第二节 换元积分法

一、第一类换元法

二、第二类换元法

基本思路

设 $F'(u) = f(u)$, $u = \varphi(x)$ 可导, 则有

$$\mathrm{d}F[\varphi(x)] = f[\varphi(x)]\varphi'(x)\mathrm{d}x$$

$$\therefore \int f[\varphi(x)]\varphi'(x)\mathrm{d}x = F[\varphi(x)] + C = F(u) + C\Big|_{u=\varphi(x)}$$

$$= \int f(u)\mathrm{d}u\Big|_{u=\varphi(x)}$$

$$\int f[\varphi(x)]\varphi'(x)\,\mathrm{d}x \underset{\text{第二类换元法}}{\overset{\text{第一类换元法}}{\rightleftarrows}} \int f(u)\,\mathrm{d}u$$

一、第一类换元法

定理1. 设 $f(u)$ 有原函数, $u=\varphi(x)$ 可导, 则有换元公式

$$\int f[\varphi(x)]\varphi'(x)\mathrm{d}x = \int f(u)\mathrm{d}u \Big|_{u=\varphi(x)}$$

即 $$\int f[\varphi(x)]\varphi'(x)\mathrm{d}x = \int f(\varphi(x))\mathrm{d}\varphi(x)$$

(也称**配元法**, **凑微分法**)

例1. 求 $\int (ax+b)^m \mathrm{d}x \quad (m \neq -1).$

解: 令 $u = ax+b$,则 $\mathrm{d}u = a\mathrm{d}x$, 故

$$\text{原式} = \int u^m \frac{1}{a}\mathrm{d}u = \frac{1}{a}\cdot\frac{1}{m+1}u^{m+1} + C$$

$$= \frac{1}{a(m+1)}(ax+b)^{m+1} + C$$

注: 当 $m=-1$ 时

$$\int \frac{\mathrm{d}x}{ax+b} = \frac{1}{a}\ln|ax+b| + C$$

例2. 求 $\int \frac{\mathrm{d}x}{a^2+x^2}$.

解: $\int \frac{\mathrm{d}x}{a^2+x^2} = \frac{1}{a^2}\int \frac{\mathrm{d}x}{1+(\frac{x}{a})^2}$

令 $u = \frac{x}{a}$, 则 $\mathrm{d}u = \frac{1}{a}\mathrm{d}x$

$$= \frac{1}{a}\int \frac{\mathrm{d}u}{1+u^2} = \frac{1}{a}\arctan u + C$$

$$= \frac{1}{a}\arctan(\frac{x}{a}) + C$$

想到公式

$$\int \frac{\mathrm{d}u}{1+u^2} = \arctan u + C$$

例3. 求 $\int \frac{\mathrm{d}x}{\sqrt{a^2-x^2}}\ (a>0).$

解: $\int \frac{\mathrm{d}x}{\sqrt{a^2-x^2}} = \int \frac{\mathrm{d}x}{a\sqrt{1-(\frac{x}{a})^2}} = \int \frac{\mathrm{d}(\frac{x}{a})}{\sqrt{1-(\frac{x}{a})^2}}$

$$= \arcsin\frac{x}{a} + C$$

想到 $\int \frac{\mathrm{d}u}{\sqrt{1-u^2}} = \arcsin u + C$

$$\int f[\varphi(x)]\varphi'(x)\mathrm{d}x = \int f(\varphi(x))\mathrm{d}\varphi(x)$$ (直接配元)

例4. 求 $\int \tan x \mathrm{d}x$.

解: $\int \tan x \mathrm{d}x = \int \frac{\sin x}{\cos x} \mathrm{d}x = -\int \frac{\mathrm{d}\cos x}{\cos x}$

$= -\ln|\cos x| + C$

类似

$\int \cot x \mathrm{d}x = \int \frac{\cos x \, \mathrm{d}x}{\sin x} = \int \frac{\mathrm{d}\sin x}{\sin x}$

$= \ln|\sin x| + C$

例5. 求 $\int \frac{\mathrm{d}x}{x^2-a^2}$.

