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If $a, b, c \in \mathbb{R}$ and $(a + b + c)(a^2 + 1)(b^2 + 1)(c^2 + 1) = 24$,
then prove that : $a^2 + b^2 + c^2 \geq 3$

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$$\begin{aligned}
 24 &= (a + b + c)(a^2 + 1)(b^2 + 1)(c^2 + 1) \leq \sqrt{3 \sum_{\text{cyc}} a^2} \cdot (a^2 + 1)(b^2 + 1)(c^2 + 1) = \\
 &= \sqrt{3 \sum_{\text{cyc}} a^2} \cdot \left(a^2 b^2 c^2 + 1 + \sum_{\text{cyc}} a^2 + \sum_{\text{cyc}} a^2 b^2 \right) \\
 &\leq \sqrt{3 \sum_{\text{cyc}} a^2} \cdot \left(\frac{1}{27} \left(\sum_{\text{cyc}} a^2 \right)^3 + 1 + \sum_{\text{cyc}} a^2 + \frac{1}{3} \left(\sum_{\text{cyc}} a^2 \right)^2 \right) \\
 &= \sqrt{3 \sum_{\text{cyc}} a^2} \cdot \frac{(\sum_{\text{cyc}} a^2)^3 + 27 + 27 \sum_{\text{cyc}} a^2 + 9(\sum_{\text{cyc}} a^2)^2}{27} \\
 &\Rightarrow 576 \leq \frac{(3 \sum_{\text{cyc}} a^2) \left((\sum_{\text{cyc}} a^2)^3 + 27 + 27 \sum_{\text{cyc}} a^2 + 9(\sum_{\text{cyc}} a^2)^2 \right)^2}{729} \\
 &\Rightarrow t(t^3 + 9t^2 + 27t + 27)^2 - 243 \cdot 576 \geq 0 \quad \left(t = \sum_{\text{cyc}} a^2 \right) \\
 &\Rightarrow t^7 + 18t^6 + 135t^5 + 540t^4 + 1215t^3 + 1458t^2 + 729t - 139968 \geq 0 \\
 &\Rightarrow (t - 3)(t^6 + 21t^5 + 198t^4 + 1134t^3 + 4617t^2 + 15309t + 46656) \geq 0 \\
 &\Rightarrow t \geq 3 \quad \left(\because t \sum_{\text{cyc}} a^2 \geq 0 \right) \therefore a^2 + b^2 + c^2 \geq 3 \\
 &\forall a, b, c \in \mathbb{R} \mid (a + b + c)(a^2 + 1)(b^2 + 1)(c^2 + 1) = 24, \\
 &\quad \text{"=" iff } a = b = c = 1 \text{ (QED)}
 \end{aligned}$$