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In any ΔABC , the following relationship holds :

$$\frac{n_a}{m_b} + \frac{p_b}{w_c} + \frac{g_c}{h_a} \geq \frac{6r}{R}$$

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$$\begin{aligned} \frac{n_a}{m_b} + \frac{p_b}{w_c} + \frac{g_c}{h_a} &\geq \frac{h_a}{m_b} + \frac{h_b}{m_c} + \frac{h_c}{m_a} \stackrel{A-G}{\geq} 3 \cdot \sqrt[3]{\frac{h_a h_b h_c}{m_a m_b m_c}} \stackrel{m_a m_b m_c \leq \frac{R s^2}{2}}{\geq} 3 \cdot \sqrt[3]{\frac{2r^2 s^2}{R \cdot \frac{R s^2}{2}}} \\ &= 3 \cdot \sqrt[3]{\frac{4r^2}{R^2}} \stackrel{?}{\geq} \frac{6r}{R} \Leftrightarrow \frac{4r^2}{R^2} \stackrel{?}{\geq} \frac{8r^3}{R^3} \Leftrightarrow R \stackrel{?}{\geq} 2r \rightarrow \text{true via Euler} \therefore \frac{n_a}{m_b} + \frac{p_b}{w_c} + \frac{g_c}{h_a} \geq \frac{6r}{R} \\ &\forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)} \end{aligned}$$

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

$$\begin{aligned} m_a^2 m_b^2 m_c^2 &= \frac{1}{64} (2b^2 + 2c^2 - a^2)(2c^2 + 2a^2 - b^2)(2a^2 + 2b^2 - c^2) \\ &= \frac{1}{64} \left(-4 \sum_{\text{cyc}} a^6 + 6 \left(\sum_{\text{cyc}} a^4 b^2 + \sum_{\text{cyc}} a^2 b^4 \right) + 3a^2 b^2 c^2 \right) \rightarrow (1) \end{aligned}$$

$$\begin{aligned} \text{Now, } \sum_{\text{cyc}} a^6 &= \left(\sum_{\text{cyc}} a^2 \right)^3 - 3(a^2 + b^2)(b^2 + c^2)(c^2 + a^2) \\ &= \left(\sum_{\text{cyc}} a^2 \right)^3 - 3 \left(2a^2 b^2 c^2 + \sum_{\text{cyc}} \left(a^2 b^2 \left(\sum_{\text{cyc}} a^2 - c^2 \right) \right) \right) \\ &= \left(\sum_{\text{cyc}} a^2 \right)^3 + 3a^2 b^2 c^2 - 3 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \\ \therefore \sum_{\text{cyc}} a^6 &= \left(\sum_{\text{cyc}} a^2 \right)^3 + 3a^2 b^2 c^2 - 3 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \rightarrow (2) \end{aligned}$$

$$\begin{aligned} \text{Also, } \sum_{\text{cyc}} a^4 b^2 + \sum_{\text{cyc}} a^2 b^4 &= \sum_{\text{cyc}} \left(a^2 b^2 \left(\sum_{\text{cyc}} a^2 - c^2 \right) \right) = \\ &\left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 3a^2 b^2 c^2 \rightarrow (3) \therefore (1), (2), (3) \Rightarrow m_a^2 m_b^2 m_c^2 \end{aligned}$$

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

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

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

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

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

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

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

(*), (**) \Rightarrow in order to prove (**), it suffices to prove :

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

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

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

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

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

(***), (****) \Rightarrow in order to prove (**), it suffices to prove :

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

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

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

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