解:

$$\because \quad \frac{1}{x^2-a^2} = \frac{1}{2a}\,\frac{(x+a)-(x-a)}{(x-a)(x+a)} = \frac{1}{2a}\left(\frac{1}{x-a}-\frac{1}{x+a}\right)$$

$$\therefore \text{ 原式} = \frac{1}{2a}\left[\int\frac{\mathrm{d}x}{x-a}-\int\frac{\mathrm{d}x}{x+a}\right]$$

$$= \frac{1}{2a}\left[\int\frac{\mathrm{d}(x-a)}{x-a}-\int\frac{\mathrm{d}(x+a)}{x+a}\right]$$

$$= \frac{1}{2a}\left[\ln|x-a|-\ln|x+a|\right]+C = \frac{1}{2a}\ln\left|\frac{x-a}{x+a}\right|+C$$

常用的几种配元形式:

$$(1)\quad \int f(ax+b)\mathrm{d}x = \frac{1}{a}\int f(ax+b)\,\mathrm{d}(ax+b)$$

$$(2)\quad \int f(x^n)x^{n-1}\,\mathrm{d}x = \frac{1}{n}\int f(x^n)\,\mathrm{d}x^n$$

$$(3)\quad \int f(x^n)\frac{1}{x}\mathrm{d}x = \frac{1}{n}\int f(x^n)\,\frac{1}{x^n}\,\mathrm{d}x^n$$

万能凑幂法

$$(4)\quad \int f(\sin x)\cos x\mathrm{d}x = \int f(\sin x)\,\mathrm{d}\sin x$$

$$(5)\quad \int f(\cos x)\sin x\mathrm{d}x = -\int f(\cos x)\,\mathrm{d}\cos x$$

(6) $\int f(\tan x)\sec^2 x\mathrm{d}x = \int f(\tan x)\ \mathrm{d}\tan x$

(7) $\int f(e^x)e^x\mathrm{d}x = \int f(e^x)\ \mathrm{d}e^x$

(8) $\int f(\ln x)\frac{1}{x}\mathrm{d}x = \int f(\ln x)\ \mathrm{d}\ln x$

例6. 求 $\int \frac{\mathrm{d}x}{x(1+2\ln x)}$.

解: 原式 $= \int \frac{\mathrm{d}\ln x}{1+2\ln x} = \frac{1}{2}\int \frac{\mathrm{d}(1+2\ln x)}{1+2\ln x}$

$$= \frac{1}{2}\ln\left|1+2\ln x\right| + C$$

例7. 求 $\int \frac{e^{3\sqrt{x}}}{\sqrt{x}} \mathrm{d}x.$

解: 原式 $= 2\int e^{3\sqrt{x}} \mathrm{d}\sqrt{x} = \frac{2}{3}\int e^{3\sqrt{x}} \mathrm{d}(3\sqrt{x})$

$$= \frac{2}{3} e^{3\sqrt{x}} + C$$

例8. 求 $\int \sec^6 x \mathrm{d}x.$

解: 原式 $= \int (\tan^2 x + 1)^2 \mathrm{d}\tan x$

$$= \int (\tan^4 x + 2\tan^2 x + 1) \mathrm{d}\tan x$$

$$= \frac{1}{5}\tan^5 x + \frac{2}{3}\tan^3 x + \tan x + C$$

例9. 求 $\int \frac{dx}{1+e^x}$.

解法1

$$\int \frac{dx}{1+e^x} = \int \frac{(1+e^x)-e^x}{1+e^x} dx = \int dx - \int \frac{d(1+e^x)}{1+e^x}$$

$$= x - \ln(1+e^x) + C$$

解法2

$$\int \frac{dx}{1+e^x} = \int \frac{e^{-x}}{1+e^{-x}} dx = -\int \frac{d(1+e^{-x})}{1+e^{-x}}$$

$$= -\ln(1+e^{-x}) + C$$

$-\ln(1+e^{-x}) = -\ln[e^{-x}(e^x+1)]$ 两法结果一样

例10. 求 $\int \sec x \mathrm{d}x$.

