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In any ΔABC the following relationship holds:

$$27r^3 \sqrt{\frac{2r}{R}} \leq \sum (p-b)(p-c)\sqrt{h_b h_c} \leq \frac{27R^2 r}{4}$$

Proposed by Marin Chirciu-Romania

Solution by Soumava Chakraborty-Kolkata-India

$$\begin{aligned} \sum a(p-b)(p-c) &= \sum a(p^2 - p(b+c) + bc) \\ &= p^2(2p) - 2p(p^2 + 4Rr + r^2) + 12Rrp = 2p(2Rr - r^2) \\ \Rightarrow \sum a(p-b)(p-c) &\stackrel{(i)}{=} 2p(2Rr - r^2) \text{ Now, } \sum (p-b)(p-c)\sqrt{h_b h_c} \\ &= \sum (p-b)(p-c) \sqrt{\frac{a \cdot 4Rrp}{4R^2}} \\ &= \sqrt{\frac{r}{R}} \sum (\sqrt{(p-b)(p-c)} \sqrt{a(p-b)(p-c)}) \stackrel{CBS}{\leq} \sqrt{\frac{r}{R}} \sqrt{\sum (p-b)(p-c) \sum a(p-b)(p-c)} \stackrel{using (i)}{\leq} \sqrt{\frac{r}{R}} \sqrt{4Rr + r^2} \sqrt{2p(2Rr - r^2)} \\ &\stackrel{Mitrinovic}{\leq} r \sqrt{\frac{27R^2(4R+r)(2Rr-r^2)}{2R}} \stackrel{?}{\leq} \frac{27R^2 r}{4} \Leftrightarrow \frac{27R^2(4R+r)(2Rr-r^2)}{2R} \stackrel{?}{\leq} \frac{729R^4}{16} \\ &\Leftrightarrow 27R^3 \stackrel{?}{\leq} 8(4R+r)(2Rr-r^2) \\ &\Leftrightarrow 27t^3 - 64t^2 + 16t + 8 \stackrel{?}{\leq} 0 \Leftrightarrow (t-2)((t-2)(27t+8) + 84) \stackrel{?}{\leq} 0 \rightarrow \text{true} \because t \stackrel{\text{Euler}}{\leq} 2 \\ \therefore \sum (p-b)(p-c)\sqrt{h_b h_c} &\leq \frac{27R^2 r}{4} \end{aligned}$$

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$$\sum (p-b)(p-c)\sqrt{h_b h_c} \stackrel{\text{A-G}}{\geq} 3^3 \sqrt{\frac{((p-a)(p-b)(p-c))^2 \left(\frac{8r^3 p^3}{4Rrp}\right)}{(27r^2)^2}} \stackrel{\text{Mitrinovic}}{\geq} 3^3 \sqrt{r^4 \left(\frac{2r^2}{R}\right) (27r^2)^2} = 27r^3 \sqrt{\frac{2r}{R}}$$
$$\therefore 27r^3 \sqrt{\frac{2r}{R}} \leq \sum (p-b)(p-c)\sqrt{h_b h_c} \text{ (Proved)}$$