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Subject: **Simple proof that a superoperator that maps Hermitians to Hermitians is left-right Hermitian**

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Notice that

$$\begin{aligned}\langle e_l | \mathcal{A}^\dagger(|e_j\rangle\langle e_k|) | e_m \rangle &= (|e_l\rangle\langle e_j| | \mathcal{A}^\dagger | | e_m\rangle\langle e_k|) \\ &= (|e_m\rangle\langle e_k| | \mathcal{A} | | e_l\rangle\langle e_j|)^* \\ &= \langle e_m | \mathcal{A}(|e_k\rangle\langle e_j|) | e_l \rangle^* \\ &= \langle e_l | [\mathcal{A}(|e_k\rangle\langle e_j|)]^\dagger | e_m \rangle ,\end{aligned}$$

which implies that

$$\mathcal{A}^\dagger(|e_j\rangle\langle e_k|) = [\mathcal{A}(|e_k\rangle\langle e_j|)]^\dagger .$$

Thus we have that

$$\mathcal{A} = \mathcal{A}^\dagger \iff \mathcal{A}(|e_j\rangle\langle e_k|) = [\mathcal{A}(|e_k\rangle\langle e_j|)]^\dagger .$$

**Theorem.**  $\mathcal{A}(H) = \mathcal{A}(H)^\dagger$  for all  $H = H^\dagger \iff \mathcal{A} = \mathcal{A}^\dagger$

$\Leftarrow$ : Write  $H$  in terms of its eigendecomposition:

$$H = \sum_j \lambda_j |e_j\rangle\langle e_j| .$$

Then

$$\mathcal{A}(H) = \sum_j \lambda_j \mathcal{A}(|e_j\rangle\langle e_j|) = \sum_j \lambda_j [\mathcal{A}(|e_j\rangle\langle e_j|)]^\dagger = \mathcal{A}(H)^\dagger .$$

Equivalently, since  $\mathcal{A} = \mathcal{A}^\dagger$ , one can write  $\mathcal{A}$  in terms of its eigendecomposition:

$$\mathcal{A} = \sum_\alpha \lambda_\alpha |\tau_\alpha\rangle\langle \tau_\alpha| = \sum_\alpha \lambda_\alpha \tau_\alpha \odot \tau_\alpha^\dagger .$$

Then

$$\mathcal{A}(H) = \sum_\alpha \lambda_\alpha \tau_\alpha H \tau_\alpha^\dagger = \mathcal{A}(H)^\dagger .$$

$\implies :$

$$\begin{aligned}\mathcal{A}(|e_j\rangle\langle e_k|) &= \mathcal{A}\left(\frac{1}{2}(|e_j\rangle\langle e_k| + |e_k\rangle\langle e_j|) + i\frac{-i}{2}(|e_j\rangle\langle e_k| - |e_k\rangle\langle e_j|)\right) \\ &= \mathcal{A}\left(\frac{1}{2}(|e_j\rangle\langle e_k| + |e_k\rangle\langle e_j|)\right) + i\mathcal{A}\left(\frac{-i}{2}(|e_j\rangle\langle e_k| - |e_k\rangle\langle e_j|)\right) \\ &= \left[\mathcal{A}\left(\frac{1}{2}(|e_j\rangle\langle e_k| + |e_k\rangle\langle e_j|)\right)\right]^\dagger + i\left[\mathcal{A}\left(\frac{-i}{2}(|e_j\rangle\langle e_k| - |e_k\rangle\langle e_j|)\right)\right]^\dagger \\ &= \left[\mathcal{A}\left(\frac{1}{2}(|e_j\rangle\langle e_k| + |e_k\rangle\langle e_j|)\right) - i\mathcal{A}\left(\frac{-i}{2}(|e_j\rangle\langle e_k| - |e_k\rangle\langle e_j|)\right)\right]^\dagger \\ &= \left[\mathcal{A}\left(\frac{1}{2}(|e_j\rangle\langle e_k| + |e_k\rangle\langle e_j|) - i\frac{-i}{2}(|e_j\rangle\langle e_k| - |e_k\rangle\langle e_j|)\right)\right]^\dagger \\ &= [\mathcal{A}(|e_k\rangle\langle e_j|)]^\dagger.\end{aligned}$$

Therefore,  $\mathcal{A} = \mathcal{A}^\dagger$ .