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In any ΔABC , the following relationship holds :

$$\sum_{\text{cyc}} \frac{g_a^2}{w_b^2 + w_c^2} + \frac{R^3 - 8r^3}{2r^3} \geq \sum_{\text{cyc}} \frac{m_a^2}{h_b^2 + h_c^2}$$

Proposed by Nguyen Van Canh-Vietnam

Solution by Soumava Chakraborty-Kolkata-India

$$\begin{aligned}
 & \text{Firstly, } \sum_{\text{cyc}} m_a^4 = \left(\sum_{\text{cyc}} m_a^2 \right)^2 - 2 \sum_{\text{cyc}} m_a^2 m_b^2 \\
 &= \frac{9}{16} \left(\sum_{\text{cyc}} a^2 \right)^2 - 2 \cdot \frac{9}{16} \cdot \sum_{\text{cyc}} a^2 b^2 = \frac{9}{16} \cdot \sum_{\text{cyc}} a^4 = \frac{9}{16} \cdot \left(2 \sum_{\text{cyc}} a^2 b^2 - 16r^2 s^2 \right) \\
 &\stackrel{\text{Goldstone}}{\leq} \frac{9}{16} \cdot (8R^2 s^2 - 16r^2 s^2) \Rightarrow \sum_{\text{cyc}} m_a^4 \leq \frac{9s^2}{2} \cdot (R^2 - 2r^2) \rightarrow (1) \\
 w_a \leq w_b &\Leftrightarrow \frac{2bc \cos \frac{A}{2}}{b+c} \leq \frac{2ca \cos \frac{B}{2}}{c+a} \Leftrightarrow \frac{4R \cos \frac{B}{2} \sin \frac{B}{2}}{\cos \frac{B}{2}} \cdot \frac{1}{b+c} \leq \frac{4R \cos \frac{A}{2} \sin \frac{A}{2}}{\cos \frac{A}{2}} \cdot \frac{1}{c+a} \\
 &\Leftrightarrow \frac{(b+c)^2(s-b)(s-c)}{bc} \geq \frac{(c+a)^2(s-c)(s-a)}{ca} \\
 &\Leftrightarrow a(b+c)^2(c+a-b) \geq b(c+a)^2(b+c-a) \\
 &\Leftrightarrow ab(a^2 - b^2) + c^3(a-b) + 3abc(a-b) + c^2(a^2 - b^2) \geq 0 \\
 &\Leftrightarrow (a-b)((ab+c^2)(a+b) + c^3 + 3abc) \geq 0 \rightarrow \text{true for } a \geq b \\
 &\Rightarrow w_a \leq w_b \text{ for } a \geq b \text{ and analogs} \rightarrow (2) \\
 &\text{Now, WLOG assuming } a \geq b \geq c \Rightarrow h_a^2 \leq h_b^2 \leq h_c^2 \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} \text{ (via (2))} \therefore \sum_{\text{cyc}} \frac{g_a^2}{w_b^2 + w_c^2} \geq \sum_{\text{cyc}} \frac{h_a^2}{w_b^2 + w_c^2} \\
 &\stackrel{\text{Chebyshev}}{\geq} \frac{1}{3} \cdot \frac{\sum_{\text{cyc}} a^2 b^2}{4R^2} \cdot \sum_{\text{cyc}} \frac{1}{w_b^2 + w_c^2} \geq \frac{1}{36R^2} \cdot \left(\sum_{\text{cyc}} ab \right)^2 \cdot \sum_{\text{cyc}} \frac{1}{s(s-b+s-c)} \\
 &\geq \frac{1}{36R^2} \cdot 3abc \left(\sum_{\text{cyc}} a \right) \cdot \frac{1}{4Rrs^2} \cdot \left(\sum_{\text{cyc}} ab \right) \geq \frac{1}{36R^2} \cdot 24Rrs^2 \cdot \frac{1}{4Rrs^2} \cdot 18Rr \\
 &\left(\because s^2 - 14Rr + r^2 = s^2 - 16Rr + 5r^2 + 2r(R-2r) \stackrel{\text{Gerretsen + Euler}}{\geq} 0 \right) \\
 &\Rightarrow s^2 + 4Rr + r^2 \geq 18Rr \\
 &\therefore \boxed{\sum_{\text{cyc}} \frac{g_a^2}{w_b^2 + w_c^2} \geq \frac{3r}{R}} \rightarrow (3)
 \end{aligned}$$

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$$\text{Again, } \sum_{\text{cyc}} \frac{m_a^2}{h_b^2 + h_c^2} \stackrel{\text{CBS}}{\leq} \sqrt{\sum_{\text{cyc}} m_a^4} \cdot \sqrt{\sum_{\text{cyc}} \left(\frac{1}{h_b^2 + h_c^2} \right)^2} \stackrel{\text{A-G}}{\leq} \sqrt{\sum_{\text{cyc}} m_a^4} \cdot \sqrt{\sum_{\text{cyc}} \frac{h_a^2}{4h_a^2 h_b^2 h_c^2}}$$

$$\stackrel{\text{via (1)}}{\leq} \sqrt{\frac{9s^2}{2} \cdot (R^2 - 2r^2)} \cdot \sqrt{\frac{\sum_{\text{cyc}} a^2 b^2}{16R^2 \cdot \frac{4r^4 s^4}{R^2}}} \stackrel{\text{Goldstone}}{\leq} \sqrt{\frac{9s^2}{2} \cdot (R^2 - 2r^2)} \cdot \sqrt{\frac{4R^2 s^2}{16R^2 \cdot \frac{4r^4 s^4}{R^2}}}$$

$$\therefore \boxed{\sum_{\text{cyc}} \frac{m_a^2}{h_b^2 + h_c^2} \leq \sqrt{\frac{9R^2(R^2 - 2r^2)}{32r^4}}} \rightarrow (4) \Leftrightarrow (3), (4) \Rightarrow \text{it suffices to prove :}$$

$$\frac{3r}{R} + \frac{R^3 - 8r^3}{2r^3} \geq \sqrt{\frac{9R^2(R^2 - 2r^2)}{32r^4}} \Leftrightarrow \left(\frac{R(R^3 - 8r^3) + 6r^4}{2Rr^3} \right)^2 \geq \frac{9R^2(R^2 - 2r^2)}{32r^4}$$

$$\Leftrightarrow 8t^8 - 9t^6 - 128t^5 + 114t^4 + 512t^2 - 768t + 288 \geq 0 \quad (t = \frac{R}{r})$$

$$\Leftrightarrow (t-2) \left((t-2)(8t^6 + 32t^5 + 87t^4 + 92t^3 + 134t^2 + 168t + 648) + 1152 \right) \geq 0$$

$$\rightarrow \text{true} \Leftrightarrow t \stackrel{\text{Euler}}{\geq} 2 \Leftrightarrow \sum_{\text{cyc}} \frac{g_a^2}{w_b^2 + w_c^2} + \frac{R^3 - 8r^3}{2r^3} \geq \sum_{\text{cyc}} \frac{m_a^2}{h_b^2 + h_c^2}$$

$\forall \Delta ABC, '' ='' \text{ iff } \Delta ABC \text{ is equilateral (QED)}$