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ROMANIAN MATHEMATICAL MAGAZINE
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In ΔABC the following relationship holds:

$$\frac{m_a}{w_a^2} + \frac{m_b}{w_b^2} + \frac{m_c}{w_c^2} \geq \frac{1}{2R} \left(2 + \frac{R}{r} \right)$$

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$$\because m_a \geq h_a \text{ \& } w_a = \frac{2bc}{b+c} \cos \frac{A}{2}$$

$$\therefore \frac{m_a}{w_a^2} \stackrel{(1)}{\geq} \frac{\frac{bc}{2R}}{\frac{4b^2c^2}{(b+c)^2} \cdot \frac{s(s-a)}{bc}} = \frac{1}{8Rs} \cdot \frac{(b+c)^2}{s-a}$$

$$\text{Similarly, } \frac{m_b}{w_b^2} \stackrel{(2)}{\geq} \frac{1}{8Rs} \cdot \frac{(c+a)^2}{s-b} \text{ \& } \frac{m_c}{w_c^2} \stackrel{(3)}{\geq} \frac{1}{8Rs} \cdot \frac{(a+b)^2}{s-c}$$

$$\begin{aligned} (1)+(2)+(3) &\Rightarrow LHS \geq \frac{1}{8Rs} \sum \frac{(b+c)^2}{s-a} = \frac{1}{8Rs} \sum \frac{(s+s-a)^2}{s-a} = \frac{1}{8Rs} \sum \frac{s^2+(s-a)^2+2s(s-a)}{s-a} = \\ &= \frac{s}{8R} \sum \frac{1}{s-a} + \frac{1}{8Rs} \sum (s-a) + \frac{3}{4R} = \frac{s^2}{8R} \cdot \frac{\sum (s-b)(s-c)}{r^2s^2} + \frac{7}{8R} \\ &= \frac{3s^2 - 4s^2 + s^2 + 4Rr + r^2}{8Rr^2} + \frac{7r}{8Rr} = \frac{4R + r + 7r}{8Rr} = \\ &= \frac{4R + 8r}{8Rr} = \frac{R + 2r}{2Rr} = \frac{1}{2R} \left(2 + \frac{R}{r} \right) \\ &\quad \text{(proved)} \end{aligned}$$