解法1

$$\int \sec x \mathrm{d}x = \int \frac{\cos x}{\cos^2 x} \mathrm{d}x = \int \frac{\mathrm{d}\sin x}{1-\sin^2 x}$$

$$= \frac{1}{2} \int \left[\frac{1}{1+\sin x} + \frac{1}{1-\sin x} \right] \mathrm{d}\sin x$$

$$= \frac{1}{2} \left[\ln\left|1+\sin x\right| - \ln\left|1-\sin x\right| \right] + C$$

$$= \frac{1}{2} \ln\left|\frac{1+\sin x}{1-\sin x}\right| + C$$

解法 2 $\displaystyle\int \sec x\,\mathrm{d}x = \int \frac{\sec x(\sec x + \tan x)}{\sec x + \tan x}\mathrm{d}x$

$$= \int \frac{\sec^2 x + \sec x \tan x}{\sec x + \tan x}\mathrm{d}x$$

$$= \int \frac{\mathrm{d}(\sec x + \tan x)}{\sec x + \tan x}$$

$$= \ln\left|\ \sec x + \tan x\right| + C$$

同样可证

$$\int \csc x\,\mathrm{d}x = \ln\left|\csc x - \cot x\right| + C$$

或 $\displaystyle\int \csc x\,\mathrm{d}x = \ln\left|\tan\frac{x}{2}\right| + C$

例11. 求 $\int \frac{x^3}{(x^2+a^2)^{3/2}}\mathrm{d}x$.

解: 原式 $= \frac{1}{2}\int \frac{x^2\,\mathrm{d}x^2}{(x^2+a^2)^{3/2}} = \frac{1}{2}\int \frac{(x^2+a^2)-a^2}{(x^2+a^2)^{3/2}}\mathrm{d}x^2$

$$= \frac{1}{2}\int (x^2+a^2)^{-1/2}\,\mathrm{d}(x^2+a^2)$$

$$-\frac{a^2}{2}\int (x^2+a^2)^{-3/2}\,\mathrm{d}(x^2+a^2)$$

$$= \sqrt{x^2+a^2} + \frac{a^2}{\sqrt{x^2+a^2}} + C$$

小结 常用简化技巧:

(1) 分项积分: 利用积化和差; 分式分项;

$$1=\sin^2 x+\cos^2 x \text{等}$$

(2) 降低幂次: 利用倍角公式, 如

$$\cos^2 x=\tfrac{1}{2}(1+\cos 2x)\,; \qquad \sin^2 x=\tfrac{1}{2}(1-\cos 2x)\,;$$

万能凑幂法
$$\begin{cases} \int f(x^n)x^{n-1}\,\mathrm{d}x=\frac{1}{n}\int f(x^n)\,\mathrm{d}\,x^n \\ \int f(x^n)\frac{1}{x}\,\mathrm{d}x=\frac{1}{n}\int f(x^n)\frac{1}{x^n}\,\mathrm{d}\,x^n \end{cases}$$

(3) 统一函数: 利用三角公式; 配元方法

(4) 巧妙换元或配元

思考与练习 1. 下列各题求积方法有何不同?

$$(1) \int \frac{\mathrm{d}x}{4+x} = \int \frac{\mathrm{d}(4+x)}{4+x} \qquad (2) \int \frac{\mathrm{d}x}{4+x^2} = \frac{1}{2}\int \frac{\mathrm{d}(\frac{x}{2})}{1+(\frac{x}{2})^2}$$

$$(3) \int \frac{x}{4+x^2}\mathrm{d}x = \frac{1}{2}\int \frac{\mathrm{d}(4+x^2)}{4+x^2}$$

$$(4) \int \frac{x^2}{4+x^2}\mathrm{d}x = \int [1-\frac{4}{4+x^2}]\mathrm{d}\,x$$

$$(5) \int \frac{\mathrm{d}x}{4-x^2} = \frac{1}{4}\int [\frac{1}{2-x}+\frac{1}{2+x}]\mathrm{d}x$$

$$(6) \int \frac{\mathrm{d}x}{\sqrt{4x-x^2}} = \int \frac{\mathrm{d}(x-2)}{\sqrt{4-(x-2)^2}}$$

2. 求 $\int \frac{\mathrm{d}x}{x(x^{10}+1)}$.

