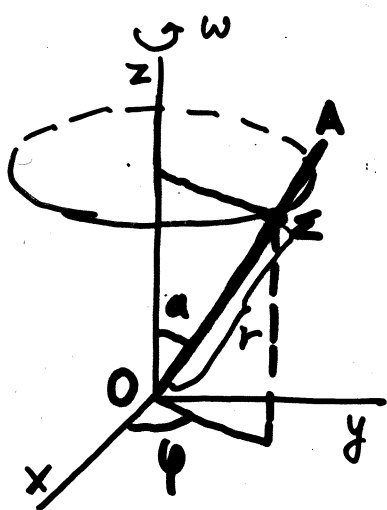
$$(r) \quad m\ddot{r} - mr\dot{\theta}^2 = F_r$$

$$(0) \quad \frac{d}{dt} (mr^2\dot{\theta}) = r F_\theta$$

angular  
momentum

$$\left. \begin{array}{l} \frac{\partial T}{\partial r} = mr\dot{\theta}^2 / \frac{\partial T}{\partial r} = mr / \frac{d}{dt} \left( \frac{\partial T}{\partial \dot{r}} \right) = m\ddot{r} \\ \frac{\partial T}{\partial \theta} = 0 / \frac{\partial T}{\partial \dot{\theta}} = mr^2\dot{\theta} \end{array} \right\}$$

# Example



Motion of particle  $\Sigma$  on the line OA which revolves around Oz with constant angular velocity  $\omega$

$$\alpha = \text{constant} \quad \varphi = \omega t$$

2 holonomic constraints:

$$\tan \alpha = \frac{\sqrt{x^2 + y^2}}{z}, \quad \tan \omega t = \frac{y}{x}$$

We have 1 generalized coordinate:  $r$  (1 degree of freedom)

$$x = r \cdot \sin \alpha \cdot \cos \omega t, \quad y = r \cdot \sin \alpha \cdot \sin \omega t, \quad z = r \cdot \cos \alpha$$

$$T = \frac{1}{2} m (\dot{x}^2 + \dot{y}^2 + \dot{z}^2) \Rightarrow T = \frac{1}{2} m (\dot{r}^2 + r^2 \omega^2 \sin^2 \alpha)$$

$$V = mgz = mgr \cos \alpha$$

$$\text{Lagrangian: } L = \frac{1}{2} m (\dot{r}^2 + r^2 \omega^2 \sin^2 \alpha) - mgr \cos \alpha$$

$$\text{Equation of motion: } m\ddot{r} - m\omega^2 r \sin^2 \alpha + mg \cos \alpha = 0$$

$$\text{Jacobi's integral: } h = \frac{\partial L}{\partial \dot{r}} \dot{r} - L = \text{constant} \Rightarrow$$

$$h = \frac{1}{2} m \dot{r}^2 + mgr \cos \alpha - \frac{1}{2} m r^2 \omega^2 \sin^2 \alpha = \text{constant}$$

Remark:  $h$  is not the energy  $E$  of the system

$$E = \frac{1}{2} m (\dot{r}^2 + r^2 \omega^2 \sin^2 \alpha) + mgr \cos \alpha$$