

In any ΔABC , the following relationship holds :

$$\frac{48r^3}{28R^3 - 192r^3} \leq \frac{h_a}{h_b + h_c} + \frac{w_b}{w_c + w_a} + \frac{m_c}{m_a + m_b} \leq 3 \cdot \left(28 \cdot \left(\frac{R}{4r} \right)^3 - 3 \right)$$

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$$\begin{aligned} & \frac{h_a}{h_b + h_c} + \frac{w_b}{w_c + w_a} + \frac{m_c}{m_a + m_b} \leq \frac{m_a}{h_b + h_c} + \frac{m_b}{h_c + h_a} + \frac{m_c}{h_a + h_b} \\ & \stackrel{\text{Reverse Bergstrom}}{\leq} \frac{1}{4} \sum_{\text{cyc}} \left(\frac{m_a}{h_b} + \frac{m_a}{h_c} \right) \stackrel{\text{CBS}}{\leq} \frac{1}{4} \cdot \sqrt{2 \sum_{\text{cyc}} m_a^2} \cdot \sqrt{2 \sum_{\text{cyc}} \frac{1}{h_a^2}} \\ & = \frac{1}{4} \cdot \sqrt{4 \cdot \frac{3}{4} \sum_{\text{cyc}} a^2 \cdot \frac{1}{4r^2 s^2} \cdot \sum_{\text{cyc}} a^2} \stackrel{\text{Leibnitz and Mitrinovic}}{\leq} \frac{1}{4} \cdot \sqrt{\frac{3 \cdot 81R^4}{4r^2 \cdot 27r^2}} = \sqrt{\frac{9R^4}{64r^4}} \\ & \stackrel{?}{\leq} 3 \cdot \left(28 \cdot \left(\frac{R}{4r} \right)^3 - 3 \right) = \sqrt{\frac{9(7R^3 - 48r^3)^2}{256r^6}} \Leftrightarrow (7t^3 - 48)^2 \stackrel{?}{\geq} 4t^4 \left(t = \frac{R}{r} \right) \\ & \Leftrightarrow 49t^6 - 4t^4 - 672t^3 + 2304 \stackrel{?}{\geq} 0 \\ & \Leftrightarrow (t - 2) \left((t - 2)(49t^4 + 196t^3 + 584t^2 + 880t + 1184) + 1216 \right) \stackrel{?}{\geq} 0 \\ & \rightarrow \text{true} \because t \stackrel{\text{Euler}}{\geq} 2 \therefore \boxed{\frac{h_a}{h_b + h_c} + \frac{w_b}{w_c + w_a} + \frac{m_c}{m_a + m_b} \leq 3 \cdot \left(28 \cdot \left(\frac{R}{4r} \right)^3 - 3 \right)} \\ & \text{Again, } \frac{h_a}{h_b + h_c} + \frac{w_b}{w_c + w_a} + \frac{m_c}{m_a + m_b} \geq \frac{h_a}{m_b + m_c} + \frac{h_b}{m_c + m_a} + \frac{h_c}{m_a + m_b} \\ & \stackrel{\text{Chebyshev}}{\geq} \frac{1}{3} \left(\sum_{\text{cyc}} h_a \right) \left(\sum_{\text{cyc}} \frac{1}{m_b + m_c} \right) \left(\because \text{WLOG assuming } a \geq b \geq c \Rightarrow h_a \leq h_b \leq h_c \text{ and } \right. \\ & \left. \frac{1}{m_b + m_c} \leq \frac{1}{m_c + m_a} \leq \frac{1}{m_a + m_b} \right) \\ & = \frac{1}{3} \left(2rs \sum_{\text{cyc}} \frac{1}{a} \right) \left(\sum_{\text{cyc}} \frac{1}{m_b + m_c} \right) \stackrel{\text{Bergstrom}}{\geq} \frac{1}{3} \cdot 2rs \cdot \frac{9}{2s} \cdot \frac{9}{2 \sum_{\text{cyc}} m_a} \stackrel{\text{Leuenberger + Euler}}{\geq} 3r \cdot \frac{9}{2 \cdot \frac{9R}{2}} \\ & = \frac{3r}{R} \stackrel{?}{\geq} \frac{48r^3}{28R^3 - 192r^3} \Leftrightarrow 28t^3 - 16t - 192 \stackrel{?}{\geq} 0 \Leftrightarrow (t - 2)(28t^2 + 56t + 96) \stackrel{?}{\geq} 0 \\ & \rightarrow \text{true} \because t \stackrel{\text{Euler}}{\geq} 2 \therefore \boxed{\frac{h_a}{h_b + h_c} + \frac{w_b}{w_c + w_a} + \frac{m_c}{m_a + m_b} \geq \frac{48r^3}{28R^3 - 192r^3}} \\ & \text{and so, } \frac{48r^3}{28R^3 - 192r^3} \leq \frac{h_a}{h_b + h_c} + \frac{w_b}{w_c + w_a} + \frac{m_c}{m_a + m_b} \leq 3 \cdot \left(28 \cdot \left(\frac{R}{4r} \right)^3 - 3 \right) \\ & \quad \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)} \end{aligned}$$