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In $\triangle ABC$ the following relationship holds:

$$\min \left(\sum_{cyc} (b+c)h_a, \sum_{cyc} a(h_b+h_c) \right) \geq 36\sqrt{3}r^2$$

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$$\begin{aligned} \sum_{cyc} (b+c)h_a &= \sum_{cyc} (b+c) \cdot \frac{2F}{a} = 2F \sum_{cyc} \frac{b+c}{a} \stackrel{AM-GM}{\geq} \\ &\geq 2F \cdot 3 \sqrt[3]{\prod_{cyc} \frac{b+c}{a}} = 6rs \cdot \sqrt[3]{\frac{(b+c)(c+a)(a+b)}{abc}} \stackrel{CESARO}{\geq} \\ &\geq 6rs \cdot \sqrt[3]{\frac{8abc}{abc}} = 6rs \sqrt[3]{8} = 12rs \stackrel{MITRINOVIC}{\geq} 12r \cdot 3\sqrt{3}r = 36\sqrt{3}r^2 \end{aligned}$$

$$\begin{aligned} \sum_{cyc} a(h_b+h_c) &= \sum_{cyc} a \left(\frac{2F}{b} + \frac{2F}{c} \right) = 2F \sum_{cyc} a \left(\frac{1}{b} + \frac{1}{c} \right) = \\ &= 2rs \sum_{cyc} \frac{a(b+c)}{bc} \stackrel{AM-GM}{\geq} 2rs \cdot 3 \sqrt[3]{\frac{abc(b+c)(c+a)(a+b)}{abc \cdot abc}} = \\ &= 6rs \cdot \sqrt[3]{\frac{(b+c)(c+a)(a+b)}{abc}} \stackrel{CESARO}{\geq} \\ &\geq 6rs \cdot \sqrt[3]{\frac{8abc}{abc}} = 6rs \sqrt[3]{8} = 12rs \stackrel{MITRINOVIC}{\geq} 12r \cdot 3\sqrt{3}r = 36\sqrt{3}r^2 \end{aligned}$$

Equality holds for $a = b = c$.