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In any ΔABC , the following relationship holds :

$$\frac{48r^4}{3R^4 - 32r^4} \leq \left(\frac{m_a w_b}{w_c h_a} \right)^2 + \left(\frac{w_b h_c}{h_a m_b} \right)^2 + \left(\frac{h_c m_a}{m_b w_c} \right)^2 \leq 9 \cdot \left(\frac{9}{8} \cdot \left(\frac{R}{r} \right)^3 - 8 \right)^2 - 6$$

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$$\begin{aligned} \frac{1}{am_a} \sum_{\text{cyc}} a^2 &\geq 2\sqrt{3} \Leftrightarrow \frac{1}{a^2 m_a^2} \geq \frac{12}{(\sum_{\text{cyc}} a^2)^2} \\ \Leftrightarrow \left(\sum_{\text{cyc}} a^2 \right)^2 - 3a^2(2b^2 + 2c^2 - a^2) &\geq 0 \Leftrightarrow \left(\sum_{\text{cyc}} a^2 \right)^2 - 3a^2 \left(2 \sum_{\text{cyc}} a^2 - 3a^2 \right) \\ &\geq 0 \Leftrightarrow \left(\sum_{\text{cyc}} a^2 \right)^2 - 6a^2 \sum_{\text{cyc}} a^2 + 9a^4 \geq 0 \Leftrightarrow \left(\sum_{\text{cyc}} a^2 - 3a^2 \right)^2 \geq 0 \\ \Leftrightarrow (b^2 + c^2 - 2a^2)^2 &\geq 0 \rightarrow \text{true} \Rightarrow am_a \leq \frac{\sum_{\text{cyc}} a^2}{2\sqrt{3}} \text{ and analogs} \rightarrow (1) \end{aligned}$$

$$\text{Also, } 2s^2 \stackrel{\text{Gerretsen}}{\geq} 27Rr + 5r(R - 2r) \stackrel{\text{Euler}}{\geq} 27Rr \therefore 2s^2 \geq 27Rr \rightarrow (2)$$

$$\begin{aligned} \text{Now, } & \left(\frac{m_a w_b}{w_c h_a} \right)^2 + \left(\frac{w_b h_c}{h_a m_b} \right)^2 + \left(\frac{h_c m_a}{m_b w_c} \right)^2 \\ & \leq \left(\frac{m_a}{h_a} \right)^2 \left(\frac{m_b}{h_c} \right)^2 + \left(\frac{m_b}{h_b} \right)^2 \left(\frac{m_c}{h_a} \right)^2 + \left(\frac{m_c}{h_c} \right)^2 \left(\frac{m_a}{h_b} \right)^2 \\ & = \frac{(am_a)^2}{4r^2 s^2} \cdot \frac{c^2(2c^2 + 2a^2 + 2b^2 - 3b^2)}{16r^2 s^2} + \frac{(bm_b)^2}{4r^2 s^2} \cdot \frac{a^2(2a^2 + 2b^2 + 2c^2 - 3c^2)}{16r^2 s^2} \\ & \quad + \frac{(cm_c)^2}{4r^2 s^2} \cdot \frac{b^2(2b^2 + 2c^2 + 2a^2 - 3a^2)}{16r^2 s^2} \stackrel{\text{via (1)}}{\leq} \frac{(\sum_{\text{cyc}} a^2)^2}{48r^2 s^2 \cdot 16r^2 s^2} \cdot \left(2 \left(\sum_{\text{cyc}} a^2 \right)^2 - 3 \sum_{\text{cyc}} a^2 b^2 \right) \end{aligned}$$

