

**1) In  $\Delta ABC$  the following relationship holds:**

$$\frac{a^2 + bc}{b + c} + \frac{b^2 + ca}{c + a} + \frac{c^2 + ab}{a + b} \geq \frac{3abc}{2R} \sqrt{\frac{1}{h_a h_b h_c}}$$

**Proposed by Jose Luis Diaz-Barrero - Spain**

**Proof.** We have

$$2) \sum \frac{a^2 + bc}{b + c} = \frac{\sum (a^2 + bc)(a + b)(a + b)}{\prod (b + c)} = \frac{5s^4 - 10s^2 r^2 + r^2(4R + r)^2}{2s(s^2 + r^2 + 2Rr)}$$

which follows from

$$\sum (a^2 + bc)(a + b)(a + b) = 5s^4 - 10s^2 r^2 + r^2(4R + r)^2 \text{ and}$$

$$\prod (b + c) = 2s(s^2 + r^2 + 2Rr)$$

Let's get back to the main problem.

Using the Lemma and the known inequalities in triangle  $abc = 4Rrs$  and  $\prod h_a = \frac{2s^2 r^2}{R}$

We prove the stronger inequality

**3) In  $\Delta ABC$  the following inequality holds:**

$$\frac{a^2 + bc}{b + c} + \frac{b^2 + ca}{c + a} + \frac{c^2 + ab}{a + b} \geq a + b + c$$

**Solution**  $\frac{5s^4 - 10s^2 r^2 + r^2(4R + r)^2}{2s(s^2 + r^2 + 2Rr)} \geq 2s \Leftrightarrow s^4 - s^2(8Rr + 14r^2) + r^2(4R + r)^2 \geq 0 \Leftrightarrow$

$$\Leftrightarrow s^2(s^2 - 8Rr - 14r^2) + r^2(4R + r)^2 \geq 0$$

We distinguish the following cases:

Case 1). If  $(s^2 - 8Rr - 14r^2) \geq 0$ , the inequality is obvious.

Case 2). If  $(s^2 - 8Rr - 14r^2) < 0$ , we rewrite the inequality:

$r^2(4R + r)^2 \geq s^2(8Rr + 14r^2 - s^2)$ , which follows from Gerretsen's inequality

$$16Rr - 5r^2 \leq s^2 \leq \frac{R(4R + r)^2}{2(2R - r)} \leq 4R^2 + 4Rr + 3r^2.$$

It remains to prove that:

$$r^2(4R+r)^2 \geq \frac{R(4R+r)^2}{2(2R-r)} (8Rr+14r^2-16Rr+5r^2) \Leftrightarrow$$

$$\Leftrightarrow 2r^2(2R-r) \leq R(-8Rr+19r^2) \Leftrightarrow 8R^2-15Rr-2r^2 \geq 0 \Leftrightarrow (R-2r)(8R+r) \geq 0,$$

obviously from Euler's inequality  $R \geq 2r$ .

**4) In  $\triangle ABC$  the following inequality holds:**

$$a+b+c \geq \frac{3abc}{2R} \sqrt[3]{\frac{1}{h_a h_b h_c}}$$

**Solution** We prove that:

$$a+b+c \geq \frac{3abc}{2R} \sqrt[3]{\frac{1}{h_a h_b h_c}} \Leftrightarrow 2s \geq \frac{3 \cdot 4Rrs}{2R} \sqrt[3]{\frac{R}{2s^2 r^2}} \Leftrightarrow 1 \geq 3r \cdot \sqrt[3]{\frac{R}{2s^2 r^2}} \Leftrightarrow$$

$$\Leftrightarrow 2s^2 \geq 27Rr, \text{ which follows from Gerretsen's inequality } s^2 \geq 16Rr - 5r^2. \text{ It remains to}$$

prove that:

$$2(16Rr - 5r^2) \geq 27Rr \Leftrightarrow R \geq 2r. \text{ (Euler's inequality).}$$

Equality holds if and only if the triangle is equilateral.

