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In $\triangle ABC$ the following relationship holds:

$$\frac{4R + r}{6} \sqrt{\frac{4R + r}{r}} \geq \frac{h_a^2}{w_a + m_a} + \frac{h_b^2}{w_b + m_b} + \frac{h_c^2}{w_c + m_c} \geq \frac{r^2}{R}$$

Proposed by Mokhtar Khassani-Mostaganem-Algerie

Solution 1 by Bogdan Fuștei-Romania; Solution 2 by Tran Hong-Dong Thap-Vietnam

Solution 1 by Bogdan Fuștei-Romania

$$\sum_{cyc} \frac{h_a^2}{w_a + m_a} \geq \sum_{cyc} \frac{h_a^2}{2m_a} = \frac{1}{2} \cdot \sum_{cyc} \frac{h_a^2}{m_a}; (1)$$

From $\frac{R}{2r} \geq \frac{m_a}{h_a}$ (Panaitepol inequality) we have: $\frac{h_a}{2m_a} \geq \frac{r}{R} \Leftrightarrow \frac{h_a^2}{2m_a} \geq \frac{r}{R} \cdot h_a$
and analogs.

$$\frac{1}{2} \cdot \sum_{cyc} \frac{h_a^2}{m_a} \geq \frac{r}{R} (h_a + h_b + h_c) \geq \frac{r}{R} \cdot 9r = \frac{9r^2}{R} > \frac{r^2}{R}; (2)$$

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$$h_a^2 \leq s(s-a) \text{ and analogs (because: } h_a \leq w_a \leq \sqrt{s(s-a)})$$

$$m_a \geq \frac{b+c}{2} \cdot \cos \frac{A}{2} \text{ and analogs, then we have:}$$

$$m_a \cdot w_a \geq s(s-a) \Rightarrow 2m_a \cdot w_a \geq 2s(s-a) \text{ and with}$$

$$m_a^2 + w_a^2 \geq 2m_a w_a \Rightarrow (m_a + w_a)^2 = m_a^2 + w_a^2 + 2m_a w_a \geq 4s(s-a)$$

$$m_a + w_a \geq 2\sqrt{s(s-a)} \text{ and analogs.}$$

$$\frac{s(s-a)}{2\sqrt{s(s-a)}} \geq \frac{h_a^2}{m_a + w_a} \Rightarrow \frac{1}{2}\sqrt{s(s-a)} \geq \frac{h_a^2}{m_a + w_a} \text{ and analogs.}$$

$$\text{So, we have: } \frac{1}{2} \sum_{cyc} \sqrt{s(s-a)} \geq \sum_{cyc} \frac{h_a^2}{m_a + w_a}$$

$$\text{Applying C-B-S and we have: } s\sqrt{3} \geq \sum_{cyc} \sqrt{s(s-a)}$$

$$\frac{s\sqrt{3}}{2} \geq \frac{1}{2} \sum_{cyc} \sqrt{s(s-a)}$$

$$\text{But: } 4R + r \geq s\sqrt{3} \Rightarrow \frac{4R+r}{2} \geq \sum_{cyc} \frac{h_a^2}{m_a + w_a}$$

$$\text{We must show that: } \frac{4R+r}{6} \sqrt{\frac{4R+r}{r}} \geq \frac{4R+r}{2} \Leftrightarrow$$

$$\sqrt{\frac{4R+r}{r}} \geq 3 \Leftrightarrow \frac{4R+r}{r} \geq 9 \Leftrightarrow R \geq 2r \text{ (Euler). Proved.}$$

Solution 2 by Tran Hong-Dong Thap-Vietnam

$$\Omega = \frac{h_a^2}{w_a + m_a} + \frac{h_b^2}{w_b + m_b} + \frac{h_c^2}{w_c + m_c} \stackrel{C-B-S}{\geq}$$

$$\frac{(h_a + h_b + h_c)^2}{(m_a + m_b + m_c) + (w_a + w_b + w_c)} \stackrel{\sum w_a \leq \sum m_a \leq \frac{9R}{2}}{\geq}$$

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$$\geq \frac{(h_a + h_b + h_c)^2}{2 \cdot \frac{9R}{2}} = \frac{\left(\frac{s^2 + r^2 + 4Rr}{2R}\right)^2}{9R} = \frac{(s^2 + r^2 + 4Rr)^2}{36R^2} \stackrel{(*)}{\geq} \frac{r^2}{R}$$

$$(*) \Leftrightarrow (s^2 + r^2 + 4Rr)^2 \geq 36r^2R^2 \Leftrightarrow s^2 + r^2 + 4Rr \geq 6Rr$$

$$\Leftrightarrow s^2 \geq 2Rr - r^2$$

But: $s^2 \geq 16Rr - 5r^2$ (Mitrinovic inequality), then

$$16Rr - 5r^2 \stackrel{(**)}{\geq} 2Rr - r^2$$

$$(**) \Leftrightarrow 14Rr \geq 4r^2 \Leftrightarrow R \geq \frac{2}{7}r \text{ (true because: } R \geq 2r \geq \frac{2}{7}r \text{ Euler)}$$

$$\Leftrightarrow (**) \text{ -- is true} \Leftrightarrow (*) \text{ -- is true.}$$

$$w_a, m_a \geq h_a \Rightarrow w_a + m_a \geq 2h_a \text{ and analogs.}$$

$$\begin{aligned} \Omega &= \sum_{cyc} \frac{h_a^2}{w_a + m_a} \leq \sum_{cyc} \frac{h_a^2}{2h_a} = \frac{1}{2}(h_a + h_b + h_c) = \frac{s^2 + r^2 + 4Rr}{4R} \leq \\ &\leq \frac{4R^2 + 4Rr + 3r^2 + 4Rr + r^2}{4R} = \frac{R^2 + 2Rr + r^2}{R} = \frac{(R+r)^2}{R} \end{aligned}$$

We need to prove:

$$\frac{(R+r)^2}{R} \stackrel{(1)}{\leq} \frac{4R+r}{6} \sqrt{\frac{4R+r}{r}} \stackrel{t=\frac{R}{r} \geq 2}{\Rightarrow} \frac{(t+1)^2}{t} \leq \frac{4t+1}{6} \sqrt{4t+1} \Leftrightarrow$$

$$36(t+1)^4 \leq t^2(4t+1)^3 \Leftrightarrow$$

$$64t^5 + 12t^4 - 132t^3 - 215t^2 - 144t - 36 \geq 0 \Leftrightarrow$$

$$(t-2)(4t^2+4t+3)(16t^2+19t+6) \geq 0 \text{ true from } t \geq 2 \Rightarrow (1) \text{ is true. Proved.}$$

Note by editor:

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