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In any ΔABC , the following relationships hold :

$$1. \frac{h_a^n}{w_b m_c} + \frac{w_b^n}{m_c h_a} + \frac{m_c^n}{h_a w_b} \geq \frac{4 \cdot 3^{n-1} \cdot r^n}{R^2} \text{ and}$$

$$2. \frac{h_a^n}{w_b + m_c} + \frac{w_b^n}{m_c + h_a} + \frac{m_c^n}{h_a + w_b} \geq \frac{(3r)^n}{R}$$

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$$\begin{aligned} \frac{h_a^n}{w_b m_c} + \frac{w_b^n}{m_c h_a} + \frac{m_c^n}{h_a w_b} &\geq \frac{m_a h_a^n}{m_a m_b m_c} + \frac{m_b h_b^n}{m_b m_c m_a} + \frac{m_c h_c^n}{m_c m_a m_b} \stackrel{m_a m_b m_c \leq \frac{R s^2}{2}}{\geq} \\ &\geq \frac{2}{R s^2} \cdot \sum_{\text{cyc}} m_a h_a^n \stackrel{\text{Chebyshev}}{\geq} \frac{2}{3 R s^2} \cdot \left(\sum_{\text{cyc}} m_a \right) \left(\sum_{\text{cyc}} h_a^n \right) \\ (\because \text{WLOG assuming } a \geq b \geq c \Rightarrow m_a \leq m_b \leq m_c \text{ and } h_a^n \leq h_b^n \leq h_c^n) \\ &\stackrel{\text{Tereshin}}{\geq} \frac{2}{3 R s^2} \cdot \sum_{\text{cyc}} \frac{b^2 + c^2}{4R} \cdot \frac{1}{3^{n-1}} \cdot \left(\sum_{\text{cyc}} h_a \right)^n = \frac{2}{3 R s^2} \cdot \frac{\sum_{\text{cyc}} a^2}{2R} \cdot \frac{1}{3^{n-1}} \cdot \left(2rs \sum_{\text{cyc}} \frac{1}{a} \right)^n \\ &\stackrel{\text{Bergstrom}}{\geq} \frac{\sum_{\text{cyc}} a^2}{R^2 s^2} \cdot \frac{1}{3^n} \cdot \left(2rs \cdot \frac{9}{2s} \right)^n = \frac{\sum_{\text{cyc}} a^2}{R^2 s^2} \cdot \frac{1}{3^n} \cdot 3^{2n} \cdot r^n \stackrel{?}{\geq} \frac{4 \cdot 3^{n-1} \cdot r^n}{R^2} \Leftrightarrow 3 \sum_{\text{cyc}} a^2 \stackrel{?}{\geq} 4s^2 \end{aligned}$$

$$\Leftrightarrow 3 \sum_{\text{cyc}} a^2 \stackrel{?}{\geq} \left(\sum_{\text{cyc}} a \right)^2 \rightarrow \text{true}$$

$$\therefore \frac{h_a^n}{w_b m_c} + \frac{w_b^n}{m_c h_a} + \frac{m_c^n}{h_a w_b} \geq \frac{4 \cdot 3^{n-1} \cdot r^n}{R^2} \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral}$$

$$\begin{aligned} \text{Again, } \frac{h_a^n}{w_b + m_c} + \frac{w_b^n}{m_c + h_a} + \frac{m_c^n}{h_a + w_b} &\geq \frac{h_a^n}{m_b + m_c} + \frac{w_b^n}{m_c + m_a} + \frac{m_c^n}{m_a + m_b} \\ &\stackrel{\text{Chebyshev}}{\geq} \frac{1}{3} \left(\sum_{\text{cyc}} h_a^n \right) \left(\sum_{\text{cyc}} \frac{1}{m_b + m_c} \right) \end{aligned}$$

$$\left(\because \text{WLOG assuming } a \geq b \geq c \Rightarrow \frac{1}{m_b + m_c} \leq \frac{1}{m_c + m_a} \leq \frac{1}{m_a + m_b} \text{ and } h_a^n \leq h_b^n \leq h_c^n \right)$$