**Remark.** We can write:

**5) In  $\triangle ABC$  the following relationship holds:**

$$\frac{a^2+bc}{b+c} + \frac{b^2+ca}{c+a} + \frac{c^2+ab}{a+b} \geq a+b+c \geq \frac{3abc}{2R} \sqrt[3]{\frac{1}{h_a h_b h_c}}$$

**Solution** See 3) and 4).

Equality holds if and only if the triangle is equilateral.

**Remark.** Let's find an inequality having an opposite sense:

**6) In  $\triangle ABC$  the following relationship holds:**

$$\frac{a^2+bc}{b+c} + \frac{b^2+ca}{c+a} + \frac{c^2+ab}{a+b} \leq (a+b+c) \frac{R}{2r}$$

**Proposed by Marin Chirciu – Romania**

**Solution** Using the Lemma, the inequality can be written:

$$\frac{5s^4 - 10s^2r^2 + r^2(4R+r)^2}{2s(s^2 + r^2 + 2Rr)} \leq s \cdot \frac{R}{r} \Leftrightarrow s^2[s^2(2R - 5r) + 2r(2R^2 + Rr + 5r^2)] \geq r^3(4R + r)^2.$$

We distinguish the following cases:

Case 1). If  $(2R - 5r) \geq 0$ , we use Gerretsen's inequality  $s^2 \geq 16Rr - 5r^2 \geq \frac{r(4R+r)^2}{R+r}$ . It

remains to prove that:

$$\frac{r(4R + r)^2}{R + r} [(16Rr - 5r^2)(2R - 5r) + 2r(2R^2 + Rr + 5r^2)] \geq r^3(4R + r)^2 \Leftrightarrow$$

$$\Leftrightarrow 36R^2 - 89Rr + 34r^2 \geq 0, \text{ obviously, because in this case } 2R \geq 5r.$$

Case 2). If  $(2R - 5r) < 0$ , we rewrite the inequality:

$s^2[2r(2R^2 + Rr + 5r^2) - s^2(5r - 2R)] \geq r^3(4R + r)^2$ , and we use Gerretsen's inequality

$$\frac{r(4R+r)^2}{R+r} \leq 16Rr - 5r^2 \leq s^2 \leq \frac{R(4R+r)^2}{2(2R-r)} \leq 4R^2 + 4Rr + 3r^2.$$

It remains to prove that:

$$\frac{r(4R + r)^2}{R + r} [2r(2R^2 + Rr + 5r^2) - (4R^2 + 4Rr + 3r^2)(5r - 2R)] \geq r^3(4R + r)^2 \Leftrightarrow$$

$$\Leftrightarrow 8R^3 - 8R^2r - 13Rr^2 - 6r^3 \geq 0 \Leftrightarrow (R - 2r)(8R^2 + 8Rr + 3r^2) \geq 0, \text{ obviously from}$$

*Euler's inequality  $R \geq 2r$ .*

**Remark.** We can write:

**7) In  $\triangle ABC$  the following relationship holds:**

$$a + b + c \leq \frac{a^2 + bc}{b + c} + \frac{b^2 + ca}{c + a} + \frac{c^2 + ab}{a + b} \leq (a + b + c) \frac{R}{2r}$$

**Proposed by Marin Chirciu - Romania**

**Solution** See 3) and 6). Equality holds if and only if the triangle is equilateral.

**8) In  $\triangle ABC$  the following relationship holds:**

$$a + b + c \leq \frac{a^2 + bc}{b + c} + \frac{b^2 + ca}{c + a} + \frac{c^2 + ab}{a + b} \leq (a + b + c) \frac{R}{2r}.$$

**Proposed by Marin Chirciu - Romania**

**Solution** We prove the following lemma:

**Lemma.**

**In  $\triangle ABC$  the following relationship holds:**

$$\frac{a^2 + bc}{b + c} + \frac{b^2 + ca}{c + a} + \frac{c^2 + ab}{a + b} = \frac{5s^4 - 10s^2r^2 + r^2(4R + r)^2}{2s(s^2 + r^2 + 2Rr)}$$

