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In any ΔABC , the following relationship holds :

$$-1 + 19 \left(\frac{r}{R} \right)^4 \leq \sum_{\text{cyc}} \cos^2 B \cos^2 C \leq \frac{137}{32} - \frac{131}{2} \left(\frac{r}{R} \right)^4$$

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$$\begin{aligned} \sum_{\text{cyc}} \cos^2 B \cos^2 C &= \sum_{\text{cyc}} \left(\left(1 - \frac{b^2}{4R^2} \right) \left(1 - \frac{c^2}{4R^2} \right) \right) = \\ &= 3 - \sum_{\text{cyc}} \frac{b^2 + c^2}{4R^2} + \sum_{\text{cyc}} \frac{b^2 c^2}{16R^4} \stackrel{\text{Goldstone}}{\leq} 3 - \frac{s^2 - 4Rr - r^2}{R^2} + \frac{4R^2 s^2}{16R^4} = \\ &= \frac{12R^2 - 4s^2 + 16Rr + 4r^2 + s^2}{4R^2} \leq \\ &\stackrel{\text{Gerretsen}}{\leq} \frac{12R^2 + 16Rr + 4r^2 - 3(16Rr - 5r^2)}{4R^2} \stackrel{?}{\leq} \frac{137R^4 - 16 \cdot 131r^4}{32R^4} \\ &\Leftrightarrow 41t^4 + 256t^3 - 152t^2 - 2096 \stackrel{?}{\geq} 0 \quad \left(t = \frac{R}{r} \right) \\ &\Leftrightarrow (t-2)(41t^3 + 338t^2 + 524t + 1048) \stackrel{?}{\geq} 0 \rightarrow \text{true} \because t \stackrel{\text{Euler}}{\geq} 2 \end{aligned}$$

$$\therefore \sum_{\text{cyc}} \cos^2 B \cos^2 C \leq \frac{137}{32} - \frac{131}{2} \left(\frac{r}{R} \right)^4$$

$$\text{Now, } \left(\sum_{\text{cyc}} ab \right)^2 - 24Rrs^2 =$$

$$= s^4 + (4Rr + r^2)^2 + 2(4Rr + r^2)s^2 - 24Rrs^2 \stackrel{\text{Gerretsen}}{\geq}$$

$$\geq (16Rr - 5r^2)s^2 + 2(4Rr + r^2)s^2 - 24Rrs^2 + (4Rr + r^2)^2 = r^2((4R + r)^2 - 3s^2)$$

$$\stackrel{\text{Doucet or Trucht}}{\geq} 0 \Rightarrow \sum_{\text{cyc}} b^2 c^2 \geq \frac{1}{3} \left(\sum_{\text{cyc}} ab \right)^2 \geq \frac{24Rrs^2}{3} \Rightarrow \sum_{\text{cyc}} b^2 c^2 \geq 8Rrs^2 \rightarrow (1)$$

$$\therefore \sum_{\text{cyc}} \cos^2 B \cos^2 C = 3 - \frac{s^2 - 4Rr - r^2}{R^2} + \sum_{\text{cyc}} \frac{b^2 c^2}{16R^4} \stackrel{\text{via (1)}}{\geq}$$

$$\begin{aligned} &\geq 3 - \frac{s^2 - 4Rr - r^2}{R^2} + \frac{8Rrs^2}{16R^4} = \frac{6R^4 - 2R^2(s^2 - 4Rr - r^2) + Rrs^2}{2R^4} = \\ &= \frac{6R^4 + 2R^2(4Rr + r^2) - (2R^2 - Rr)s^2}{2R^4} = \end{aligned}$$

$$\stackrel{\text{Gerretsen}}{\geq} \frac{6R^4 + 2R^2(4Rr + r^2) - (2R^2 - Rr)(4R^2 + 4Rr + 3r^2)}{2R^4} \stackrel{?}{\geq} -1 + 19 \left(\frac{r}{R} \right)^4$$

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$$\begin{aligned} &= \frac{19r^4 - R^4}{R^4} \Leftrightarrow 4t^3 + 3t - 38 \stackrel{?}{\geq} 0 \Leftrightarrow (t-2)(4t^2 + 8t + 19) \stackrel{?}{\geq} 0 \rightarrow \text{true} \\ &\because t \stackrel{\text{Euler}}{\geq} 2 \therefore \sum_{\text{cyc}} \cos^2 B \cos^2 C \geq -1 + 19 \left(\frac{r}{R}\right)^4 \text{ and so, } -1 + 19 \left(\frac{r}{R}\right)^4 \leq \\ &\sum_{\text{cyc}} \cos^2 B \cos^2 C \leq \frac{137}{32} - \frac{131}{2} \left(\frac{r}{R}\right)^4 \quad \forall \triangle ABC, " = " \text{ iff } \triangle ABC \text{ is equilateral (QED)} \end{aligned}$$