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In any ΔABC the following relationship holds :

$$3 \leq \sum_{\text{cyc}} \frac{m_a^2}{r_b r_c} \leq \frac{R^2 + 2r^2}{Rr}$$

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$$\begin{aligned} \sum_{\text{cyc}} \frac{m_a^2}{r_b r_c} &= \sum_{\text{cyc}} \frac{4m_a^2(-s^2 + sa + bc)}{4r^2 s^2} \\ &= \frac{1}{4r^2 s^2} \left(-6s^2(s^2 - 4Rr - r^2) + s \sum_{\text{cyc}} \left(a \left(2 \sum_{\text{cyc}} a^2 - 3a^2 \right) \right) + \right. \\ &\quad \left. \sum_{\text{cyc}} \left(bc \left(2 \sum_{\text{cyc}} a^2 - 3a^2 \right) \right) \right) \\ &= \frac{-6s^2(s^2 - 4Rr - r^2) + 8s^2(s^2 - 4Rr - r^2) - 6s^2(s^2 - 6Rr - 3r^2) + 4(s^4 - (4Rr + r)^2) - 24Rrs^2}{4r^2 s^2} \\ &= \frac{(R + 4r)s^2 - r(4R + r)^2}{rs^2} \stackrel{?}{\leq} \frac{R^2 + 2r^2}{Rr} \Leftrightarrow R(4R + r)^2 \stackrel{?}{\geq} (4R - 2r)s^2 \\ &\rightarrow \text{true via Blundon - Gerretsen} \therefore \sum_{\text{cyc}} \frac{m_a^2}{r_b r_c} \leq \frac{R^2 + 2r^2}{Rr} \text{ and again,} \\ \sum_{\text{cyc}} \frac{m_a^2}{r_b r_c} &\stackrel{\text{Lascu} + \text{AM-GM}}{\geq} \sum_{\text{cyc}} \frac{s(s-a)(s-b)(s-c)}{r^2 s^2} = \frac{3r^2 s^2}{r^2 s^2} = 3 \text{ and so,} \\ 3 &\leq \sum_{\text{cyc}} \frac{m_a^2}{r_b r_c} \leq \frac{R^2 + 2r^2}{Rr} \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)} \end{aligned}$$