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In $\triangle ABC$ the following relationship holds:

$$r_a \sqrt{a} \cdot r_b \sqrt{b} \cdot r_c \sqrt{c} \leq r \sqrt{\frac{a+b+c}{3}} \leq h_a \sqrt{a} \cdot h_b \sqrt{b} \cdot h_c \sqrt{c}$$

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WLOG $a \geq b \geq c$ then $r_a \geq r_b \geq r_c$.

$$\text{Now } \frac{a}{r_a} + \frac{b}{r_b} + \frac{c}{r_c} \stackrel{\text{Chebyshev}}{\leq} \frac{1}{3}(a+b+c) \left(\frac{1}{r_a} + \frac{1}{r_b} + \frac{1}{r_c} \right) \quad (1)$$

$$\text{We know that } \sum \frac{1}{r_a} = \sum \frac{1}{h_a} = \frac{1}{r} \quad (2)$$

$$ah_a = bh_b = ch_c = a \frac{2F}{a} = b \frac{2F}{b} = c \frac{2F}{c} = 2F \quad (3)$$

Let us consider a with associated weight $\frac{1}{r_a}$, b with associated weight $\frac{1}{r_b}$,

c with associated weight $\frac{1}{r_c}$

$$GM \leq AM \text{ or } \left(r_a \sqrt{a} \cdot r_b \sqrt{b} \cdot r_c \sqrt{c} \right)^{\frac{1}{\sum \frac{1}{r_a}}} \leq \frac{\frac{a}{r_a} + \frac{b}{r_b} + \frac{c}{r_c}}{\sum \frac{1}{r_a}} \stackrel{(1)}{\leq} \frac{\frac{1}{3}(a+b+c) \left(\frac{1}{r_a} + \frac{1}{r_b} + \frac{1}{r_c} \right)}{\sum \frac{1}{r_a}} =$$

$$= \frac{a+b+c}{3} \text{ or } r_a \sqrt{a} \cdot r_b \sqrt{b} \cdot r_c \sqrt{c} \leq \left(\frac{a+b+c}{3} \right)^{\sum \frac{1}{r_a}} \stackrel{(2)}{=}$$

$$= \left(\frac{a+b+c}{3} \right)^{\frac{1}{r}} = r \sqrt{\frac{a+b+c}{3}} \quad (A)$$

Let us consider a with associated weight $\frac{1}{h_a}$, b with associated weight $\frac{1}{h_b}$,

c with associated weight $\frac{1}{h_c}$

$$GM \geq HM \text{ or } \left(h_a \sqrt{a} \cdot h_b \sqrt{b} \cdot h_c \sqrt{c} \right)^{\frac{1}{\sum \frac{1}{h_a}}} \geq \frac{\sum \frac{1}{h_a}}{\sum \frac{1}{ah_a}} \stackrel{(3)}{\geq} \frac{\sum \frac{1}{h_a}}{\frac{3}{2F}} \stackrel{(2)}{=} \frac{2F}{3r} = 2r \cdot \frac{s}{3r} = \frac{2s}{3} = \frac{a+b+c}{3}$$

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$$\begin{aligned} \text{or } \left({}^{h_a}\sqrt{a} \cdot {}^{h_b}\sqrt{b} \cdot {}^{h_c}\sqrt{c} \right)^{\frac{1}{\Sigma h_a}} &= \left({}^{h_a}\sqrt{a} \cdot {}^{h_b}\sqrt{b} \cdot {}^{h_c}\sqrt{c} \right)^{\frac{1}{r}} = \\ &= \left({}^{h_a}\sqrt{a} \cdot {}^{h_b}\sqrt{b} \cdot {}^{h_c}\sqrt{c} \right)^r \geq \frac{a+b+c}{3} \text{ or} \\ {}^{h_a}\sqrt{a} \cdot {}^{h_b}\sqrt{b} \cdot {}^{h_c}\sqrt{c} &\geq \sqrt[r]{\frac{a+b+c}{3}} \quad (B) \end{aligned}$$

From (A) and (B) we have ${}^r\sqrt{a} \cdot {}^r\sqrt{b} \cdot {}^r\sqrt{c} \leq \sqrt[r]{\frac{a+b+c}{3}} \leq {}^{h_a}\sqrt{a} \cdot {}^{h_b}\sqrt{b} \cdot {}^{h_c}\sqrt{c}$

Equality holds for the equilateral triangle.