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Let $\triangle DEF$ be the orthic triangle of $\triangle ABC$.

I, I_a, I_b, I_c – incenter and excenters of $\triangle ABC$. Prove that:

$$\sum \frac{EF}{AI \cdot AI_a} \leq \frac{3R}{8\sqrt{3}r^2}$$

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Lemmas: $EF = a \cdot \cos A$, $AI_a = \frac{r}{\sin\left(\frac{A}{2}\right)}$ and $AI = \frac{r}{\sin\left(\frac{A}{2}\right)}$

Schur inequality: $a^n(a-b)(a-c) + b^n(b-a)(b-c) + c^n(c-a)(c-b) \geq 0$

For $n = 3$

$$a^5 + b^5 + c^5 + abc(a^2 + b^2 + c^2) \geq a^4b + ab^4 + b^4c + c^4b + c^4a + a^4c$$

$$\begin{aligned} a^4b + ab^4 + b^4c + c^4b + c^4a + a^4c &= ab(a^3 + b^3) + bc(b^3 + c^3) + ac(a^3 + c^3) \geq \\ &\geq a^2b^2(a+b) + b^2c^2(b+c) + a^2c^2(a+c) = \\ &= a^3b^2 + a^2b^3 + b^3c^2 + b^2c^3 + c^3a^2 + c^2a^3 \Rightarrow \end{aligned}$$

$$a^5 + b^5 + c^5 + abc(a^2 + b^2 + c^2) \geq a^3b^2 + a^2b^3 + b^3c^2 + c^3b^2 + c^3a^2 + a^3c^2$$

$$LHS = \sum \frac{EF}{AI \cdot AI_a} = \sum \frac{a \cos A}{\frac{r r_a}{\sin^2\left(\frac{A}{2}\right)}} = \sum \frac{a \cos A \cdot \sin^2\left(\frac{A}{2}\right)}{r r_a} = \sum \frac{a \cos A \cdot \sin^2\left(\frac{A}{2}\right)}{r s \tan\left(\frac{A}{2}\right)} =$$

$$= \sum \frac{a \cos A \sin A}{2rs} = \sum \frac{a^2 \cos A}{4Rrs} = \frac{1}{4Rrs} \sum a^2 \cos A =$$

$$= \frac{1}{4Rrs} \sum \frac{a^2b^2 + a^2c^2 - a^4}{2bc} = \frac{1}{4Rrs} \cdot \frac{\sum (a^3b^2 + a^2b^3) - \sum a^5}{2abc} \leq$$

$$\leq \frac{1}{4Rrs} \cdot \frac{abc(a^2 + b^2 + c^2)}{2abc} = \frac{\sum a^2}{8Rrs} \leq \frac{9R^2}{8Rrs} = \frac{9R}{8rs} \leq \frac{9R}{24\sqrt{3}r^2} = \frac{3R}{8\sqrt{3}r^2}$$

Equality holds for $a = b = c$.