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In any ΔABC , the following relationship holds :

$$\frac{3r}{R^2} \leq \sum_{\text{cyc}} \frac{m_b + m_c}{b^2 + c^2} \leq \frac{3R}{8r^2}$$

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Solution by Soumava Chakraborty-Kolkata-India

$$\begin{aligned} \sum_{\text{cyc}} \frac{m_b + m_c}{b^2 + c^2} &= \sum_{\text{cyc}} \frac{\sum_{\text{cyc}} m_a - m_a}{b^2 + c^2} = \left(\sum_{\text{cyc}} m_a \right) \left(\sum_{\text{cyc}} \frac{1}{b^2 + c^2} \right) - \sum_{\text{cyc}} \frac{m_a}{b^2 + c^2} \\ &\stackrel{\text{A-G, Tereshin and Leuenberger}}{\leq} (4R + r) \left(\frac{1}{2} \sum_{\text{cyc}} \frac{a}{bca} \right) - \frac{1}{4R} \sum_{\text{cyc}} \frac{b^2 + c^2}{b^2 + c^2} = \frac{(4R + r)s}{4Rrs} - \frac{3}{4R} = \frac{2R - r}{2Rr} \\ &\stackrel{?}{\leq} \frac{3R}{8r^2} \Leftrightarrow 3R^2 - 8Rr + 4r^2 \stackrel{?}{\geq} 0 \Leftrightarrow (3R - 2r)(R - 2r) \stackrel{?}{\geq} 0 \rightarrow \text{true} \because R \stackrel{\text{Euler}}{\geq} 2r \\ &\quad \therefore \sum_{\text{cyc}} \frac{m_b + m_c}{b^2 + c^2} \leq \frac{3R}{8r^2} \\ \text{Again, } \sum_{\text{cyc}} \frac{m_b + m_c}{b^2 + c^2} &\stackrel{\text{Tereshin}}{\geq} \frac{1}{4R} \sum_{\text{cyc}} \frac{c^2 + a^2 + a^2 + b^2}{b^2 + c^2} = \frac{1}{4R} \left(3 + 2 \sum_{\text{cyc}} \frac{a^2}{b^2 + c^2} \right) \\ &\stackrel{\text{Nesbitt}}{\geq} \frac{3}{2R} = \frac{3r}{2Rr} \stackrel{\text{Euler}}{\geq} \frac{3r}{R^2} \therefore \sum_{\text{cyc}} \frac{m_b + m_c}{b^2 + c^2} \geq \frac{3r}{R^2} \\ \therefore \frac{3r}{R^2} &\leq \sum_{\text{cyc}} \frac{m_b + m_c}{b^2 + c^2} \leq \frac{3R}{8r^2} \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)} \end{aligned}$$