

In any ΔABC , the following relationship holds :

$$\frac{8r^2}{R^3} \leq \frac{1}{m_a} + \frac{1}{w_b} + \frac{1}{h_c} \leq \frac{R^2}{4r^3} \text{ and}$$

$$\frac{4}{3R^2} \cdot \left(\frac{2r}{R}\right)^4 \leq \frac{1}{m_a^2} + \frac{1}{w_b^2} + \frac{1}{h_c^2} \leq \frac{1}{r^2} \cdot \left(\left(\frac{R}{2r}\right)^4 - \frac{2}{3}\right)$$

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$$\frac{1}{m_a} + \frac{1}{w_b} + \frac{1}{h_c} \leq \frac{1}{h_a} + \frac{1}{h_b} + \frac{1}{h_c} \stackrel{\text{Bergstrom}}{=} \frac{1}{r} \stackrel{\text{Euler}}{=} \frac{4r^2}{4r^3} \leq \frac{R^2}{4r^3} \text{ and}$$

$$\frac{1}{m_a} + \frac{1}{w_b} + \frac{1}{h_c} \geq \frac{1}{m_a} + \frac{1}{m_b} + \frac{1}{m_c} \stackrel{\text{Leuenberger + Euler}}{\geq} \frac{9}{9R} \stackrel{\text{Euler}}{=} \frac{2 \cdot 4r^2}{R \cdot 4r^2} \geq \frac{8r^2}{R^3}$$

$$\frac{1}{m_a^2} + \frac{1}{w_b^2} + \frac{1}{h_c^2} \leq \sum_{\text{cyc}} \frac{1}{h_a^2} \stackrel{\text{Leibnitz and Mitrinovic}}{\leq} \frac{9R^2}{4r^2 \cdot 27r^2}$$

$$\Rightarrow \frac{1}{m_a^2} + \frac{1}{w_b^2} + \frac{1}{h_c^2} \leq \frac{R^2}{12r^4} \rightarrow (1) \text{ and } \frac{1}{r^2} \cdot \left(\left(\frac{R}{2r}\right)^4 - \frac{2}{3}\right) \stackrel{\text{Euler}}{\geq} \frac{3R^2 - 8r^2}{12r^4}$$

$$\stackrel{\text{Euler}}{\geq} \frac{3R^2 - 2R^2}{12r^4} \stackrel{\text{via (1)}}{\geq} \frac{1}{m_a^2} + \frac{1}{w_b^2} + \frac{1}{h_c^2} \text{ and, } \frac{1}{m_a^2} + \frac{1}{w_b^2} + \frac{1}{h_c^2} \geq \sum_{\text{cyc}} \frac{1}{m_a^2} \stackrel{\text{Bergstrom and Leibnitz}}{\geq}$$

$$\frac{9}{\frac{3}{4} \cdot 9R^2} = \frac{4}{3R^2} \stackrel{\text{Euler}}{\geq} \frac{4}{3R^2} \cdot \left(\frac{2r}{R}\right)^4 \therefore \frac{8r^2}{R^3} \leq \frac{1}{m_a} + \frac{1}{w_b} + \frac{1}{h_c} \leq \frac{R^2}{4r^3} \text{ and}$$

$$\frac{4}{3R^2} \cdot \left(\frac{2r}{R}\right)^4 \leq \frac{1}{m_a^2} + \frac{1}{w_b^2} + \frac{1}{h_c^2} \leq \frac{1}{r^2} \cdot \left(\left(\frac{R}{2r}\right)^4 - \frac{2}{3}\right)$$

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