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In $\triangle ABC$ the following relationship holds:

$$\sum_{cyc} \frac{bc}{m_a^2} \leq \frac{2R}{r}$$

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Solution by Mirsadix Muzefferov-Azerbaijan

$$\begin{aligned} \sum_{cyc} \frac{bc}{m_a^2} &\stackrel{\text{Tereshin}}{\leq} \sum_{cyc} \frac{16R^2 bc}{(b^2 + c^2)^2} \stackrel{\text{AM-GM}}{\leq} \\ \sum_{cyc} \frac{16R^2 bc}{4b^2 c^2} &= 4R^2 \cdot \sum_{cyc} \frac{1}{bc} = 4R^2 \cdot \frac{a+b+c}{abc} = 4R^2 \cdot \frac{2p}{4prR} = \frac{2R}{r} \end{aligned}$$

Equality holds for : $a = b = c$