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If $a, b > 0$, $a^5 + b^5 \leq 2a^3b^3$ then:

$$\frac{1}{a^2} + \frac{1}{b^2} \leq 2$$

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$$\begin{aligned} a^5 + b^5 &\leq 2a^3b^3 \text{ or } 2(ab)^{\frac{5}{2}} \stackrel{AM-GM}{\leq} 2a^3b^3 \text{ or} \\ 1 &\leq \frac{(ab)^3}{(ab)^{\frac{5}{2}}} \text{ or, } \sqrt{ab} \geq 1 \text{ or, } ab \geq 1 \quad (1) \end{aligned}$$

$$\begin{aligned} a^5 + b^5 &\stackrel{Chebyshev}{\geq} \frac{1}{2}(a^3 + b^3)(a^2 + b^2) \stackrel{AM-GM}{\geq} \\ &\geq \frac{1}{2}2\sqrt{a^3b^3}(a^2 + b^2) = \sqrt{a^3b^3}(a^2 + b^2) \quad (2) \end{aligned}$$

According to the given condition:

$$\begin{aligned} a^5 + b^5 &\leq 2a^3b^3 \text{ or } \sqrt{a^3b^3}(a^2 + b^2) \stackrel{(2)}{\leq} 2a^3b^3 \text{ or} \\ \frac{a^2 + b^2}{a^2b^2} &\leq \frac{2ab}{\sqrt{a^3b^3}} = \frac{2}{\sqrt{ab}} \stackrel{(1)}{\leq} \frac{2}{1} = 2 \end{aligned}$$

Equality holds for $a=b=1$.