

In any ΔABC , the following relationship holds :

$$\frac{m_a w_b}{w_c h_a} + \frac{w_b h_c}{h_a m_b} + \frac{h_c m_a}{m_b w_c} \leq \frac{3}{8} \cdot \left(9 \left(\frac{R}{r} \right)^3 - 64 \right)$$

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$$\begin{aligned} & \frac{m_a w_b}{w_c h_a} + \frac{w_b h_c}{h_a m_b} + \frac{h_c m_a}{m_b w_c} \leq \frac{m_a m_b}{h_c h_a} + \frac{m_b m_c}{h_a h_b} + \frac{m_c m_a}{h_b h_c} \\ & \leq m_a m_b m_c \left(\frac{1}{h_c^2 h_a} + \frac{1}{h_a^2 h_b} + \frac{1}{h_b^2 h_c} \right) \leq \frac{R s^2}{2} \cdot \frac{c^2 a + a^2 b + b^2 c}{8 r^3 s^3} \\ & \stackrel{A-G}{\leq} \frac{R}{16 r^3 s} \cdot (a^3 + b^3 + c^3) = \frac{2 s R (s^2 - 6 R r - 3 r^2)}{16 r^3 s} \\ & \stackrel{\text{Gerretsen}}{\leq} \frac{R(4R^2 - 2Rr)}{8r^3} \stackrel{?}{\leq} \frac{3}{8} \cdot \left(9 \left(\frac{R}{r} \right)^3 - 64 \right) \Leftrightarrow 23R^3 + 2R^2 r - 192r^3 \stackrel{?}{\geq} 0 \\ & \Leftrightarrow (R - 2r)(23R^2 + 48Rr + 96r^2) \stackrel{?}{\geq} 0 \rightarrow \text{true} \because R \stackrel{\text{Euler}}{\geq} 2r \\ & \therefore \frac{m_a w_b}{w_c h_a} + \frac{w_b h_c}{h_a m_b} + \frac{h_c m_a}{m_b w_c} \leq \frac{3}{8} \cdot \left(9 \left(\frac{R}{r} \right)^3 - 64 \right) \forall \Delta ABC, \\ & \quad \text{"=" iff } \Delta ABC \text{ is equilateral (QED)} \end{aligned}$$

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

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

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

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

Now, LHS of (*) $\stackrel{\text{Gerretsen}}{\leq} -s^4(8Rr - 36r^2) - s^2(60R^2 r^2 + 120Rr^3 + 33r^4) - r^3(4R + r)^3 \stackrel{?}{\leq} 0$

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

Now, LHS of (**) $\stackrel{\text{Gerretsen}}{\geq} \stackrel{(a)}{s^2(16Rr - 5r^2)(8R - 16r)}$

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

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

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

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

$$\geq 20rs^2(4R^2 + 4Rr + 3r^2)$$

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

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

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

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

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

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

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

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

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