提示:

法1 $\int \frac{\mathrm{d}x}{x(x^{10}+1)} = \int \frac{(x^{10}+1)-x^{10}}{x(x^{10}+1)}\mathrm{d}x$

法2 $\int \frac{\mathrm{d}x}{x(x^{10}+1)} = \frac{1}{10}\int \frac{\mathrm{d}\,x^{10}}{x^{10}(x^{10}+1)}$

法3 $\int \frac{\mathrm{d}x}{x(x^{10}+1)} = \int \frac{\mathrm{d}\,x}{x^{11}(1+x^{-10})} = \frac{-1}{10}\int \frac{\mathrm{d}\,x^{-10}}{1+x^{-10}}$

二、第二类换元法

第一类换元法解决的问题

$$\int f[\varphi(x)]\varphi'(x)\mathrm{d}x = \int f(u)\mathrm{d}u\Big|_{u=\varphi(x)}$$

难求　　　　易求

若所求积分 $\int f(u)\mathrm{d}u$ 难求,

$\int f[\varphi(x)]\varphi'(x)\mathrm{d}x$ 易求,

则得第二类换元积分法 .

定理2 . 设 $x=\psi(t)$ 是单调可导函数，且 $\psi'(t)\neq 0$，$f[\psi(t)]\psi'(t)$ 具有原函数，则有换元公式

$$\int f(x)\,\mathrm{d}x=\int f[\psi(t)]\psi'(t)\,\mathrm{d}t\Big|_{t=\psi^{-1}(x)}$$

其中 $t=\psi^{-1}(x)$ 是 $x=\psi(t)$ 的反函数.

证: 设 $f[\psi(t)]\psi'(t)$ 的原函数为 $\Phi(t)$, 令

$$F(x)=\Phi[\psi^{-1}(x)]$$

则

$$F'(x)=\frac{\mathrm{d}\Phi}{\mathrm{d}t}\cdot\frac{\mathrm{d}t}{\mathrm{d}x}=f[\psi(t)]\cancel{\psi'(t)}\cdot\frac{1}{\cancel{\psi'(t)}}=f(x)$$

$$\therefore\quad \int f(x)\,\mathrm{d}x=F(x)+C=\Phi[\psi^{-1}(x)]+C$$

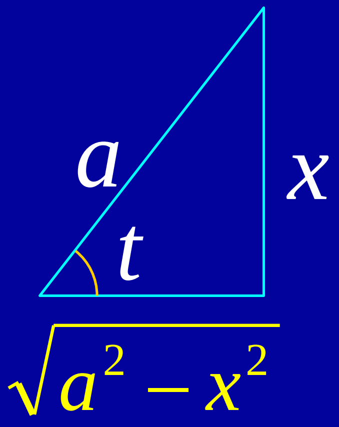
$$=\int f[\psi(t)]\psi'(t)\,\mathrm{d}t\Big|_{t=\psi^{-1}(x)}$$

例16. 求 $\int \sqrt{a^2 - x^2}\, \mathrm{d}x \ \ (a > 0)$.

