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In any ΔABC , the following relationship holds :

$$\frac{27r}{2Rp} \leq \sum_{\text{cyc}} \frac{\sin^3 B + \sin^3 C}{h_a} \leq \frac{27R}{8rp}$$

Proposed by Marin Chirciu-Romania

Solution by Soumava Chakraborty-Kolkata-India

For own convenience, $s \equiv p$

$$\begin{aligned} \sum_{\text{cyc}} \frac{\sin^3 B + \sin^3 C}{h_a} &= \frac{1}{16R^3rs} \cdot \sum_{\text{cyc}} a(b^3 + c^3) = \frac{1}{16R^3rs} \cdot \sum_{\text{cyc}} \left(ab \left(\sum_{\text{cyc}} a^2 - a^2 \right) \right) \\ &= \frac{1}{16R^3rs} \cdot \left(\left(\sum_{\text{cyc}} a^2 \right) \left(\sum_{\text{cyc}} ab \right) - abc \left(\sum_{\text{cyc}} a \right) \right) = \frac{s^4 - r^2(4R+r)^2 - 4Rrs^2}{8R^3rs} \end{aligned}$$

$$\begin{aligned} &\stackrel{\text{Gerretsen}}{\leq} \frac{s^2(4R^2 + 4Rr + 3r^2) - r^2(4R+r)^2 - 4Rrs^2}{8R^3rs} \stackrel{\text{Gerretsen}}{\leq} \\ &\frac{(4R^2 + 3r^2)(4R^2 + 4Rr + 3r^2) - r^2(4R+r)^2}{8R^3rs} \stackrel{?}{\leq} \frac{27R}{8rs} \end{aligned}$$

$$\Leftrightarrow 11t^4 - 16t^3 - 8t^2 - 4t - 8 \stackrel{?}{\geq} 0 \left(t = \frac{R}{r} \right) \Leftrightarrow (t-2)(11t^3 + 6t^2 + 4t + 4) \stackrel{?}{\geq} 0$$

$$\therefore \sum_{\text{cyc}} \frac{\sin^3 B + \sin^3 C}{h_a} \leq \frac{27R}{8rp}$$

$$\text{Again, } \sum_{\text{cyc}} \frac{\sin^3 B + \sin^3 C}{h_a} = \frac{2R}{8R^3} \cdot \sum_{\text{cyc}} \frac{b^3 + c^3}{bc} \geq \frac{1}{4R^2} \sum_{\text{cyc}} \frac{bc(b+c)}{bc} = \frac{4s}{4R^2} = \frac{2s^2}{2R^2s}$$

$$\stackrel{\text{Gerretsen} + \text{Euler}}{\geq} \frac{27Rr}{2R^2s} = \frac{27r}{2Rs} \therefore \sum_{\text{cyc}} \frac{\sin^3 B + \sin^3 C}{h_a} \geq \frac{27r}{2Rp}$$

$$\therefore \frac{27r}{2Rp} \leq \sum_{\text{cyc}} \frac{\sin^3 B + \sin^3 C}{h_a} \leq \frac{27R}{8rp} \quad \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)}$$