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In any ΔABC , the following relationship holds :

$$\sum_{\text{cyc}}^{2023} \sqrt{\frac{h_a}{h_b + h_c} + \left(\frac{R}{2r}\right)^3} \geq 1 + \sum_{\text{cyc}}^{2023} \sqrt{\frac{m_a}{m_b + m_c}}$$

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$$r_b + r_c = s \left(\frac{\sin \frac{B}{2}}{\cos \frac{B}{2}} + \frac{\sin \frac{C}{2}}{\cos \frac{C}{2}} \right) = \frac{s \sin \left(\frac{B+C}{2} \right) \cos \frac{A}{2}}{\cos \frac{A}{2} \cos \frac{B}{2} \cos \frac{C}{2}} = \frac{s \cos^2 \frac{A}{2}}{\left(\frac{s}{4R} \right)} = 4R \cos^2 \frac{A}{2}$$

$$\therefore r_b + r_c \stackrel{(i)}{=} 4R \cos^2 \frac{A}{2}$$

$$\text{Now, } (b+c)^2 \stackrel{?}{\geq} 32Rr \cos^2 \frac{A}{2} \stackrel{\text{via (i)}}{=} 8r(r_b + r_c) = 8r^2 s \left(\frac{1}{s-b} + \frac{1}{s-c} \right)$$

$$= 8(s-a)(s-b)(s-c) \frac{a}{(s-b)(s-c)} = 4a(b+c-a) \Leftrightarrow (b+c)^2 + 4a^2 - 4a(b+c) \stackrel{?}{\geq} 0$$

$$\Leftrightarrow (b+c-2a)^2 \stackrel{?}{\geq} 0 \rightarrow \text{true} \therefore b+c \geq \sqrt{32Rr} \cdot \cos \frac{A}{2} \text{ and analogs} \Rightarrow$$

$$\sum_{\text{cyc}}^{2023} \sqrt{\frac{a}{b+c}} \leq \sum_{\text{cyc}}^{2023} \sqrt{\frac{4R \cos \frac{A}{2} \sin \frac{A}{2}}{\sqrt{32Rr} \cdot \cos \frac{A}{2}}} = \sqrt[4046]{\frac{R}{2r}} \cdot \sum_{\text{cyc}}^{2023} \sqrt{\sin \frac{A}{2}}$$

$$\stackrel{\text{Jensen}}{\leq} \sqrt[4046]{\frac{R}{2r}} \cdot 3 \cdot \sqrt[2023]{\frac{1}{2}}$$

$$\left(\because f''(x) = -\frac{2023 \sin^2 \frac{A}{2} + 2022 \cos^2 \frac{A}{2}}{16370116 \left(\sin \frac{A}{2} \right)^{4045}} < 0 \text{ where } f(x) = \sqrt[2023]{\sin \frac{x}{2}} \forall x \in (0, \pi) \right)$$

$$\therefore \sum_{\text{cyc}}^{2023} \sqrt{\frac{a}{b+c}} \leq 3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \sqrt[4046]{\frac{R}{2r}} \rightarrow (1)$$

Implementing (1) on a triangle with sides $\frac{2m_a}{3}, \frac{2m_b}{3}, \frac{2m_c}{3}$ whose area as a consequence

of trivial calculations $= \frac{F}{3}$, we arrive at : $\sum_{\text{cyc}}^{2023} \sqrt{\frac{m_a}{m_b + m_c}} \leq$

$$3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \sqrt[4046]{\left(\frac{\frac{2m_a}{3} \cdot \frac{2m_b}{3} \cdot \frac{2m_c}{3}}{\frac{4F}{3}} \right)} \left(\because \frac{R}{2r} = \frac{(abc)}{(2F)(s)} \right) = 3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \sqrt[4046]{\frac{m_a m_b m_c (\sum_{\text{cyc}} m_a)}{9F^2}}$$

