

ROMANIAN MATHEMATICAL MAGAZINE

In $\triangle ABC$ the following relationship holds:

$$\sin \frac{A}{2} \sin \frac{B}{2} + \sin \frac{B}{2} \sin \frac{C}{2} + \sin \frac{C}{2} \sin \frac{A}{2} \leq \frac{5}{8} + \frac{r}{4R}$$

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Solution by Tapas Das-India

$$\sum ab = s^2 + r^2 + 4Rr \stackrel{\text{Gerretsen}}{\leq} 4(R+r)^2 \quad (1)$$

$$\sum \frac{1}{\sin \frac{A}{2}} = \sum \sqrt{\frac{bc}{(s-b)(s-c)}} \stackrel{\text{CBS}}{\leq} \sqrt{ab+bc+ca} \cdot \sqrt{\sum \frac{1}{(s-b)(s-c)}} \stackrel{(1)}{\leq} 2(R+r) \cdot \frac{1}{r}$$

$$\begin{aligned} \sin \frac{A}{2} \sin \frac{B}{2} + \sin \frac{B}{2} \sin \frac{C}{2} + \sin \frac{C}{2} \sin \frac{A}{2} &= \prod \sin \frac{A}{2} \cdot \sum \frac{1}{\sin \frac{A}{2}} \leq \\ &\leq \frac{r}{4R} \cdot \frac{2(R+r)}{r} = \frac{1}{2} + \frac{r}{2R} = \frac{5}{8} - \frac{1}{8} + \frac{r}{2R} = \\ &= \frac{5}{8} - \frac{1}{4} \cdot \frac{1}{2} + \frac{r}{2R} \leq \frac{5}{8} + \frac{r}{2R} - \frac{r}{4R} \text{ (Euler)} = \frac{5}{8} + \frac{r}{4R} \end{aligned}$$