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Let ABC be a triangle with area F and area of the triangle with side lengths $\sqrt{a(b+c-a)}, \sqrt{b(a+c-b)}, \sqrt{c(a+b-c)}$ be F'

then prove that $\frac{F}{F'} \geq \sqrt{\frac{6r}{R} - \frac{R}{r}}$

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$$\text{Let } a' = \sqrt{a(b+c-a)} = \sqrt{2a(s-a)}, b' = \sqrt{b(a+c-b)} =$$

$$= \sqrt{2b(s-b)}, c' = \sqrt{c(a+b-c)} = \sqrt{2c(s-c)}$$

$$\text{We know that: } (a'b'c')^2 \stackrel{\text{Carlitz}}{\geq} \left(\frac{4F'}{\sqrt{3}} \right)^3$$

$$\text{or } (F')^3 \leq \frac{3\sqrt{3}}{64} (a'b'c')^2 = \frac{3\sqrt{3}}{64} 8abc(s-a)(s-b)(s-c) = \frac{3\sqrt{3}}{64} 8(abc)(sr^2)$$

$$\text{or } F' \leq \frac{\sqrt{3}}{2} (abc)^{\frac{1}{3}} (sr^2)^{\frac{1}{3}}$$

$$\frac{F}{F'} \geq \frac{\frac{abc}{4R}}{\frac{\sqrt{3}}{2} (abc)^{\frac{1}{3}} (sr^2)^{\frac{1}{3}}} = \frac{(abc)^{\frac{2}{3}}}{2R} \cdot \frac{1}{\sqrt{3} (sr^2)^{\frac{1}{3}}} = \frac{(4Rrs)^{\frac{2}{3}}}{2R} \cdot \frac{1}{\sqrt{3} (sr^2)^{\frac{1}{3}}} = \frac{2^{\frac{1}{3}}}{R^{\frac{1}{3}}} \cdot \frac{s^{\frac{1}{3}}}{\sqrt{3}} \geq$$

$$\stackrel{\text{Mitrinovic}}{\geq} \frac{2^{\frac{1}{3}}}{R^{\frac{1}{3}}} \cdot \frac{(3\sqrt{3}r)^{\frac{1}{3}}}{\sqrt{3}} = \left(\frac{2r}{R} \right)^{\frac{1}{3}} = \left(\frac{2r r^2}{R r^2} \right)^{\frac{1}{3}} \stackrel{\text{Euler}}{\geq} \left(\frac{8r r^2}{R R^2} \right)^{\frac{1}{3}} = \frac{2r}{R}$$

We need to show:

$$\frac{2r}{R} \geq \sqrt{\frac{6r}{R} - \frac{R}{r}} \text{ or } \frac{4r^2}{R^2} \geq \frac{6r}{R} - \frac{R}{r} \text{ or } R^3 - 6Rr^2 + 4r^3 \geq 0$$

$$\text{or } (R-2r)(R^2 + 2Rr - 2r^2) \geq 0 \text{ true by Euler}$$

Equality holds for an equilateral triangle.