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In any ΔABC , the following relationship holds :

$$\frac{m_a^2 + m_b^2 + m_c^2}{m_a m_b + m_b m_c + m_c m_a} + \frac{12\sqrt{3}F}{a^2 + b^2 + c^2} \leq 4$$

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Solution 1 by Soumava Chakraborty-Kolkata-India

We shall prove : $\frac{a^2 + b^2 + c^2}{ab + bc + ca} + \frac{9\sqrt{3}F}{m_a^2 + m_b^2 + m_c^2} \leq 4 \rightarrow (1)$

LHS of (1) $\stackrel{\text{Mitrinovic}}{\leq} \frac{2(s^2 - 4Rr - r^2)}{s^2 + 4Rr + r^2} + \frac{3s^2}{\frac{3}{2}(s^2 - 4Rr - r^2)} \stackrel{?}{\leq} 4$

$\Leftrightarrow 2 - \frac{s^2 - 4Rr - r^2}{s^2 + 4Rr + r^2} \stackrel{?}{\geq} \frac{s^2}{s^2 - 4Rr - r^2} \Leftrightarrow \frac{s^2 + 12Rr + 3r^2}{s^2 + 4Rr + r^2} \stackrel{?}{\geq} \frac{s^2}{s^2 - 4Rr - r^2}$

$\Leftrightarrow (4R + r)s^2 \stackrel{?}{\geq} 3r(4R + r)^2 \Leftrightarrow s^2 - 12Rr - 3r^2 \stackrel{?}{\geq} 0$

$\Leftrightarrow s^2 - 16Rr + 5r^2 + 4r(R - 2r) \stackrel{?}{\geq} 0 \rightarrow \text{true} \because s^2 - 16Rr + 5r^2 \stackrel{\text{Gerretsen}}{\geq} 0$

and $R - 2r \stackrel{\text{Euler}}{\geq} 0 \therefore \frac{a^2 + b^2 + c^2}{ab + bc + ca} + \frac{9\sqrt{3}F}{m_a^2 + m_b^2 + m_c^2} \leq 4$ and implementing (1)

on a triangle with sides $\frac{2m_a}{3}, \frac{2m_b}{3}, \frac{2m_c}{3}$ whose area

via elementary calculations $= \frac{F}{3}$ and medians $= \frac{a}{2}, \frac{b}{2}, \frac{c}{2}$ we get :

$$\frac{\frac{4}{9}(m_a^2 + m_b^2 + m_c^2)}{\frac{4}{9}(m_a m_b + m_b m_c + m_c m_a)} + \frac{\frac{9\sqrt{3}F}{3}}{\frac{1}{4}(a^2 + b^2 + c^2)} \leq 4$$

$$\Rightarrow \frac{m_a^2 + m_b^2 + m_c^2}{m_a m_b + m_b m_c + m_c m_a} + \frac{12\sqrt{3}F}{a^2 + b^2 + c^2} \leq 4$$

$\forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)}$

Solution 2 by Mohamed Amine Ben Ajiba-Tanger-Morocco

We have :

$$m_a m_b + m_b m_c + m_c m_a \stackrel{\text{AM-GM}}{\geq} 3^3 \sqrt{(m_a m_b m_c)^2} \stackrel{\text{Leuenberger}}{\geq} 3^3 \sqrt{(s^2 r)^2} \stackrel{\text{Mitrinovic}}{\geq} 3\sqrt{3}F,$$

and since $a^2 + b^2 + c^2 = \frac{4}{3}(m_a^2 + m_b^2 + m_c^2)$, then it suffices to prove that

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$$\frac{m_a^2 + m_b^2 + m_c^2}{m_a m_b + m_b m_c + m_c m_a} + \frac{3(m_a m_b + m_b m_c + m_c m_a)}{m_a^2 + m_b^2 + m_c^2} \leq 4 \quad (1)$$

$$\text{Let } x := \frac{m_a^2 + m_b^2 + m_c^2}{m_a m_b + m_b m_c + m_c m_a}.$$

Since m_a, m_b, m_c can be the sides of a triangle, we have $1 \leq x < 2$.

$$\Rightarrow (1) \Leftrightarrow x + \frac{3}{x} \leq 4 \Leftrightarrow \frac{(x-1)(3-x)}{x} \geq 0,$$

which is true. So the proof is complete. Equality holds iff $\triangle ABC$ is equilateral.