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If $0 < \alpha < x, y, z \leq \beta$ then:

$$\left(\sqrt[3]{xyz} + \frac{x+y+z}{3} + \sqrt{\frac{x^2+y^2+z^2}{3}} \right) \left(\frac{1}{\sqrt[3]{xyz}} + \frac{3}{x+y+z} + \sqrt{\frac{3}{x^2+y^2+z^2}} \right) \leq \frac{9(\alpha+\beta)^2}{4\alpha\beta}$$

Proposed by Daniel Sitaru-Romania

Solution 1 by Mohamed Amine Ben Ajiba-Tanger-Morocco, Solution 2 by Soumitra Mandal-Chandar Nagore-India

Solution 1 by Mohamed Amine Ben Ajiba-Tanger-Morocco

Let: $m_g = \sqrt[3]{xyz}$; $m_a = \frac{x+y+z}{3}$; $m_q = \sqrt{\frac{x^2+y^2+z^2}{3}}$, We know that: $\alpha \leq m_g \leq m_a \leq m_h \leq \beta$

$$(m_g + m_a + m_q) \left(\frac{1}{m_g} + \frac{1}{m_a} + \frac{1}{m_q} \right) = 3 + \left(\frac{m_g}{m_a} + \frac{m_a}{m_g} \right) + \left(\frac{m_q}{m_g} + \frac{m_g}{m_q} \right) + \left(\frac{m_q}{m_a} + \frac{m_a}{m_q} \right)$$

$$(m_q - m_a)(m_a - m_g) \geq 0 \Leftrightarrow m_q m_a + m_a m_g \geq m_q m_g + m_a^2 \Rightarrow$$

$$1 + \frac{m_g}{m_q} \geq \frac{m_g}{m_a} + \frac{m_a}{m_q} \text{ and } \frac{m_q}{m_g} + 1 \geq \frac{m_q}{m_a} + \frac{m_a}{m_g}$$

$$\left(\frac{m_g}{m_a} + \frac{m_a}{m_g} \right) + \left(\frac{m_q}{m_a} + \frac{m_a}{m_q} \right) \leq 2 + \left(\frac{m_g}{m_q} + \frac{m_q}{m_g} \right)$$

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$$\Rightarrow \left(\sum_{cyc} m_a \right) \left(\sum_{cyc} \frac{1}{m_a} \right) \leq 5 + 2 \left(\frac{m_g}{m_q} + \frac{m_q}{m_g} \right)$$

$$m_q, m_g \in [\alpha, \beta] \Rightarrow m = \frac{m_g}{m_q} \in \left[\frac{\alpha}{\beta}, \frac{\beta}{\alpha} \right] \Rightarrow$$

$$\left(\frac{\beta}{\alpha} - m \right) \left(m - \frac{\alpha}{\beta} \right) \geq 0 \Rightarrow \left(\frac{\alpha}{\beta} + \frac{\beta}{\alpha} \right) m \geq m^2 + 1$$

$$\Rightarrow \frac{m_g}{m_q} + \frac{m_q}{m_g} = m + \frac{1}{m} \leq \frac{\alpha}{\beta} + \frac{\beta}{\alpha} = \frac{\alpha^2 + \beta^2}{\alpha\beta}$$

$$\Rightarrow \left(\sum_{cyc} m_g \right) \left(\sum_{cyc} \frac{1}{m_g} \right) \leq 5 + 2 \cdot \frac{\alpha^2 + \beta^2}{\alpha\beta} \stackrel{(1)}{\leq} \frac{9(\alpha + \beta)^2}{4\alpha\beta}$$

$$(1) \Leftrightarrow 2\alpha\beta \leq \alpha^2 + \beta^2 \Leftrightarrow (\alpha - \beta)^2 \geq 0, \text{ which is true.}$$

Therefore,

$$\left(\sqrt[3]{xyz} + \frac{x+y+z}{3} + \sqrt{\frac{x^2+y^2+z^2}{3}} \right) \left(\frac{1}{\sqrt[3]{xyz}} + \frac{3}{x+y+z} + \sqrt{\frac{3}{x^2+y^2+z^2}} \right) \leq \frac{9(\alpha + \beta)^2}{4\alpha\beta}$$

Solution 2 by Soumitra Mandal-Chandar Nagore-India

$$0 < \alpha < x, y, z \leq \beta; a = \sqrt[3]{xyz}; b = \frac{x+y+z}{3}; c = \sqrt{\frac{x^2+y^2+z^2}{3}}$$

$$\text{Hence } \alpha \leq a, b, c \leq \beta. \text{ Since, } \alpha \leq a \leq \beta \Rightarrow (a - \alpha)(\beta - a) \geq 0 \Rightarrow$$

$$\frac{\alpha + \beta}{\sqrt{\alpha\beta}} \geq \frac{a}{\sqrt{\alpha\beta}} + \frac{\sqrt{\alpha\beta}}{a}; \frac{\alpha + \beta}{\sqrt{\alpha\beta}} \geq \frac{b}{\sqrt{\alpha\beta}} + \frac{\sqrt{\alpha\beta}}{b}; \frac{\alpha + \beta}{\sqrt{\alpha\beta}} \geq \frac{c}{\sqrt{\alpha\beta}} + \frac{\sqrt{\alpha\beta}}{c}$$

$$\left(\sqrt[3]{xyz} + \frac{x+y+z}{3} + \sqrt{\frac{x^2+y^2+z^2}{3}} \right) \left(\frac{1}{\sqrt[3]{xyz}} + \frac{3}{x+y+z} + \sqrt{\frac{3}{x^2+y^2+z^2}} \right) =$$

$$= (a + b + c) \left(\frac{1}{a} + \frac{1}{b} + \frac{1}{c} \right) = \left(\sum_{cyc} \frac{a}{\sqrt{\alpha\beta}} \right) \left(\sum_{cyc} \frac{\sqrt{\alpha\beta}}{a} \right) \stackrel{AM-GM}{\leq}$$

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$$\leq \frac{1}{4} \left[\sum_{cyc} \left(\frac{a}{\sqrt{\alpha\beta}} + \frac{\sqrt{\alpha\beta}}{a} \right) \right]^2 = \frac{9(\alpha + \beta)^2}{4\alpha\beta}$$

Note by editor:

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