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In any ΔABC , the following relationship holds :

$$\frac{R - r - \sqrt{R(R - 2r)}}{r} \leq \frac{r_a}{h_a} \leq \frac{R - r + \sqrt{R(R - 2r)}}{r}$$

Proposed by Dang Ngoc Minh-Vietnam

Solution 1 by Soumava Chakraborty-Kolkata-India

$$\begin{aligned} \frac{r_a}{h_a} + 1 &= \frac{rpa}{2rp(p-a)} + 1 \quad (p \rightarrow \text{semi-perimeter}) = \frac{a}{b+c-a} + 1 \\ &= \frac{b+c}{2(p-a)} = \frac{4R \cos \frac{A}{2} \cos \frac{B-C}{2}}{8R \cos \frac{A}{2} \sin \frac{B}{2} \sin \frac{C}{2}} \Rightarrow \frac{r_a}{h_a} + 1 \stackrel{\textcircled{1}}{=} \frac{c}{c-s} \end{aligned}$$

$$\left(\text{where } c = \cos \frac{B-C}{2}, s = \sin \frac{A}{2} \right)$$

$$\text{Again, } \frac{R \pm \sqrt{R(R-2r)}}{r} = \frac{1}{4 \sin \frac{A}{2} \sin \frac{B}{2} \sin \frac{C}{2}} + \frac{R \cdot \sqrt{1-4sc+4s^2}}{4R \sin \frac{A}{2} \sin \frac{B}{2} \sin \frac{C}{2}}$$

$$\therefore \frac{R \pm \sqrt{R(R-2r)}}{r} \stackrel{\textcircled{2}}{=} \frac{1}{2s(c-s)} \pm \frac{\sqrt{1-4sc+4s^2}}{2s(c-s)}$$

$$\text{Now, } \textcircled{1} \text{ and } \textcircled{2} \Rightarrow \frac{r_a}{h_a} \leq \frac{R - r + \sqrt{R(R-2r)}}{r} \Leftrightarrow$$

$$\begin{aligned} \frac{c}{c-s} \leq \frac{1}{2s(c-s)} + \frac{\sqrt{1-4sc+4s^2}}{2s(c-s)} &\Leftrightarrow \frac{2sc-1}{2s(c-s)} \leq \frac{\sqrt{1-4sc+4s^2}}{2s(c-s)} \Leftrightarrow \\ 2sc-1 &\stackrel{(*)}{\leq} \sqrt{1-4sc+4s^2} \quad \left(\because c-s = \frac{b+c}{a} \cdot \sin \frac{A}{2} - \sin \frac{A}{2} = \frac{b+c-a}{a} \cdot \sin \frac{A}{2} > 0 \right) \end{aligned}$$

and if $2sc - 1 < 0$, then : (*) is trivially true and so, we now focus on :

$$2sc - 1 \geq 0 \text{ and then : } (*) \Leftrightarrow 4s^2c^2 - 4sc + 1 \leq 1 - 4sc + 4s^2$$

$$\Leftrightarrow 4s^2(c^2 - 1) \leq 0 \rightarrow \text{true} \because c^2 = \cos^2 \frac{B-C}{2} \leq 1 \Rightarrow (*) \text{ is true } \forall \Delta ABC$$

$$\therefore \frac{r_a}{h_a} \leq \frac{R - r + \sqrt{R(R-2r)}}{r}$$

$$\text{Also, } \textcircled{1} \text{ and } \textcircled{2} \Rightarrow \frac{r_a}{h_a} \geq \frac{R - r - \sqrt{R(R-2r)}}{r} \Leftrightarrow$$

$$\frac{c}{c-s} \geq \frac{1}{2s(c-s)} - \frac{\sqrt{1-4sc+4s^2}}{2s(c-s)} \Leftrightarrow \frac{\sqrt{1-4sc+4s^2}}{2s(c-s)} \geq \frac{1-2sc}{2s(c-s)}$$

$$\Leftrightarrow \sqrt{1-4sc+4s^2} \stackrel{(**)}{\geq} 1-2sc \text{ and if } 1-2sc < 0, \text{ then : } (**) \text{ is trivially true}$$

and so, we now focus on : $1 - 2sc \geq 0$ and then : (***) \Leftrightarrow

$$1 - 4sc + 4s^2 \geq 4s^2c^2 - 4sc + 1 \Leftrightarrow 4s^2(1 - c^2) \geq 0$$

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$$\begin{aligned} &\rightarrow \text{true} \because c^2 = \cos^2 \frac{B-C}{2} \leq 1 \Rightarrow (**) \text{ is true } \forall \Delta ABC \\ &\quad \therefore \frac{r_a}{h_a} \geq \frac{R-r-\sqrt{R(R-2r)}}{r} \text{ and hence,} \\ &\frac{R-r-\sqrt{R(R-2r)}}{r} \leq \frac{r_a}{h_a} \leq \frac{R-r+\sqrt{R(R-2r)}}{r} \quad \forall \Delta ABC \text{ (QED)} \end{aligned}$$

Solution 2 by Mohamed Amine Ben Ajiba-Tanger-Morocco

$$\begin{aligned} &\text{We have } \frac{r_a}{h_a} = \frac{a}{2(s-a)} = \frac{1}{2} \left(\frac{s}{s-a} - 1 \right) \\ &= \frac{1}{2} \left(\frac{r_a}{r} - 1 \right), \text{ so the desired inequality is equivalent to} \\ &2R - r - 2\sqrt{R(R-2r)} \leq r_a \leq 2R - r + 2\sqrt{R(R-2r)}. \end{aligned}$$

We have

$$\begin{aligned} 4 &\leq (r_b + r_c) \left(\frac{1}{r_b} + \frac{1}{r_c} \right) = (4R + r - r_a) \left(\frac{1}{r} - \frac{1}{r_a} \right) \Leftrightarrow 4rr_a \leq (4R + r - r_a)(r_a - r) \\ &\Leftrightarrow r_a^2 - 2(2R - r)r_a + r(4R + r) \leq 0 \\ &\Leftrightarrow (r_a - 2R + r + 2\sqrt{R(R-2r)}) (r_a - 2R + r - 2\sqrt{R(R-2r)}) \leq 0 \\ &\Leftrightarrow 2R - r - 2\sqrt{R(R-2r)} \leq r_a \leq 2R - r + 2\sqrt{R(R-2r)}. \end{aligned}$$

which completes the proof. Equality holds iff $b = c$.