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In any ΔABC , the following relationship holds :

$$3 \cdot \sqrt[3]{\frac{r^2}{2R^2}} \leq \sum_{\text{cyc}} \frac{h_a}{\sqrt{(r_a + r_b)(r_a + r_c)}} \leq \frac{4R + r}{6r}$$

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$$\begin{aligned} r_b + r_c &= s \left(\frac{\sin \frac{B}{2}}{\cos \frac{B}{2}} + \frac{\sin \frac{C}{2}}{\cos \frac{C}{2}} \right) = \frac{s \sin \left(\frac{B+C}{2} \right) \cos \frac{A}{2}}{\cos \frac{A}{2} \cos \frac{B}{2} \cos \frac{C}{2}} = \frac{s \cos^2 \frac{A}{2}}{\left(\frac{s}{4R} \right)} = 4R \cos^2 \frac{A}{2} \\ \therefore r_b + r_c &\stackrel{(i)}{=} 4R \cos^2 \frac{A}{2} \text{ and analogs} \end{aligned}$$

$$\begin{aligned} \text{Now, } \sum_{\text{cyc}} \frac{h_a}{\sqrt{(r_a + r_b)(r_a + r_c)}} &\stackrel{\text{via (i)}}{=} \sum_{\text{cyc}} \frac{\frac{2rs}{a} \cdot \cos \frac{A}{2}}{4R \cos \frac{C}{2} \cos \frac{B}{2} \cos \frac{A}{2}} = \sum_{\text{cyc}} \frac{\frac{2rs \cos \frac{A}{2}}{4R \cos \frac{A}{2} \sin \frac{A}{2}}}{4R \cdot \frac{s}{4R}} \\ &= \frac{r}{2R} \sum_{\text{cyc}} \frac{1}{\sin \frac{A}{2}} = \frac{r}{2R} \sum_{\text{cyc}} \sqrt{\frac{bc(s-a)}{r^2 s}} \stackrel{\text{CBS}}{\leq} \frac{1}{2R \sqrt{s}} \cdot \sqrt{\sum_{\text{cyc}} (s-a) \cdot \sqrt{s^2 + 4Rr + r^2}} \\ &\stackrel{\text{Gerretsen}}{\leq} \frac{1}{2R} \cdot \sqrt{4R^2 + 8Rr + 4r^2} = \frac{R+r}{R} \stackrel{?}{\leq} \frac{4R+r}{6r} \Leftrightarrow 4R^2 - 5Rr - 6r^2 \stackrel{?}{\geq} 0 \\ \Leftrightarrow (4R+3r)(R-2r) &\stackrel{?}{\geq} 0 \rightarrow \text{true } \because R \stackrel{\text{Euler}}{\geq} 2r \therefore \sum_{\text{cyc}} \frac{h_a}{\sqrt{(r_a + r_b)(r_a + r_c)}} \leq \frac{4R+r}{6r} \end{aligned}$$

$$\begin{aligned} \text{Again, } \sum_{\text{cyc}} \frac{h_a}{\sqrt{(r_a + r_b)(r_a + r_c)}} &= \frac{r}{2R} \sum_{\text{cyc}} \frac{1}{\sin \frac{A}{2}} \stackrel{\text{A-G}}{\geq} \frac{3r}{2R} \cdot \sqrt[3]{\frac{4R}{r}} = \frac{3}{2R} \cdot \sqrt[3]{\frac{r^3 \cdot 4R \cdot 2R^2}{r \cdot 2R^2}} \\ &= \frac{3 \cdot 2R}{2R} \cdot \sqrt[3]{\frac{r^2}{2R^2}} \therefore \sum_{\text{cyc}} \frac{h_a}{\sqrt{(r_a + r_b)(r_a + r_c)}} \geq 3 \cdot \sqrt[3]{\frac{r^2}{2R^2}} \text{ and so,} \\ 3 \cdot \sqrt[3]{\frac{r^2}{2R^2}} &\leq \sum_{\text{cyc}} \frac{h_a}{\sqrt{(r_a + r_b)(r_a + r_c)}} \leq \frac{4R+r}{6r} \\ \forall \Delta ABC, " = " &\text{ iff } \Delta ABC \text{ is equilateral (QED)} \end{aligned}$$