解: 令 $x = a\sin t,\ t \in (-\frac{\pi}{2}, \frac{\pi}{2})$, 则

$$\sqrt{a^2 - x^2} = \sqrt{a^2 - a^2\sin^2 t} = a\cos t$$

$$\mathrm{d}x = a\cos t\,\mathrm{d}t$$



$$\therefore\ 原式 = \int a\cos t \cdot a\cos t\,\mathrm{d}t = a^2 \int \cos^2 t\,\mathrm{d}t$$

$$= a^2\left(\frac{t}{2} + \frac{\sin 2t}{4}\right) + C$$

$$\sin 2t = 2\sin t\cos t = 2 \cdot \frac{x}{a} \cdot \frac{\sqrt{a^2 - x^2}}{a}$$

$$= \frac{a^2}{2}\arcsin\frac{x}{a} + \frac{1}{2}x\sqrt{a^2 - x^2} + C$$

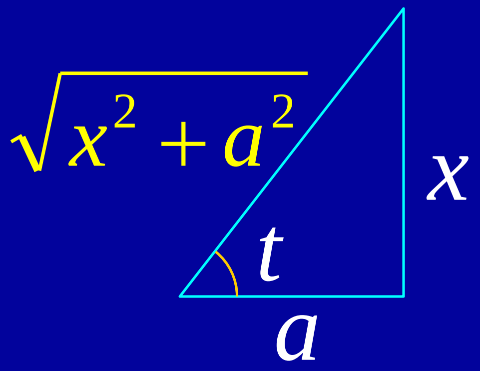
例17. 求 $\int \frac{\mathrm{d}x}{\sqrt{x^2+a^2}} \quad (a>0)$.

解: 令 $x = a\tan t,\ t\in(-\frac{\pi}{2},\frac{\pi}{2})$, 则

$$\sqrt{x^2+a^2} = \sqrt{a^2\tan^2 t + a^2} = a\sec t$$

$$\mathrm{d}x = a\sec^2 t\,\mathrm{d}t$$

$$\therefore\ 原式 = \int \frac{a\sec^2 t}{a\sec t}\mathrm{d}t = \int \sec t\,\mathrm{d}t$$



$$= \ln\left|\sec t + \tan t\right| + C_1$$

$$= \ln\left[\frac{\sqrt{x^2+a^2}}{a} + \frac{x}{a}\right] + C_1$$

$$= \ln\left[x + \sqrt{x^2+a^2}\right] + C \qquad (C = C_1 - \ln a)$$

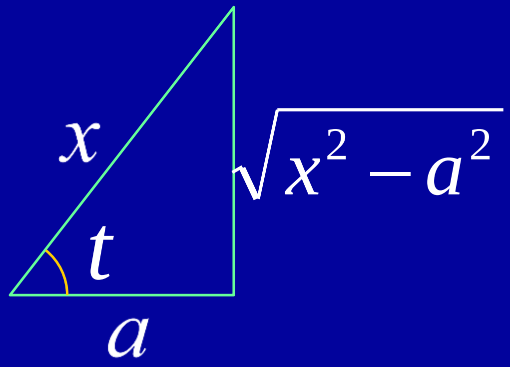
例18. 求$\int \frac{\mathrm{d}x}{\sqrt{x^2-a^2}} \quad (a>0).$

解: 当$x>a$时, 令 $x = a\sec t,\ t\in(0,\frac{\pi}{2})$, 则

$$\sqrt{x^2-a^2} = \sqrt{a^2\sec^2 t - a^2} = a\tan t$$

$$\mathrm{d}x = a\sec t\tan t\,\mathrm{d}\,t$$

$$\therefore \text{原式} = \int \frac{a\sec t\tan t}{a\tan t}\,\mathrm{d}\,t = \int \sec t\,\mathrm{d}\,t$$



$$= \ln\left|\sec t + \tan t\right| + C_1$$

$$= \ln\left|\frac{x}{a} + \frac{\sqrt{x^2-a^2}}{a}\right| + C_1$$

$$= \ln\left|x + \sqrt{x^2-a^2}\right| + C \qquad (C = C_1 - \ln a)$$

当$x<-a$时, 令 $x=-u$, 则$u>a$,于是

$$\int\frac{\mathrm{d}x}{\sqrt{x^2-a^2}}=-\int\frac{\mathrm{d}u}{\sqrt{u^2-a^2}}=-\ln\left|u+\sqrt{u^2-a^2}\right|+C_1$$

$$=-\ln\left|-x+\sqrt{x^2-a^2}\right|+C_1$$

$$=-\ln\left|\frac{a^2}{-x-\sqrt{x^2-a^2}}\right|+C_1$$

$$=\ln\left|x+\sqrt{x^2-a^2}\right|+C\quad(C=C_1-2\ln a)$$

$x>a$时, $\displaystyle\int\frac{\mathrm{d}x}{\sqrt{x^2-a^2}}=\ln\left|x+\sqrt{x^2-a^2}\right|+C$