Leibnitz

$$\stackrel{(2)}{\leq} \frac{81R^4 (162R^4 - 3abc(\sum_{\text{cyc}} a))}{384r^4 s^2 \cdot 27Rr} = \frac{R^3 \cdot 162R^4}{128r^5 s^2} - \frac{R^3 \cdot 24Rrs^2}{128r^5 s^2}$$

$$\stackrel{\text{via (2)}}{\leq} \frac{R^3 \cdot 162R^4}{64r^5 \cdot 27Rr} - \frac{6R^4}{32r^4} = \frac{R^3(3R^3 - 6Rr^2)}{32r^6} \stackrel{?}{\leq} 9 \cdot \left(\frac{9}{8} \cdot \left(\frac{R}{r} \right)^3 - 8 \right)^2 - 6$$

$$= \frac{9(9R^3 - 64r^3)^2 - 384r^6}{64r^6} \Leftrightarrow 241t^6 + 4t^4 - 3456t^3 + 12160 \stackrel{?}{\geq} 0 \left(t = \frac{R}{r} \right)$$

$$\Leftrightarrow (t-2) \left((t-2)(241t^4 + 964t^3 + 2896t^2 + 4272t + 5504) + 4928 \right) \stackrel{?}{\geq} 0 \rightarrow \text{true}$$

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$$\begin{aligned}
& \because t \stackrel{\text{Euler}}{\geq} 2 \therefore \left(\frac{m_a w_b}{w_c h_a} \right)^2 + \left(\frac{w_b h_c}{h_a m_b} \right)^2 + \left(\frac{h_c m_a}{m_b w_c} \right)^2 \leq 9 \cdot \left(\frac{9}{8} \cdot \left(\frac{R}{r} \right)^3 - 8 \right)^2 - 6 \\
& \text{Again, } \left(\frac{m_a w_b}{w_c h_a} \right)^2 + \left(\frac{w_b h_c}{h_a m_b} \right)^2 + \left(\frac{h_c m_a}{m_b w_c} \right)^2 \stackrel{\text{A-G}}{\geq} 3 \cdot \sqrt[3]{\frac{m_a^4 w_b^4 h_c^4}{w_c^4 h_a^4 m_b^4}} \geq 3 \cdot \sqrt[3]{\frac{h_a^4 h_b^4 h_c^4}{m_c^4 m_a^4 m_b^4}} \\
& m_a m_b m_c \leq \frac{Rs^2}{2} \quad 3 \cdot \sqrt[3]{\frac{\left(\frac{2r^2 s^2}{R} \right)^4}{\left(\frac{Rs^2}{2} \right)^4}} = 3 \cdot \frac{4r^2}{R^2} \cdot \sqrt[3]{\frac{4r^2}{R^2}} \stackrel{?}{\geq} \frac{48r^4}{3R^4 - 32r^4} \Leftrightarrow \frac{4r^2}{R^2} \stackrel{?}{\geq} \frac{64r^6 R^6}{(3R^4 - 32r^4)^3} \\
& \Leftrightarrow 27t^{12} - 880t^8 + 9216t^4 - 32768 \stackrel{?}{\geq} 0 \\
& \Leftrightarrow (t-2)^2 \left(\begin{array}{l} 27t^{10} + 108t^9 + 324t^8 + 864t^7 + 1280t^6 \\ + 1664t^5 + 1536t^4 - 512t^3 + 1024t^2 + 6144t + 20480 \end{array} \right) \\
& \quad + 57344(t-2) \stackrel{?}{\geq} 0 \rightarrow \text{true} \because t \stackrel{\text{Euler}}{\geq} 2 \\
& \therefore \left(\frac{m_a w_b}{w_c h_a} \right)^2 + \left(\frac{w_b h_c}{h_a m_b} \right)^2 + \left(\frac{h_c m_a}{m_b w_c} \right)^2 \geq \frac{48r^4}{3R^4 - 32r^4} \\
& \Rightarrow \frac{48r^4}{3R^4 - 32r^4} \leq \left(\frac{m_a w_b}{w_c h_a} \right)^2 + \left(\frac{w_b h_c}{h_a m_b} \right)^2 + \left(\frac{h_c m_a}{m_b w_c} \right)^2 \leq 9 \cdot \left(\frac{9}{8} \cdot \left(\frac{R}{r} \right)^3 - 8 \right)^2 - 6 \\
& \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)}
\end{aligned}$$

