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In $\triangle ABC$ the following relationship holds:

$$\sum \frac{h_a \sqrt{h_a}}{w_a \sqrt{r_a}} \ge 3 \sqrt{\frac{2r}{R}}$$

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$$h_{a}h_{b}h_{c} = \frac{8F^{3}}{abc} = \frac{8r^{3}s^{3}}{4Rrs} = \frac{2r^{2}s^{2}}{R} \quad (1)$$

$$r_{a}r_{b}r_{c} = s^{2}r \quad (2) , w_{a}w_{b}w_{c} \stackrel{w_{a} \leq \sqrt{s(s-a)}}{\leq} \sqrt{\prod s(s-a)} = \sqrt{s^{3}sr^{2}} = s^{2}r , \quad (3)$$

$$\sum \frac{h_{a}\sqrt{h_{a}}}{w_{a}\sqrt{r_{a}}} \stackrel{AM-GM}{\geq} 3 \sqrt[3]{\frac{h_{a}h_{b}h_{c}\sqrt{h_{a}h_{b}h_{c}}}{w_{a}w_{b}w_{c}\sqrt{r_{a}r_{b}r_{c}}}} \stackrel{(1),(2),(3)}{\geq}$$

$$\geq 3 \sqrt[3]{\frac{(h_{a}h_{b}h_{c})^{\frac{3}{2}}}{(s^{2}r)^{\frac{3}{2}}}} = 3 \sqrt[3]{\frac{h_{a}h_{b}h_{c}}{s^{2}r}} 3 \sqrt[3]{\frac{2r^{2}s^{2}}{R}} = 3 \sqrt[3]{\frac{2r}{R}}$$

Equality holds for an equilateral triangle