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In $\triangle ABC$ the following relationship holds:

$$\frac{a^2}{\cos^2 \frac{A}{2}} + \frac{b^2}{\cos^2 \frac{B}{2}} + \frac{c^2}{\cos^2 \frac{C}{2}} \geq 12R^2$$

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Lemma: $\sum \sin^2 \frac{A}{2} \geq \frac{3}{4}$

Proof: Let $f(x) = \sin^2 \left(\frac{x}{2} \right)$, $f'(x) = \frac{\sin(x)}{2}$, $f''(x) = \frac{\cos(x)}{2}$ and $x \in \left(0, \frac{\pi}{2} \right)$

Since $f''(x) > 0$ for all $x \in \left(0, \frac{\pi}{2} \right)$, the function f is convex on this interval, and therefore Jensen's inequality can be applied:

$$\sum \sin^2 \left(\frac{A}{2} \right) \geq 3 \cdot \sin^2 \left(\frac{A+B+C}{6} \right) = 3 \cdot \sin^2 \left(\frac{\pi}{6} \right) = \frac{3}{4}$$

$$\frac{a^2}{\cos^2 \frac{A}{2}} + \frac{b^2}{\cos^2 \frac{B}{2}} + \frac{c^2}{\cos^2 \frac{C}{2}} = \sum \frac{a^2}{\cos^2 \left(\frac{A}{2} \right)} = \sum \frac{\left(2R \cdot 2 \cdot \sin \left(\frac{A}{2} \right) \cdot \cos \left(\frac{A}{2} \right) \right)^2}{\cos^2 \left(\frac{A}{2} \right)} =$$

$$= 16R^2 \cdot \sum \sin^2 \left(\frac{A}{2} \right) \geq 16R^2 \cdot \frac{3}{4} = 12R^2$$

Equality holds for: $a = b = c$.