$$\begin{aligned} &\stackrel{\text{Bergstrom}}{\geq} \frac{1}{3 \cdot 3^{n-1}} \cdot \left(\sum_{\text{cyc}} h_a \right)^n \cdot \frac{9}{2 \sum_{\text{cyc}} m_a} \stackrel{\text{Leuenbrger}}{\geq} \frac{1}{3^n} \cdot \left(2rs \sum_{\text{cyc}} \frac{1}{a} \right)^n \cdot \frac{9}{2(4R + r)} \stackrel{\text{Bergstrom}}{\geq} \\ &\frac{1}{3^n} \cdot \left(2rs \cdot \frac{9}{2s} \right)^n \cdot \frac{9}{2 \left(\frac{9R}{2} \right)} = \frac{(3r)^n}{R} \therefore \frac{h_a^n}{w_b + m_c} + \frac{w_b^n}{m_c + h_a} + \frac{m_c^n}{h_a + w_b} \geq \frac{(3r)^n}{R} \end{aligned}$$

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

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

$$\begin{aligned}
 m_a^2 m_b^2 m_c^2 &= \frac{1}{64} (2b^2 + 2c^2 - a^2)(2c^2 + 2a^2 - b^2)(2a^2 + 2b^2 - c^2) \\
 &\stackrel{(1)}{=} \frac{1}{64} \left\{ -4 \sum_{\text{cyc}} a^6 + 6 \left(\sum_{\text{cyc}} a^4 b^2 + \sum_{\text{cyc}} a^2 b^4 \right) + 3a^2 b^2 c^2 \right\} \\
 \text{Now, } \sum_{\text{cyc}} a^6 &= \left(\sum_{\text{cyc}} a^2 \right)^3 - 3(a^2 + b^2)(b^2 + c^2)(c^2 + a^2) \\
 &= \left(\sum_{\text{cyc}} a^2 \right)^3 - 3 \left(2a^2 b^2 c^2 + \sum_{\text{cyc}} \left(a^2 b^2 \left(\sum_{\text{cyc}} a^2 - c^2 \right) \right) \right) \\
 &= \left(\sum_{\text{cyc}} a^2 \right)^3 + 3a^2 b^2 c^2 - 3 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \\
 \therefore \sum_{\text{cyc}} a^6 &\stackrel{(2)}{=} \left(\sum_{\text{cyc}} a^2 \right)^3 + 3a^2 b^2 c^2 - 3 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \\
 \sum_{\text{cyc}} a^4 b^2 + \sum_{\text{cyc}} a^2 b^4 &= \sum_{\text{cyc}} \left(a^2 b^2 \left(\sum_{\text{cyc}} a^2 - c^2 \right) \right) \stackrel{(3)}{=} \\
 &\left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 3a^2 b^2 c^2 \therefore (1), (2), (3) \Rightarrow m_a^2 m_b^2 m_c^2 \\
 &= \frac{1}{64} \left(-4 \left(\sum_{\text{cyc}} a^2 \right)^3 - 12a^2 b^2 c^2 + 12 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) \right. \\
 &\quad \left. + 6 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 18a^2 b^2 c^2 + 3a^2 b^2 c^2 \right) \\
 &= \frac{1}{64} \left(-4 \left(\sum_{\text{cyc}} a^2 \right)^3 + 18 \left(\sum_{\text{cyc}} a^2 b^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 27a^2 b^2 c^2 \right) \\
 &= \frac{1}{64} \left(-4 \left(\sum_{\text{cyc}} a^2 \right)^3 + 18 \left(\left(\sum_{\text{cyc}} ab \right)^2 - 16Rrs^2 \right) \left(\sum_{\text{cyc}} a^2 \right) - 27a^2 b^2 c^2 \right)
 \end{aligned}$$

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$$\begin{aligned}
 &= \frac{1}{64} \left\{ -32(s^2 - 4Rr - r^2)^3 + 36(s^2 - 4Rr - r^2)(s^2 + 4Rr + r^2)^2 \right\} \\
 &= \frac{1}{16} \left\{ s^6 - s^4(12Rr - 33r^2) - s^2(60R^2r^2 + 120Rr^3 + 33r^4) - r^3(4R + r)^3 \right\} \\
 &\leq \frac{R^2s^4}{4} \Leftrightarrow
 \end{aligned}$$

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

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

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

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

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

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

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

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

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

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

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