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In any ΔABC , the following relationship holds :

$$3 \cdot \left(\frac{2r}{R} \right)^6 \leq \frac{m_a m_b}{w_a w_b} + \frac{w_b w_c}{h_b h_c} + \frac{h_c h_a}{m_c m_a} \leq 3 \cdot \left(\frac{R}{2r} \right)^6$$

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$$\begin{aligned}
& \frac{m_a m_b}{w_a w_b} + \frac{w_b w_c}{h_b h_c} + \frac{h_c h_a}{m_c m_a} \stackrel{\text{A-G}}{\geq} 3 \cdot \sqrt[2]{\frac{m_a m_b}{w_a w_b} \cdot \frac{w_b w_c}{h_b h_c} \cdot \frac{h_c h_a}{m_c m_a}} = 3 \cdot \sqrt[3]{\frac{m_b w_c h_a}{w_a h_b m_c}} \\
& \geq 3 \cdot \sqrt[3]{\frac{h_b h_c h_a}{m_a m_b m_c}} \stackrel{m_a m_b m_c \leq \frac{Rs^2}{2}}{\geq} 3 \cdot \sqrt[3]{\frac{2r^2 s^2}{\frac{Rs^2}{2}}} = 3 \cdot \sqrt[3]{\frac{4r^2 \cdot 2r}{R^2 \cdot 2r}} \stackrel{\text{Euler}}{\geq} 3 \cdot \sqrt[3]{\frac{8r^3}{R^3}} = 3 \cdot \left(\frac{2r}{R} \right) \\
& = \frac{3 \cdot \left(\frac{2r}{R} \right)^6}{\left(\frac{2r}{R} \right)^5} \stackrel{\text{Euler}}{\geq} 3 \cdot \left(\frac{2r}{R} \right)^6 \therefore \frac{m_a m_b}{w_a w_b} + \frac{w_b w_c}{h_b h_c} + \frac{h_c h_a}{m_c m_a} \geq 3 \cdot \left(\frac{2r}{R} \right)^6 \\
& \text{Again, } \frac{m_a m_b}{w_a w_b} + \frac{w_b w_c}{h_b h_c} + \frac{h_c h_a}{m_c m_a} \leq \frac{m_a m_b}{h_a h_b} + \frac{m_b m_c}{h_b h_c} + \frac{m_c m_a}{h_c h_a} \\
& \stackrel{\text{Panaitopol}}{\leq} \left(\frac{R}{2r} \right)^2 \cdot \sum_{\text{cyc}} \frac{h_b h_c}{h_b h_c} = \frac{3 \cdot \left(\frac{R}{2r} \right)^6}{\left(\frac{R}{2r} \right)^4} \stackrel{\text{Euler}}{\leq} 3 \cdot \left(\frac{R}{2r} \right)^6 \therefore \frac{m_a m_b}{w_a w_b} + \frac{w_b w_c}{h_b h_c} + \frac{h_c h_a}{m_c m_a} \\
& \leq 3 \cdot \left(\frac{R}{2r} \right)^6 \text{ and so, } 3 \cdot \left(\frac{2r}{R} \right)^6 \leq \frac{m_a m_b}{w_a w_b} + \frac{w_b w_c}{h_b h_c} + \frac{h_c h_a}{m_c m_a} \leq 3 \cdot \left(\frac{R}{2r} \right)^6 \\
& \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)}
\end{aligned}$$

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

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

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

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

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

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

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$$-r^3(4R+r)^3 \stackrel{?}{\leq} 0$$

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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