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In any ΔABC , the following relationship holds :

$$9r \leq \sum_{\text{cyc}} \frac{m_b^3 + m_c^3}{w_b^2 + w_c^2} \leq \frac{9R^5}{32r^4}$$

Proposed by Marin Chirciu-Romania

Solution by Soumava Chakraborty-Kolkata-India

WLOG if we assume $a \geq b \geq c$, then : $m_b^3 + m_c^3 \geq m_c^3 + m_a^3 \geq m_a^3 + m_b^3$

$$\text{and } \frac{1}{w_b^2 + w_c^2} \leq \frac{1}{w_c^2 + w_a^2} \leq \frac{1}{w_a^2 + w_b^2} \therefore \sum_{\text{cyc}} \frac{m_b^3 + m_c^3}{w_b^2 + w_c^2} \stackrel{\text{Chebyshev}}{\leq}$$

$$\frac{1}{3} \left(\sum_{\text{cyc}} (m_b^3 + m_c^3) \right) \left(\sum_{\text{cyc}} \frac{1}{w_b^2 + w_c^2} \right) \stackrel{A-G}{\leq}$$

$$\frac{2}{3} \left(m_a \left(\frac{2 \sum_{\text{cyc}} a^2 - 3a^2}{4} \right) + m_b \left(\frac{2 \sum_{\text{cyc}} a^2 - 3b^2}{4} \right) \right. \\ \left. + m_c \left(\frac{2 \sum_{\text{cyc}} a^2 - 3c^2}{4} \right) \right) \left(\frac{1}{2} \sum_{\text{cyc}} \frac{1}{w_b w_c} \right)$$

$$\leq \frac{1}{3} \left(\left(\frac{\sum_{\text{cyc}} a^2}{2} \right) \left(\sum_{\text{cyc}} m_a \right) - \frac{3}{4} \sum_{\text{cyc}} \frac{a^2}{m_a} \right) \left(\sum_{\text{cyc}} \frac{1}{w_a^2} \right) \stackrel{\text{Leuenberger + Euler and Bergstrom}}{\leq}$$

$$\frac{1}{3} \left((s^2 - 4Rr - r^2) \cdot \frac{9R}{2} - \frac{3}{4} \cdot \frac{4s^2}{\sum_{\text{cyc}} \frac{1}{h_a}} \right) \left(\sum_{\text{cyc}} \frac{1}{h_a^2} \right)$$

$$= \frac{1}{3} \left((s^2 - 4Rr - r^2) \cdot \frac{9R}{2} - 3rs^2 \right) \left(\frac{\sum_{\text{cyc}} a^2}{4r^2 s^2} \right)$$

$$\stackrel{\text{Leibnitz}}{\leq} \frac{(3R - 2r)s^2 - 3R(4Rr + r^2)}{2} \cdot \frac{9R^2}{4r^2 s^2} \stackrel{?}{\leq} \frac{9R^5}{32r^4}$$

$$\Leftrightarrow (R^3 - 12Rr^2 + 8r^3)s^2 + r^3(48R^2 + 12Rr) \stackrel{?}{\geq} 0 \quad (*)$$

Case 1 $R^3 - 12Rr^2 + 8r^3 \geq 0$ and then : LHS of (*) $\geq r^3(48R^2 + 12Rr) > 0$

$\Rightarrow (*)$ is true (strict inequality)

Case 2 $R^3 - 12Rr^2 + 8r^3 < 0$ and then : LHS of (*)

$$= - \left(-(R^3 - 12Rr^2 + 8r^3) \right) s^2 + r^3(48R^2 + 12Rr) \stackrel{\text{Gerretsen}}{\geq}$$

$$- \left(-(R^3 - 12Rr^2 + 8r^3) \right) (4R^2 + 4Rr + 3r^2) + r^3(48R^2 + 12Rr) \stackrel{?}{\geq} 0$$

$$\Leftrightarrow 4t^5 + 4t^4 - 45t^3 + 32t^2 + 8t + 24 \stackrel{?}{\geq} 0 \quad \left(t = \frac{R}{r} \right)$$

$$\Leftrightarrow (t - 2) \left((t - 2)(4t^3 + 20t^2 + 19t + 28) + 44 \right) \stackrel{?}{\geq} 0 \rightarrow \text{true} \therefore t \geq 2 \Rightarrow (*) \stackrel{\text{Euler}}{}$$

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is true and combining both cases, (*) $\forall \Delta ABC \therefore \sum_{cyc} \frac{m_b^3 + m_c^3}{w_b^2 + w_c^2} \leq \frac{9R^5}{32r^4} \forall \Delta ABC$

$$\begin{aligned} \text{Again, } \sum_{cyc} \frac{m_b^3 + m_c^3}{w_b^2 + w_c^2} &\geq \sum_{cyc} \frac{w_b^3 + w_c^3}{w_b^2 + w_c^2} \stackrel{\text{Chebyshev}}{\geq} \sum_{cyc} \frac{\frac{1}{2}(w_b^2 + w_c^2)(w_b + w_c)}{w_b^2 + w_c^2} = \sum_{cyc} w_a \\ &\geq \sum_{cyc} h_a = \sum_{cyc} \frac{2rs}{a} \stackrel{\text{Bergstrom}}{\geq} \frac{2rs \cdot 9}{2s} \therefore \sum_{cyc} \frac{m_b^3 + m_c^3}{w_b^2 + w_c^2} \geq 9r \\ \therefore 9r &\leq \sum_{cyc} \frac{m_b^3 + m_c^3}{w_b^2 + w_c^2} \leq \frac{9R^5}{32r^4} \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)} \end{aligned}$$