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Let $a, b, c \geq 0, a + b + c = 2$. Find the minimum value of

$$P = \sqrt{a^2 + b^2 + 7c} + \sqrt{b^2 + c^2 + 7a} + \sqrt{c^2 + a^2 + 7b}.$$

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We will prove that the minimum of P is $2\sqrt{5}$, achieved at

$a = b = \frac{2}{3}$ and when one of a, b, c is 0 and the others are 1. Let $p := a + b + c = 2$,

$q := ab + bc + ca, r := abc$. By Hölder's inequality, we have

$$\left(\sum_{cyc} \sqrt{b^2 + c^2 + 7a} \right)^2 \cdot \sum_{cyc} \frac{(a+1)^3}{b^2 + c^2 + 7a} \geq \left(\sum_{cyc} (a+1) \right)^3 = 125,$$

$$\sum_{cyc} \frac{(a+1)^3}{b^2 + c^2 + 7a} = \frac{544 - 221q + q^2 - 4q^3 + (768 - 123q + 10q^2)r + 32r^2}{224 - 84q - 10q^2 - 2q^3 + (313 - 27q)r - r^2}.$$

$$P^2 \geq 125 \cdot \frac{224 - 84q - 10q^2 - 2q^3 + (313 - 27q)r - r^2}{544 - 221q + q^2 - 4q^3 + (768 - 123q + 10q^2)r + 32r^2} \stackrel{?}{\geq} (2\sqrt{5})^2$$

$$\Leftrightarrow f(r) = 32 + 22q - 52q^2 - 2q^3 + (29 + 111q - 20q^2)r - 69r^2 \geq 0.$$

We have $q \leq \frac{p^2}{3}$ and $pq \geq 9r$, then $q \leq \frac{4}{3}, r \leq \frac{2q}{9}$, and

$$f'(r) = 29 + 111q - 20q^2 - 138r > 29 + 111q - 20q^2 - 138 \cdot \frac{2q}{9} > 0,$$

so f is increasing, and if $q \leq 1$, we have

$$f(r) \geq f(0) = 32 + 22q - 52q^2 - 2q^3 = (1 - q)(32 + 54q + 2q^2) \geq 0.$$

▣ If $1 \leq q \leq \frac{4}{3}$, we have by Schur's inequality, $r \geq \frac{p(4q - p^2)}{9} = \frac{8(q - 1)}{9}$, and

$$f(r) \geq f\left(\frac{8(q - 1)}{9}\right) = \frac{2}{9}(q - 1)\left(\frac{4}{3} - q\right)(163 + 89q) \geq 0.$$

which completes the proof.