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

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

$$\stackrel{(1)}{=} \frac{1}{64} \left\{ -4 \sum_{\text{cyc}} a^6 + 6 \left(\sum_{\text{cyc}} a^4 b^2 + \sum_{\text{cyc}} a^2 b^4 \right) + 3a^2 b^2 c^2 \right\}$$

$$\text{Now, } \sum_{\text{cyc}} a^6 = \left(\sum_{\text{cyc}} a^2 \right)^3 - 3(a^2 + b^2)(b^2 + c^2)(c^2 + a^2)$$

$$= \left(\sum_{\text{cyc}} a^2 \right)^3 - 3 \left(2a^2 b^2 c^2 + \sum_{\text{cyc}} \left(a^2 b^2 \left(\sum_{\text{cyc}} a^2 - c^2 \right) \right) \right)$$

$$= \left(\sum_{\text{cyc}} a^2 \right)^3 + 3a^2 b^2 c^2 - 3 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right)$$

$$\therefore \sum_{\text{cyc}} a^6 \stackrel{(2)}{=} \left(\sum_{\text{cyc}} a^2 \right)^3 + 3a^2 b^2 c^2 - 3 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right)$$

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$$\begin{aligned}
& \sum_{\text{cyc}} a^4 b^2 + \sum_{\text{cyc}} a^2 b^4 = \sum_{\text{cyc}} \left(a^2 b^2 \left(\sum_{\text{cyc}} a^2 - c^2 \right) \right) \stackrel{(3)}{=} \\
& \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 3a^2 b^2 c^2 \therefore (1), (2), (3) \Rightarrow m_a^2 m_b^2 m_c^2 \\
& = \frac{1}{64} \left(\begin{array}{l} -4 \left(\sum_{\text{cyc}} a^2 \right)^3 - 12a^2 b^2 c^2 + 12 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \\ + 6 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 18a^2 b^2 c^2 + 3a^2 b^2 c^2 \end{array} \right) \\
& = \frac{1}{64} \left(-4 \left(\sum_{\text{cyc}} a^2 \right)^3 + 18 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 27a^2 b^2 c^2 \right) \\
& = \frac{1}{64} \left(-4 \left(\sum_{\text{cyc}} a^2 \right)^3 + 18 \left(\left(\sum_{\text{cyc}} ab \right)^2 - 16Rrs^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 27a^2 b^2 c^2 \right) \\
& = \frac{1}{64} \left\{ -32(s^2 - 4Rr - r^2)^3 + 36(s^2 - 4Rr - r^2)(s^2 + 4Rr + r^2)^2 \right. \\
& \quad \left. - 576Rrs^2(s^2 - 4Rr - r^2) - 432R^2r^2s^2 \right\} \\
& = \frac{1}{16} \{ s^6 - s^4(12Rr - 33r^2) - s^2(60R^2r^2 + 120Rr^3 + 33r^4) - r^3(4R + r)^3 \} \\
& \leq \frac{R^2s^4}{4} \Leftrightarrow \\
& s^6 - s^4(4R^2 + 12Rr - 33r^2) - s^2(60R^2r^2 + 120Rr^3 + 33r^4) - r^3(4R + r)^3 \stackrel{(\bullet)}{\leq} 0
\end{aligned}$$

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

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

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

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

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

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

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

$$\geq 20rs^2(4R^2 + 4Rr + 3r^2)$$

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

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

Now, LHS of (\dots) $\underbrace{\geq}_{\substack{\text{Gerretsen} \\ (c)}}$ $(108R^2 - 256Rr + 80r^2)(16Rr - 5r^2) + r(4R + r)^3$

and RHS of (\dots) $\underbrace{\leq}_{\substack{\text{Gerretsen} \\ (d)}}$ $27r^2(4R^2 + 4Rr + 3r^2)$

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

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

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

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

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