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In any triangle ABC with the area F, the following inequality holds :

$$(a + 2)(b + 2)(c + 2) \geq 18 \cdot \sqrt[4]{27} \cdot \sqrt{F}$$

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Due to Arkady Alt, if $X, Y, Z, T > 0$, then : $(X^2 + T^2)(Y^2 + T^2)(Z^2 + T^2) \geq \frac{3}{4} \cdot T^4 \cdot (X + Y + Z)^2$, with equality iff $X = Y = Z = \frac{T}{\sqrt{2}}$ and now,

$$(a + 2)(b + 2)(c + 2) = (X^2 + T^2)(Y^2 + T^2)(Z^2 + T^2)$$

$$(X = \sqrt{a}, Y = \sqrt{b}, Z = \sqrt{c}, T = \sqrt{2}) \stackrel{\text{Arkady Alt}}{\geq} \frac{3}{4} \cdot (\sqrt{2})^4 \cdot (\sqrt{a} + \sqrt{b} + \sqrt{c})^2$$

$$\stackrel{\text{AM-GM}}{\geq} 27 \cdot \sqrt[3]{abc} = 27 \cdot \sqrt[3]{4\sqrt{R^2} \cdot F} \stackrel{\text{Mitrinovic and Euler}}{\geq} 27 \cdot \sqrt[3]{4 \sqrt{\frac{2s}{3\sqrt{3}}} \cdot 2r \cdot F}$$

$$= 54 \cdot \sqrt[3]{\frac{1}{\sqrt[4]{27}}} \cdot F\sqrt{F} = 18 \cdot \sqrt{F} \cdot \sqrt[3]{\frac{27}{\sqrt[4]{27}}} = 18 \cdot \sqrt{F} \cdot \sqrt[3]{(27)^{\frac{3}{4}}} = 18 \cdot \sqrt[4]{27} \cdot \sqrt{F}$$

$$\therefore (a + 2)(b + 2)(c + 2) \geq 18 \cdot \sqrt[4]{27} \cdot \sqrt{F} \forall \Delta ABC,$$

" = " iff $a = b = c = 1$ (QED)