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In any ΔABC and $\forall n, m \geq 0$, the following relationships holds :

$$\frac{r_a^n}{m_a^m} + \frac{r_b^n}{w_b^m} + \frac{r_c^n}{h_c^m} \geq \frac{3^{n-m+1} \cdot 2^m \cdot r^n}{R^m} \quad \text{and} \quad \frac{m_a^n}{r_a^m} + \frac{w_b^n}{r_b^m} + \frac{h_c^n}{r_c^m} \geq \frac{3^{n-m+1} \cdot 2^m \cdot r^n}{R^m}$$

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$$\begin{aligned} \frac{r_a^n}{m_a^m} + \frac{r_b^n}{w_b^m} + \frac{r_c^n}{h_c^m} &\geq \frac{r_a^n}{m_a^m} + \frac{r_b^n}{m_b^m} + \frac{r_c^n}{m_c^m} \stackrel{A-G}{\geq} 3 \cdot \sqrt[3]{\frac{(\prod_{cyc} r_a)^n}{(\prod_{cyc} m_a)^m}} \stackrel{m_a m_b m_c \leq \frac{Rs^2}{2}}{\geq} \\ &\stackrel{3 \cdot \sqrt[3]{\frac{(rs^2)^n}{\left(\frac{Rs^2}{2}\right)^m}} \stackrel{\text{Mitrinovic}}{\geq} 3 \cdot \sqrt[3]{\frac{(r \cdot 27r^2)^n}{\left(\frac{R}{2} \cdot \frac{27R^2}{4}\right)^m}} = \frac{3^{n-m+1} \cdot 2^m \cdot r^n}{R^m}}{\geq} \\ &\forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral} \end{aligned}$$

$$\begin{aligned} \frac{m_a^n}{r_a^m} + \frac{w_b^n}{r_b^m} + \frac{h_c^n}{r_c^m} &\geq \frac{h_a^n}{r_a^m} + \frac{h_b^n}{r_b^m} + \frac{h_c^n}{r_c^m} \stackrel{A-G}{\geq} 3 \cdot \sqrt[3]{\frac{(\prod_{cyc} h_a)^n}{(\prod_{cyc} r_a)^m}} = 3 \cdot \sqrt[3]{\frac{(2r^2 s^2)^n}{(rs^2)^m}} \\ &\stackrel{\text{Gerretsen + Euler and Mitrinovic + Euler}}{\geq} 3 \cdot \sqrt[3]{\frac{(r^2 \cdot 27Rr)^n}{\left(\frac{R}{2} \cdot \frac{27R^2}{4}\right)^m}} = \frac{3^{n-m+1} \cdot 2^m \cdot r^n}{R^m} \\ &\forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral} \end{aligned}$$

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

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

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

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

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$$\leq \frac{R^2 s^4}{4} \Leftrightarrow$$

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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