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$$\begin{aligned}
 & m_a m_b m_c \leq \frac{Rs^2}{2} \\
 & \text{and} \\
 & \text{Leuenberger + Euler} \leq 3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \sqrt[4046]{\frac{Rs^2 \left(\frac{9R}{2}\right)}{9r^2 s^2}} \\
 & \therefore \sum_{\text{cyc}} \sqrt[2023]{\frac{m_a}{m_b + m_c}} \leq 3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \sqrt[2023]{\frac{R}{2r}} \rightarrow (2) \\
 & \text{Again, } \sum_{\text{cyc}} \sqrt[2023]{\frac{h_a}{h_b + h_c}} \stackrel{A-G}{\geq} 3 \cdot \sqrt[6069]{\frac{bc \cdot ca \cdot ab}{abc(a+b)(b+c)(c+a)}} \\
 & = 3 \cdot \sqrt[6069]{\frac{4Rrs}{2s(s^2 + 2Rr + r^2)}} \stackrel{\text{Gerretsen}}{\geq} 3 \cdot \sqrt[6069]{\frac{2Rr}{4R^2 + 6Rr + 4r^2}} \stackrel{\text{Euler}}{\geq} 3 \cdot \sqrt[6069]{\frac{2Rr}{4R^2 + 3R^2 + R^2}} \\
 & = 3 \cdot \sqrt[6069]{\frac{8r}{4R} \cdot \frac{1}{8}} \therefore \sum_{\text{cyc}} \sqrt[2023]{\frac{h_a}{h_b + h_c}} \geq 3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \sqrt[6069]{\frac{2r}{R}} \rightarrow (3) \therefore (2), (3) \Rightarrow \text{in order} \\
 & \text{to prove: } \sum_{\text{cyc}} \sqrt[2023]{\frac{h_a}{h_b + h_c}} + \left(\frac{R}{2r}\right)^3 - 1 \geq \sum_{\text{cyc}} \sqrt[2023]{\frac{m_a}{m_b + m_c}}, \text{ it suffices to prove:} \\
 & 3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \sqrt[6069]{\frac{2r}{R}} + \left(\frac{R}{2r}\right)^3 - 1 \geq 3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \sqrt[2023]{\frac{R}{2r}} \\
 & \Leftrightarrow \left(\frac{R}{2r}\right)^3 - 1 \geq 3 \cdot \sqrt[2023]{\frac{1}{2}} \cdot \left(\sqrt[2023]{\frac{R}{2r}} - \sqrt[6069]{\frac{2r}{R}}\right) \text{ and to prove it, it suffices to prove:} \\
 & \left(\frac{R}{2r}\right)^3 - 1 \geq 3 \left(\sqrt[2023]{\frac{R}{2r}} - \sqrt[6069]{\frac{2r}{R}}\right) \left(\because \sqrt[2023]{\frac{1}{2}} < 1\right) \\
 & \Leftrightarrow t^{18207} - 1 \geq 3 \left(t^3 - \frac{1}{t}\right) \left(\text{where } t = \sqrt[6069]{\frac{R}{2r}} \geq 1\right) \Leftrightarrow t^{18208} - t \geq 3(t^4 - 1) \quad (*) \\
 & \text{Let } f(t) = t^{18208} - t - 3t^4 + 3 \quad \forall t \geq 1 \text{ and then: } f'(t) = 18208t^{18207} - 12t^3 - 1 \\
 & = 12t^3(t^{18204} - 1) + (t^{18207} - 1) \stackrel{t \geq 1}{\geq} 0 \Rightarrow f(t) \text{ is } \uparrow \forall t \geq 1 \Rightarrow f(t) \geq f(1) = 0 \\
 & \Rightarrow (*) \text{ is true } \therefore \sum_{\text{cyc}} \sqrt[2023]{\frac{h_a}{h_b + h_c}} + \left(\frac{R}{2r}\right)^3 \geq 1 + \sum_{\text{cyc}} \sqrt[2023]{\frac{m_a}{m_b + m_c}} \\
 & \quad \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)}
 \end{aligned}$$

Proof of $m_a m_b m_c \leq \frac{Rs^2}{2}$

$$m_a^2 m_b^2 m_c^2 = \frac{1}{64} (2b^2 + 2c^2 - a^2)(2c^2 + 2a^2 - b^2)(2a^2 + 2b^2 - c^2)$$

