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In any ΔABC the following relationship holds :

$$\frac{1}{3r^2} \leq \sum_{cyc} \frac{1}{r_a^2} \leq \frac{R^2}{12r^4}$$

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$$\begin{aligned} \sum_{cyc} \frac{1}{r_a^2} &= \sum_{cyc} \frac{(s-a)^2}{r^2 s^2} = \frac{3s^2 - 2s \cdot 2s + 2(s^2 - 4Rr - r^2)}{r^2 s^2} = \frac{s^2 - 8Rr - 2r^2}{r^2 s^2} \\ &\stackrel{?}{\leq} \frac{R^2}{12r^4} \Leftrightarrow (R^2 - 12r^2)s^2 + 24r^3(4R + r) \stackrel{?}{\geq} 0 \text{ and it's trivially true if :} \end{aligned}$$

$$R^2 - 12r^2 \geq 0 \text{ and when : } R^2 - 12r^2 < 0, \text{ then : LHS of } (*) \stackrel{\text{Gerretsen}}{\geq}$$

$$(R^2 - 12r^2)(4R^2 + 4Rr + 3r^2) + 24r^3(4R + r) \stackrel{?}{\geq} 0$$

$$\Leftrightarrow 4t^4 + 4t^3 - 45t^2 + 48t - 12 \stackrel{?}{\geq} 0 \left(t = \frac{R}{r} \right) \Leftrightarrow (t-2)(4t^3 + 12t^2 - 21t + 6) \stackrel{?}{\geq} 0$$

$$\rightarrow \text{true} \because t \stackrel{\text{Euler}}{\geq} 2 \Rightarrow (*) \text{ is true } \forall \Delta ABC \therefore \sum_{cyc} \frac{1}{r_a^2} \leq \frac{R^2}{12r^4} \text{ and again,}$$

$$\sum_{cyc} \frac{1}{r_a^2} = \frac{s^2 - 8Rr - 2r^2}{r^2 s^2} \stackrel{?}{\geq} \frac{1}{3r^2} \Leftrightarrow s^2 \stackrel{?}{\geq} 12Rr + 3r^2 \rightarrow \text{true}$$

$$\therefore s^2 \stackrel{\text{Gerretsen}}{\geq} 12Rr + 3r^2 + 4r(R - 2r) \stackrel{\text{Euler}}{\geq} 12Rr + 3r^2 \therefore \sum_{cyc} \frac{1}{r_a^2} \geq \frac{1}{3r^2} \text{ and so,}$$

$$\frac{1}{3r^2} \leq \sum_{cyc} \frac{1}{r_a^2} \leq \frac{R^2}{12r^4} \forall \Delta ABC, " = " \text{ iff } \Delta ABC \text{ is equilateral (QED)}$$