**Proof.**

We have  $\sum \frac{a^2 + bc}{b + c} = \frac{\sum(a^2 + bc)(a + b)(a + b)}{\prod(b + c)} = \frac{5s^4 - 10s^2r^2 + r^2(4R + r)^2}{2s(s^2 + r^2 + 2Rr)}$ , which follows from

$$\sum(a^2 + bc)(a + b)(a + b) = 5s^4 - 10s^2r^2 + r^2(4R + r)^2 \text{ and}$$

$$\prod(b + c) = 2s(s^2 + r^2 + 2Rr).$$

*Let's get to the main problem.*

*LHS inequality. Using the Lemma the inequality can be written:*

$$\frac{5s^4 - 10s^2r^2 + r^2(4R + r)^2}{2s(s^2 + r^2 + 2Rr)} \geq 2s \Leftrightarrow s^4 - s^2(8Rr + 14r^2) + r^2(4R + r)^2 \geq 0 \Leftrightarrow$$

$$\Leftrightarrow s^2(s^2 - 8Rr - 14r^2) + r^2(4R + r)^2 \geq 0$$

*We distinguish the following cases:*

*Case 1). If  $(s^2 - 8Rr - 14r^2) \geq 0$ , the inequality is obvious.*

*Case 2). If  $(s^2 - 8Rr - 14r^2) < 0$ , the inequality rewrites itself:*

*$r^2(4R + R)^2 \geq s^2(8R + 14r^2 - s^2)$ , which follows from Gerretsen's inequality:*

$$16Rr - 5r^2 \leq s^2 \leq \frac{R(4R + r)^2}{2(2R - r)} \leq 4R^2 + 4Rr + 3r^2$$

*It remains to prove that:*

$$r^2(4R + r)^2 \geq \frac{R(4R + r)^2}{2(2R - r)}(8Rr + 14r^2 - 16Rr + 5r^2) \Leftrightarrow$$

$$\Leftrightarrow 2r^2(2R - r) \leq R(-8Rr + 19r^2) \Leftrightarrow$$

$$\Leftrightarrow 8R^2 - 15Rr - 2r^2 \geq 0 \Leftrightarrow (R - 2r)(8R + r) \geq 0, \text{ obviously from Euler's inequality}$$

*$R \geq 2r$ . Equality holds if and only if the triangle is equilateral.*

*RHS inequality. Using the Lemma, the inequality rewrites itself:*

$$\frac{5s^4 - 10s^2r^2 + r^2(4R + r)^2}{2s(s^2 + r^2 + 2Rr)} \leq s \cdot \frac{R}{r} \Leftrightarrow s^2[s^2(2R - 5r) + 2r(2R^2 + Rr + 5r^2)] \geq r^3(4R + r)^2.$$

*We distinguish the following cases:*

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Case 1). If  $(2R - 5r) \geq 0$ , we use Gerretsen's inequality  $s^2 \geq 16Rr - 5r^2 \geq \frac{r(4R+r)^2}{R+r}$

It remain to prove that:

$$\frac{r(4R+r)^2}{R+r} [(16Rr - 5r^2)(2R - 5r) + 2r(2R^2 + Rr + 5r^2)] \geq r^3(4R+r)^2 \Leftrightarrow$$

$$\Leftrightarrow 36R^2 - 89Rr + 34r^2 \geq 0, \text{ obviously, because in this case } 2R \geq 5r.$$

Case 2). If  $(2R - 5r) < 0$ , we rewrite the inequality

$s^2[2r(2R^2 + Rr + 5r^2) - s^2(5r - 2R)] \geq r^3(4R+r)^2$  and we use Gerretsen's inequality

$$\frac{r(4R+r)^2}{R+r} \leq 16Rr - 5r^2 \leq s^2 \leq \frac{R(4R+r)^2}{2(2R-r)} \leq 4R^2 + 4Rr + 3r^2$$

It remains to prove that:

$$\frac{r(4R+r)^2}{R+r} [2r(2R^2 + Rr + 5r^2) - (4R^2 + 4Rr + 3r^2)(5r - 2R)] \geq r^3(4R+r)^2 \Leftrightarrow$$
$$\Leftrightarrow 8R^3 - 8R^2r - 13Rr^2 - 6r^3 \geq 0 \Leftrightarrow (R - 2r)(8R^2 + 8Rr + 3r^2) \geq 0, \text{ obviously from}$$

Euler's inequality  $R \geq 2r$ . Equality holds if and only if the triangle is equilateral.

### Reference:

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