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In $\triangle ABC$ the following relationship holds:

$$\sum \left(\frac{b+c}{a} \right)^2 + \frac{R^4}{r^4} \geq \sum \left(\frac{m_a + m_b}{m_c} \right)^2 + 16$$

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$$\text{We know that } a^2 + b^2 = (a+b)^2 - 2ab \quad (1)$$

$$\begin{aligned} \sum \frac{1}{s(s-c)} &= \frac{((s-a)(s-b) + (s-b)(s-c) + (s-c)(s-a))}{s(s-a)(s-b)(s-c)} = \\ &= \frac{3s^2 - 2s(a+b+c) + ab + bc + ca}{s^2 r^2} = \frac{3s^2 - 2s \cdot (2s) + s^2 + r^2 + 4Rr}{s^2 r^2} = \\ &= \frac{r(4R+r)}{s^2 r^2} \stackrel{s^2 \geq 3r(4R+r)}{\leq} \frac{r(4R+r)}{3r(4R+r)r^2} = \frac{1}{3r^2} \quad (2) \end{aligned}$$

$$\begin{aligned} \sum \left(\frac{m_a + m_b}{m_c} \right)^2 + 16 &= \sum \left(\left(\frac{m_a + m_b}{m_c} \right)^2 + (1)^2 \right) + 13 \stackrel{(1)}{=} \\ &= \sum \left(\left(\frac{m_a + m_b}{m_c} + 1 \right)^2 - 2 \left(\frac{m_a + m_b}{m_c} \right) \right) + 13 = \\ &= \sum \left(\left(\frac{m_a + m_c + m_b}{m_c} \right)^2 - 2 \left(\frac{m_a + m_b}{m_c} \right) \right) + 13 = \end{aligned}$$

$$= (m_a + m_b + m_c)^2 \sum \frac{1}{m_c^2} - 2 \sum \left(\frac{m_a}{m_c} + \frac{m_b}{m_c} \right) + 13 \leq$$

$$\stackrel{\text{Gotman II} \ \& \ m_c \geq \sqrt{s(s-c)}}{\leq} \left(\frac{9R}{2} \right)^2 \sum \frac{1}{s(s-c)} - 2 \sum \left(\frac{m_a}{m_c} + \frac{m_b}{m_c} \right) + 13 \leq$$

$$\stackrel{(2) \ \& \ AM-GM}{\leq} \frac{81R^2}{4} \cdot \frac{1}{3r^2} - 2 \sum 2 + 13 = \frac{27}{4} \left(\frac{R}{r} \right)^2 + 1 \quad (3)$$

$$\sum \left(\frac{b+c}{a} \right)^2 \stackrel{CBS}{\geq} \frac{1}{3} \left(\frac{b+c}{a} + \frac{c+a}{b} + \frac{a+b}{c} \right)^2 \stackrel{AM-GM}{\geq}$$

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$$\geq \frac{1}{3} \left(6 \sqrt[6]{\frac{b}{a} \cdot \frac{c}{a} \cdot \frac{c}{b} \cdot \frac{a}{b} \cdot \frac{a}{c} \cdot \frac{b}{c}} \right)^2 = \frac{36}{3} = 12 \quad (4)$$

We need to show:

$$\sum \left(\frac{b+c}{a} \right)^2 + \frac{R^4}{r^4} \geq \sum \left(\frac{m_a + m_b}{m_c} \right)^2 + 16$$

$$12 + \left(\frac{R}{r} \right)^4 \stackrel{\text{using (4) \& (3)}}{\geq} \frac{27}{4} \left(\frac{R}{r} \right)^2 + 1$$

$$x^4 - \frac{27}{4}x^2 + 11 \stackrel{\frac{R}{r}=x \geq 2 \text{ (Euler)}}{\geq} 0$$

$$4x^4 - 27x^2 + 44 \geq 0$$

$$(x-2)(4x^3 + 8x^2 - 11x - 22) \geq 0$$

$$(x-2) \left((4x^3 - 22) + x(8x - 11) \right) \geq 0$$

true as $x \geq 2$ and $(4x^3 - 11) > 0$, $(8x - 11) > 0$

Equality holds for an equilateral triangle.