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In any ΔABC the following relationship holds :

$$\left(\sum_{cyc} h_a \right) \left(\sum_{cyc} w_a^2 \right) \leq \left(\sum_{cyc} r_a \right) \left(\sum_{cyc} h_a^2 \right) \leq \left(\sum_{cyc} h_a \right) \left(\sum_{cyc} r_a^2 \right)$$

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$$\begin{aligned} \left(\sum_{cyc} h_a \right) \left(\sum_{cyc} w_a^2 \right) &\leq \frac{s^2 + 4Rr + r^2}{2R} \cdot \frac{9s^2 - 16Rr + 32r^2}{9} \\ &\quad \left(\text{Reference : Inequality in Triangle by Dang Ngoc Minh - 112;} \right. \\ &\quad \left. \text{published at } \text{www.ssmrmh.ro} \right. \\ &\leq (4R + r) \cdot \frac{(s^2 + 4Rr + r^2)^2 - 16Rrs^2}{4R^2} \\ &\Leftrightarrow (18R + 9r)s^4 - r(328R^2 + 82Rr - 18r^2)s^2 + \\ &r^2(704R^3 + 208R^2r + 44Rr^2 + 9r^3) \stackrel{?}{\geq} 0 \text{ \& } \because P = (18R + 9r)(s^2 - 16Rr + 5r^2)^2 \\ &+ 2r(124R^2 + 13Rr - 36r^2)(s^2 - 16Rr + 5r^2) \stackrel{\text{Gerretsen}}{\geq} 0 \therefore \text{in order to prove } (*), \\ &\text{it suffices to prove : LHS of } (*) \stackrel{?}{\geq} P \Leftrightarrow 8t^3 - 5t^2 - 31t + 18 \stackrel{?}{\geq} 0 \left(t = \frac{R}{r} \right) \\ &\Leftrightarrow (t - 2)(8t^2 + 11t - 9) \stackrel{?}{\geq} 0 \rightarrow \text{true} \because t \stackrel{\text{Euler}}{\geq} 2 \Rightarrow (*) \text{ is true} \\ &\therefore \left(\sum_{cyc} h_a \right) \left(\sum_{cyc} w_a^2 \right) \leq \left(\sum_{cyc} r_a \right) \left(\sum_{cyc} h_a^2 \right) \text{ and} \\ &\left(\sum_{cyc} r_a \right) \left(\sum_{cyc} h_a^2 \right) \leq \left(\sum_{cyc} h_a \right) \left(\sum_{cyc} r_a^2 \right) \\ &\Leftrightarrow (4R + r) \cdot \frac{(s^2 + 4Rr + r^2)^2 - 16Rrs^2}{4R^2} \leq \frac{s^2 + 4Rr + r^2}{2R} \cdot ((4R + r)^2 - 2s^2) \\ &\Leftrightarrow -(8R + r)s^4 + (32R^3 + 32R^2r - 2Rr^2 - 2r^3)s^2 \\ &+ r(128R^4 + 32R^3r - 24R^2r^2 - 10Rr^3 - r^4) \stackrel{?}{\geq} 0 \text{ and } \because Q = \\ &-(8R + r)(s^2 - 4R^2 - 4Rr - 3r^2) - r(4R^2 + 30Rr + 5r^2)(s^2 - 4R^2 - 4Rr - 3r^2) \\ &\stackrel{\text{Gerretsen}}{\geq} 0 \therefore \text{in order to prove } (**), \text{ it suffices to prove : LHS of } (**) \stackrel{?}{\geq} Q \\ &\Leftrightarrow 14t^4 - 13t^3 - 22t^2 - 15t - 2 \stackrel{?}{\geq} 0 \Leftrightarrow (t - 2)(14t^3 + 15t^2 + 8t + 1) \stackrel{?}{\geq} 0 \end{aligned}$$

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$$\rightarrow \text{true} \because t^{\text{Euler}} \geq 2 \Rightarrow (**) \text{ is true} \therefore \left(\sum_{\text{cyc}} r_a \right) \left(\sum_{\text{cyc}} h_a^2 \right) \leq \left(\sum_{\text{cyc}} h_a \right) \left(\sum_{\text{cyc}} r_a^2 \right)$$

$$\text{and so, : } \left(\sum_{\text{cyc}} h_a \right) \left(\sum_{\text{cyc}} w_a^2 \right) \leq \left(\sum_{\text{cyc}} r_a \right) \left(\sum_{\text{cyc}} h_a^2 \right) \leq \left(\sum_{\text{cyc}} h_a \right) \left(\sum_{\text{cyc}} r_a^2 \right)$$

$\forall$ ABC, with equality iff Δ ABC is equilateral (QED)