method of isotopic perturbation

NMR shift difference measurement of the isotope effect on a fast (degenerate) equilibrium between two species which are equivalent except for isotopic substitution. This can be used to distinguish a rapidly equilibrating mixture with time-averaged symmetry from a single structure with higher symmetry.

Source:

PAC, 1994, 66, 1077 (Glossary of terms used in physical organic chemistry (IUPAC Recommendations 1994)) on page 1132