小结:

1. 第二类换元法常见类型:

(1) $\int f(x, \sqrt[n]{ax+b})\,\mathrm{d}x$, 令 $t=\sqrt[n]{ax+b}$

(2) $\int f\left(x, \sqrt[n]{\frac{ax+b}{cx+d}}\right)\mathrm{d}x$, 令 $t=\sqrt[n]{\frac{ax+b}{cx+d}}$

第四节讲

(3) $\int f(x, \sqrt{a^2-x^2})\,\mathrm{d}x$, 令 $x=a\sin t$ 或 $x=a\cos t$

(4) $\int f(x, \sqrt{a^2+x^2})\,\mathrm{d}x$, 令 $x=a\tan t$ 或 $x=a\,\mathrm{sh}\,t$

(5) $\int f(x, \sqrt{x^2-a^2})\,\mathrm{d}x$, 令 $x=a\sec t$ 或 $x=a\,\mathrm{ch}\,t$

(6) $\int f(a^x)\,\mathrm{d}x$, 令 $t = a^x$

(7) 分母中因子次数较高时, 可试用**倒代换**

2. 常用基本积分公式的补充

(16) $\int \tan x \,\mathrm{d}x = -\ln|\cos x| + C$

(17) $\int \cot x \mathrm{d}x = \ln|\sin x| + C$

(18) $\int \sec x \mathrm{d}x = \ln|\sec x + \tan x| + C$

(19) $\int \csc x \mathrm{d}x = \ln|\csc x - \cot x| + C$

$$(20)\quad \int \frac{1}{a^2+x^2}\,\mathrm{d}x = \frac{1}{a}\arctan\frac{x}{a} + C$$

$$(21)\quad \int \frac{1}{x^2-a^2}\,\mathrm{d}x = \frac{1}{2a}\ln\left|\frac{x-a}{x+a}\right| + C$$

$$(22)\quad \int \frac{1}{\sqrt{a^2-x^2}}\,\mathrm{d}x = \arcsin\frac{x}{a} + C$$

$$(23)\quad \int \frac{1}{\sqrt{x^2+a^2}}\,\mathrm{d}x = \ln(x+\sqrt{x^2+a^2}) + C$$

$$(24)\quad \int \frac{1}{\sqrt{x^2-a^2}}\,\mathrm{d}x = \ln\left|x+\sqrt{x^2-a^2}\right| + C$$

例20. 求 $\int \frac{\mathrm{d}x}{x^2+2x+3}$.

解: 原式 $= \int \frac{1}{(x+1)^2+(\sqrt{2})^2}\mathrm{d}(x+1)$

$$= \frac{1}{\sqrt{2}}\arctan\frac{x+1}{\sqrt{2}}+C$$

例21. 求 $I = \int \frac{\mathrm{d}x}{\sqrt{4x^2+9}}$.

解: $I = \frac{1}{2}\int \frac{\mathrm{d}(2x)}{\sqrt{(2x)^2+3^2}} = \frac{1}{2}\ln\left|2x+\sqrt{4x^2+9}\right|+C$

例22. 求 $\int \frac{\mathrm{d}x}{\sqrt{1+x-x^2}}$.

解: 原式 $= \int \frac{\mathrm{d}(x-\frac{1}{2})}{\sqrt{(\frac{\sqrt{5}}{2})^2-(x-\frac{1}{2})^2}} = \arcsin\frac{2x-1}{\sqrt{5}} + C$

例23. 求 $\int \frac{\mathrm{d}x}{\sqrt{e^{2x}-1}}$.

