

ROMANIAN MATHEMATICAL MAGAZINE

In $\triangle ABC$ the following relationship holds:

$$\frac{r_a^2}{h_a^2 m_a^2} + \frac{r_b^2}{h_b^2 m_b^2} + \frac{r_c^2}{h_c^2 m_c^2} \geq \frac{4}{3R^2}$$

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Solution by Tapas Das-India

WLOG $a \geq b \geq c$ then $r_a \geq r_b \geq r_c$ and $h_a \leq h_b \leq h_c$

$$\begin{aligned} \frac{r_a^2}{h_a^2 m_a^2} + \frac{r_b^2}{h_b^2 m_b^2} + \frac{r_c^2}{h_c^2 m_c^2} &= \sum \frac{r_a^2}{h_a^2 m_a^2} \stackrel{\text{Panaitopol}}{\geq} \sum \frac{r_a^2}{h_a^2 \left(\frac{Rh_a}{2r}\right)^2} = \\ &= \frac{4r^2}{R^2} \sum \frac{r_a^2}{h_a^4} \stackrel{\text{Chebyshev}}{\geq} \frac{4r^2}{R^2} \cdot \frac{1}{3} \sum r_a^2 \sum \frac{1}{h_a^4} = \frac{4r^2}{R^2} \cdot \frac{1}{3} \sum \frac{1^3}{\left(\frac{1}{r_a}\right)^2} \sum \left(\frac{1}{h_a}\right)^4 \stackrel{\text{Radon \& CBS}}{\geq} \\ &\geq \frac{4r^2}{R^2} \cdot \frac{1}{3} \cdot \frac{27}{\left(\sum \frac{1}{r_a}\right)^2} \cdot \frac{1}{27} \left(\sum \frac{1}{h_a}\right)^4 = \frac{4r^2}{R^2} \cdot \frac{1}{3} 27r^2 \cdot \frac{1}{r^4} \cdot \frac{1}{27} = \frac{4}{3R^2} \end{aligned}$$

Equality holds for an equilateral triangle.