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In $\triangle ABC$ the following relationship holds:

$$\frac{R^2 + 6Rr - \sqrt{R(R-2r)^3}}{4R^2} \leq \prod \cos \frac{A-B}{2} \leq \frac{R^2 + 6Rr + \sqrt{R(R-2r)^3}}{4R^2}$$

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Solution by Tapas Das-India

Blundon's inequality:

$$2R^2 + 10Rr - r^2 - 2\sqrt{R(R-2r)^3} \leq s^2 \leq 2R^2 + 10Rr - r^2 + 2\sqrt{R(R-2r)^3} \quad (1)$$

$$\begin{aligned} \prod \cos \frac{A-B}{2} &= \frac{s^2 + r^2 + 2Rr}{8R^2} \stackrel{(1)}{\geq} \frac{2R^2 + 10Rr - r^2 - 2\sqrt{R(R-2r)^3} + r^2 + 2Rr}{8R^2} = \\ &= \frac{2R^2 + 12Rr - 2\sqrt{R(R-2r)^3}}{8R^2} = \frac{R^2 + 6Rr - \sqrt{R(R-2r)^3}}{4R^2} \end{aligned}$$

$$\begin{aligned} \prod \cos \frac{A-B}{2} &= \frac{s^2 + r^2 + 2Rr}{8R^2} \stackrel{(1)}{\leq} \frac{2R^2 + 10Rr - r^2 + 2\sqrt{R(R-2r)^3} + r^2 + 2Rr}{8R^2} = \\ &= \frac{2R^2 + 12Rr + 2\sqrt{R(R-2r)^3}}{8R^2} = \frac{R^2 + 6Rr + \sqrt{R(R-2r)^3}}{4R^2} \end{aligned}$$

Equality holds for an equilateral triangle