$$\begin{aligned}
 & \stackrel{(1)}{=} \frac{1}{64} \left\{ -4 \sum_{\text{cyc}} a^6 + 6 \left(\sum_{\text{cyc}} a^4 b^2 + \sum_{\text{cyc}} a^2 b^4 \right) + 3a^2 b^2 c^2 \right\} \\
 & \text{Now, } \sum_{\text{cyc}} a^6 = \left(\sum_{\text{cyc}} a^2 \right)^3 - 3(a^2 + b^2)(b^2 + c^2)(c^2 + a^2) \\
 & = \left(\sum_{\text{cyc}} a^2 \right)^3 - 3 \left(2a^2 b^2 c^2 + \sum_{\text{cyc}} \left(a^2 b^2 \left(\sum_{\text{cyc}} a^2 - c^2 \right) \right) \right) \\
 & = \left(\sum_{\text{cyc}} a^2 \right)^3 + 3a^2 b^2 c^2 - 3 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \\
 & \therefore \sum_{\text{cyc}} a^6 \stackrel{(2)}{=} \left(\sum_{\text{cyc}} a^2 \right)^3 + 3a^2 b^2 c^2 - 3 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \\
 & \quad \sum_{\text{cyc}} a^4 b^2 + \sum_{\text{cyc}} a^2 b^4 = \sum_{\text{cyc}} \left(a^2 b^2 \left(\sum_{\text{cyc}} a^2 - c^2 \right) \right) \stackrel{(3)}{=} \\
 & \quad \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 3a^2 b^2 c^2 \therefore (1), (2), (3) \Rightarrow m_a^2 m_b^2 m_c^2 \\
 & = \frac{1}{64} \left(-4 \left(\sum_{\text{cyc}} a^2 \right)^3 - 12a^2 b^2 c^2 + 12 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \right. \\
 & \quad \left. + 6 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 18a^2 b^2 c^2 + 3a^2 b^2 c^2 \right) \\
 & = \frac{1}{64} \left(-4 \left(\sum_{\text{cyc}} a^2 \right)^3 + 18 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 27a^2 b^2 c^2 \right) \\
 & = \frac{1}{64} \left(-4 \left(\sum_{\text{cyc}} a^2 \right)^3 + 18 \left(\left(\sum_{\text{cyc}} ab \right)^2 - 16Rrs^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 27a^2 b^2 c^2 \right) \\
 & = \frac{1}{64} \left\{ -32(s^2 - 4Rr - r^2)^3 + 36(s^2 - 4Rr - r^2)(s^2 + 4Rr + r^2)^2 \right. \\
 & \quad \left. - 576Rrs^2(s^2 - 4Rr - r^2) - 432R^2 r^2 s^2 \right\} \\
 & = \frac{1}{16} \{ s^6 - s^4(12Rr - 33r^2) - s^2(60R^2 r^2 + 120Rr^3 + 33r^4) - r^3(4R + r)^3 \} \\
 & \leq \frac{R^2 s^4}{4} \Leftrightarrow
 \end{aligned}$$

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$$s^6 - s^4(4R^2 + 12Rr - 33r^2) - s^2(60R^2r^2 + 120Rr^3 + 33r^4) - r^3(4R + r)^3 \stackrel{(\bullet)}{\leq} 0$$

Now, LHS of (\bullet) $\stackrel{\text{Gerretsen}}{\leq} -s^4(8Rr - 36r^2) - s^2(60R^2r^2 + 120Rr^3 + 33r^4) - r^3(4R + r)^3 \stackrel{?}{\leq} 0$

$$\Leftrightarrow s^4(8R - 16r) + s^2(60R^2r + 120Rr^2 + 33r^3) + r^2(4R + r)^3 \stackrel{?}{\geq} 20rs^4 \quad (\bullet\bullet)$$

Now, LHS of $(\bullet\bullet)$ $\stackrel{\text{Gerretsen}}{\geq} s^2(16Rr - 5r^2)(8R - 16r)$

$+ s^2(60R^2r + 120Rr^2 + 33r^3) + r^2(4R + r)^3$ and

RHS of $(\bullet\bullet)$ $\stackrel{\text{Gerretsen}}{\leq} 20rs^2(4R^2 + 4Rr + 3r^2)$

$(a), (b) \Rightarrow$ in order to prove $(\bullet\bullet)$, it suffices to prove :

$$s^2(16Rr - 5r^2)(8R - 16r) + s^2(60R^2r + 120Rr^2 + 33r^3) + r^2(4R + r)^3 \geq 20rs^2(4R^2 + 4Rr + 3r^2)$$

$$\Leftrightarrow s^2(108R^2 - 256Rr + 53r^2) + r(4R + r)^3 \geq 0$$

$$\Leftrightarrow s^2(108R^2 - 256Rr + 80r^2) + r(4R + r)^3 \stackrel{(\bullet\bullet\bullet)}{\geq} 27r^2s^2$$

Now, LHS of $(\bullet\bullet\bullet)$ $\stackrel{\text{Gerretsen}}{\geq} (108R^2 - 256Rr + 80r^2)(16Rr - 5r^2) + r(4R + r)^3$

and RHS of $(\bullet\bullet\bullet)$ $\stackrel{\text{Gerretsen}}{\leq} 27r^2(4R^2 + 4Rr + 3r^2)$

$(c), (d) \Rightarrow$ in order to prove $(\bullet\bullet\bullet)$, it suffices to prove :

$$(108R^2 - 256Rr + 80r^2)(16Rr - 5r^2) + r(4R + r)^3 \geq 27r^2(4R^2 + 4Rr + 3r^2)$$

$$\Leftrightarrow 224t^3 - 587t^2 + 308t - 60 \geq 0 \quad \left(\text{where } t = \frac{R}{r}\right)$$

$$\Leftrightarrow (t - 2)((t - 2)(224t + 309) + 648) \geq 0 \rightarrow \text{true} \because t \stackrel{\text{Euler}}{\geq} 2 \Rightarrow (\bullet\bullet\bullet) \Rightarrow (\bullet\bullet)$$

$$\Rightarrow (\bullet) \text{ is true} \Rightarrow m_a^2 m_b^2 m_c^2 \leq \frac{R^2 s^4}{4} \Rightarrow m_a m_b m_c \leq \frac{Rs^2}{2} \quad (\text{QED})$$