

ROMANIAN MATHEMATICAL MAGAZINE

In any ΔABC the following relationship holds :

$$\frac{1}{2R^2r} \leq \sum_{\text{cyc}} \frac{1}{bc(h_a - r)} \leq \frac{R}{16r^4}$$

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$$\begin{aligned} \sum_{\text{cyc}} \frac{1}{bc(h_a - r)} &= \sum_{\text{cyc}} \frac{1}{bc\left(\frac{2rs}{a} - r\right)} = \sum_{\text{cyc}} \frac{a^2}{rabc(b+c)} \\ &= \frac{1}{4Rr^2s} \cdot \frac{1}{2s(s^2 + 2Rr + r^2)} \cdot \sum_{\text{cyc}} \left(a^2 \left(a^2 + \sum_{\text{cyc}} ab \right) \right) \\ &= \frac{1}{8Rr^2s^2(s^2 + 2Rr + r^2)} \cdot \left(2 \sum_{\text{cyc}} a^2b^2 - 16r^2s^2 + \left(\sum_{\text{cyc}} ab \right) \left(\sum_{\text{cyc}} a^2 \right) \right) \\ &= \frac{(s^2 + 4Rr + r^2)^2 - 16Rrs^2 - 8r^2s^2 + s^4 - (4Rr + r^2)^2}{4Rr^2s^2(s^2 + 2Rr + r^2)} \stackrel{?}{\leq} \frac{R}{16r^4} \\ \Leftrightarrow (R^2 - 8r^2)s^2 + r(2R^3 + R^2r + 32Rr^2 + 24r^3) &\stackrel{?}{\underset{(*)}{\geq}} 0 \text{ and it's trivially true when :} \end{aligned}$$

$$R^2 - 8r^2 \geq 0 \text{ and when : } R^2 - 8r^2 < 0, \text{ LHS of } (*) \stackrel{\text{Gerretsen}}{\geq}$$

$$(R^2 - 8r^2)(4R^2 + 4Rr + 3r^2) + r(2R^3 + R^2r + 32Rr^2 + 24r^3) \stackrel{?}{\geq} 0$$

$$\Leftrightarrow 2R^2(R - 2r)(2R + 7r) \stackrel{?}{\geq} 0 \rightarrow \text{true} \because R \stackrel{\text{Euler}}{\geq} 2r \Rightarrow (*) \text{ is true}$$

$$\therefore \sum_{\text{cyc}} \frac{1}{bc(h_a - r)} \leq \frac{R}{16r^4} \text{ and again, } \sum_{\text{cyc}} \frac{1}{bc(h_a - r)} \stackrel{?}{\geq} \frac{1}{2R^2r} \Leftrightarrow$$

$$\frac{(s^2 + 4Rr + r^2)^2 - 16Rrs^2 - 8r^2s^2 + s^4 - (4Rr + r^2)^2}{4Rr^2s^2(s^2 + 2Rr + r^2)} \stackrel{?}{\geq} \frac{1}{2R^2r}$$

$$\Leftrightarrow (R - r)s^2 \stackrel{?}{\underset{(**)}{\geq}} r(4R^2 + 5Rr + r^2)$$

$$\text{Indeed, } (R - r)s^2 \stackrel{\text{Gerretsen}}{\geq} (R - r)(16Rr - 5r^2) \stackrel{?}{\geq} r(4R^2 + 5Rr + r^2)$$

$$\Leftrightarrow 2r(R - 2r)(6R - r) \stackrel{?}{\geq} 0 \rightarrow \text{true} \because R \stackrel{\text{Euler}}{\geq} 2r \Rightarrow (**)$$

$$\therefore \frac{1}{2R^2r} \leq \sum_{\text{cyc}} \frac{1}{bc(h_a - r)} \leq \frac{R}{16r^4} \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)}$$