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In $\triangle ABC$ the following relationship holds:

$$\sqrt{\frac{r_b}{r_c}} + \sqrt{\frac{r_c}{r_b}} \leq \frac{2s}{3\sqrt{3}r}$$

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$$r_a = \frac{F}{s-a}, r_b = \frac{F}{s-b}, r_c = \frac{F}{s-c}$$

Using above result we get:

$$\begin{aligned} \sqrt{\frac{r_b}{r_c}} + \sqrt{\frac{r_c}{r_b}} &= \sqrt{\frac{s-c}{s-b}} + \sqrt{\frac{s-b}{s-c}} = \frac{s-c+s-b}{\sqrt{(s-b)(s-c)}} = \frac{2s-(b+c)}{\sqrt{(s-b)(s-c)}} = \\ &= \frac{a\sqrt{s(s-a)}}{\sqrt{s(s-a)(s-b)(s-c)}} = \frac{a\sqrt{s(s-a)}}{F} = \frac{a\sqrt{s(s-a)}}{rs} \end{aligned}$$

We need to show:

$$\frac{a\sqrt{s(s-a)}}{rs} \leq \frac{2s}{3\sqrt{3}r} \text{ or } a\sqrt{s-a} \leq \frac{2s\sqrt{s}}{3\sqrt{3}}$$

$$\text{or } a\sqrt{s-a} \leq 2 \left(\frac{s}{3}\right)^{\frac{3}{2}} \text{ or } a^2(s-a) \stackrel{\text{squaring}}{\leq} \frac{4s^3}{27}$$

$$4s^3 - 27a^2s - 27a^3 \geq 0 \text{ or } 4x^3 - 27x + 27 \stackrel{\frac{s}{a}=x>1}{\geq} 0$$

$$(2x-3)^2(x+3) \geq 0$$

Equality holds for an equilateral triangle.