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In $\triangle ABC$ the following relationship holds:

$$\frac{w_a}{h_a} + \frac{h_a}{w_a} \leq \frac{\cos \frac{B}{2}}{\cos \frac{C}{2}} + \frac{\cos \frac{C}{2}}{\cos \frac{B}{2}} \leq \min \left\{ \frac{w_b}{w_c} + \frac{w_c}{w_b}, \frac{2w_a}{h_a} \right\}$$

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$$\text{Let } u = \cos \left(\frac{B-C}{2} \right) \text{ and } v = \cos \left(\frac{B+C}{2} \right) = \sin \frac{A}{2}.$$

Also, assume M to be the middle term.

We know $\frac{|B-C|}{2} < \frac{B+C}{2} < \frac{\pi}{2} \Rightarrow 0 < v < u \leq 1$. Now, let's prove the LHS:

$$* \frac{\cos \frac{B}{2}}{\cos \frac{C}{2}} + \frac{\cos \frac{C}{2}}{\cos \frac{B}{2}} = \frac{1 + \cos \left(\frac{B+C}{2} \right) \cos \left(\frac{B-C}{2} \right)}{\frac{1}{2} \left[\cos \left(\frac{B+C}{2} \right) + \cos \left(\frac{B-C}{2} \right) \right]} = \frac{2 + 2vu}{v + u}.$$

The inequality $\frac{w_a}{h_a} + \frac{h_a}{w_a} \leq M$ is equivalent to:

$$\frac{w_a}{h_a} + \frac{h_a}{w_a} = \frac{u^2 + 1}{u} \leq M = \frac{2 + 2vu}{v + u} \Leftrightarrow (u^2 - 1)(u - v) \leq 0$$

which is true $\because v < u \leq 1$.

Now, let us prove the RHS i.e. $M \leq \frac{2w_a}{h_a} = \frac{2}{u}$:

$$M = \frac{2 + 2vu}{v + u} \leq \frac{2}{u} \Leftrightarrow u(1 + vu) \leq v + u \Leftrightarrow u^2 \leq 1 \quad \text{which is true } \because u \leq 1.$$

At last, WLOG assume: $b \geq c$.

$$\text{Let } t = \frac{\cos \frac{B}{2}}{\cos \frac{C}{2}} \leq 1. \text{ Now, } \frac{w_b}{w_c} = \left[\frac{c(a+b)}{b(a+c)} \right] \cdot \frac{\cos \frac{B}{2}}{\cos \frac{C}{2}} = k \cdot t; \frac{c(a+b)}{b(a+c)} = k$$

$$\text{As } b \geq c \Rightarrow k = \frac{ac + bc}{ab + bc} \leq 1. \text{ Thus, } 0 < kt \leq t \leq 1.$$

We can observe that the function $f(x) = x + \frac{1}{x}$ is strictly decreasing on $(0, 1]$.

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And the middle term is $f(t)$, i. e., $f(t) = M$.

$$0 < kt \leq t \leq 1 \Rightarrow f(kt) \stackrel{\text{Monotonicity}}{\geq} f(t) \Rightarrow \frac{w_b}{w_c} + \frac{w_c}{w_b} \geq M.$$

$$\therefore \frac{w_a}{h_a} + \frac{h_a}{w_a} \leq \frac{\cos \frac{B}{2}}{\cos \frac{C}{2}} + \frac{\cos \frac{C}{2}}{\cos \frac{B}{2}} \leq \min \left\{ \frac{w_b}{w_c} + \frac{w_c}{w_b}, \frac{2w_a}{h_a} \right\}$$

Equality holds if and only if the triangle is isosceles ($b = c$).