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In $\triangle ABC$ the following relationship holds:

$$\left(3 + \sum \frac{a^2 + b^2}{c^2}\right) \left(\sum \sec^2 \frac{A}{2}\right) \leq \frac{9}{4} \left(\frac{R}{r}\right)^4$$

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$$\begin{aligned} \left(3 + \sum \frac{a^2 + b^2}{c^2}\right) &= \sum \left(\frac{a^2 + b^2}{c^2} + 1\right) = \sum \frac{a^2 + b^2 + c^2}{c^2} \\ &= \left(\sum a^2\right) \left(\sum \frac{1}{a^2}\right) \stackrel{\text{Leibniz \& Steining}}{\leq} \frac{9R^2}{4r^2} \quad (1) \end{aligned}$$

$$\begin{aligned} \sum \sec^2 \frac{A}{2} &= 3 + \sum \tan^2 \frac{A}{2} = 3 + \left(\frac{4R + r}{s}\right)^2 - 2 = 1 + \frac{(4R + r)^2}{s^2} \leq \\ &\stackrel{s^2 \geq 3r(4R+r)}{\leq} 1 + \frac{(4R + r)^2}{3r(4R + r)} = 1 + \frac{4R + r}{3r} = \frac{4}{3} + \frac{4R}{3r} = \\ &= \frac{4}{3} \left(1 + \frac{R}{r}\right) \stackrel{\text{Euler}}{\leq} \frac{4}{3} \left(\frac{R}{2r} + \frac{R}{r}\right) = \frac{2R}{r} \quad (2) \end{aligned}$$

Using (1) & (2) we get:

$$\left(3 + \sum \frac{a^2 + b^2}{c^2}\right) \left(\sum \sec^2 \frac{A}{2}\right) \leq \frac{9R^2}{4r^2} \cdot \frac{2R}{r} = \frac{9}{2} \left(\frac{R}{r}\right)^3 \stackrel{\text{Euler}}{\leq} \frac{9}{2} \left(\frac{R}{r}\right)^3 \cdot \frac{R}{2r} = \frac{9}{4} \left(\frac{R}{r}\right)^4$$

Equality holds for an equilateral triangle.