解: 原式 $= -\int \frac{\mathrm{d}\,e^{-x}}{\sqrt{1-e^{-2x}}} = -\arcsin e^{-x} + C$

例24. 求 $\int \frac{\mathrm{d}x}{x^2\sqrt{x^2+a^2}}$.

解: 令 $x=\frac{1}{t}$, 得

$$\text{原式} = -\int \frac{t}{\sqrt{a^2t^2+1}}\,\mathrm{d}\,t$$

$$= -\frac{1}{2a^2}\int \frac{\mathrm{d}\,(a^2t^2+1)}{\sqrt{a^2t^2+1}} = -\frac{1}{a^2}\sqrt{a^2t^2+1}+C$$

$$= -\frac{\sqrt{x^2+a^2}}{a^2x}+C$$

思考与练习

1. 下列积分应如何换元才使积分简便？

(1) $\int \frac{x^5}{\sqrt{1+x^2}}\,\mathrm{d}x$

令 $t=\sqrt{1+x^2}$

(2) $\int \frac{\mathrm{d}x}{\sqrt{1+e^x}}$

令 $t=\sqrt{1+e^x}$

(3) $\int \frac{\mathrm{d}x}{x(x^7+2)}$

令 $t=\frac{1}{x}$

2. 已知 $\int x^5 f(x)\,\mathrm{d}x = \sqrt{x^2-1} + C$, 求 $\int f(x)\,\mathrm{d}x$.

解: 两边求导, 得 $x^5 f(x) = \dfrac{x}{\sqrt{x^2-1}}$, 则

$$\int f(x)\,\mathrm{d}x = \int \frac{\mathrm{d}x}{x^4\sqrt{x^2-1}} \quad (令\ t=\frac{1}{x})$$

$$= \int \frac{-t^3\,\mathrm{d}t}{\sqrt{1-t^2}} = \frac{1}{2}\int \frac{(1-t^2)-1}{\sqrt{1-t^2}}\,\mathrm{d}t^2$$

$$= \frac{-1}{2}\int (1-t^2)^{\frac{1}{2}}\,\mathrm{d}(1-t^2) + \frac{1}{2}\int (1-t^2)^{-\frac{1}{2}}\,\mathrm{d}(1-t^2)$$

$$= \frac{-1}{3}(1-t^2)^{\frac{3}{2}} + (1-t^2)^{\frac{1}{2}} + C = \cdots$$

(代回原变量)

备用题 1. 求下列积分:

1) $\int x^2 \frac{1}{\sqrt{x^3+1}}\,\mathrm{d}x = \frac{1}{3}\int \frac{1}{\sqrt{x^3+1}}\,\mathrm{d}(x^3+1)$

$$= \frac{2}{3}\sqrt{x^3+1}+C$$

2) $\int \frac{2x+3}{\sqrt{1+2x-x^2}}\,\mathrm{d}x = \int \frac{-(2-2x)+5}{\sqrt{1+2x-x^2}}\,\mathrm{d}x$

$$= -\int \frac{\mathrm{d}(1+2x-x^2)}{\sqrt{1+2x-x^2}} + 5\int \frac{\mathrm{d}(x-1)}{\sqrt{2-(x-1)^2}}$$

$$= -2\sqrt{1+2x-x^2} + 5\arcsin\frac{x-1}{\sqrt{2}} + C$$

2. 求不定积分 $\int \frac{2\sin x\cos x\sqrt{1+\sin^2 x}}{2+\sin^2 x}\,\mathrm{d}x.$

解: 利用凑微分法，得

$$\text{原式} = \int \frac{\sqrt{1+\sin^2 x}}{2+\sin^2 x}\,\mathrm{d}(1+\sin^2 x)$$

令 $t=\sqrt{1+\sin^2 x}$

$$= \int \frac{2t^2}{1+t^2}\,\mathrm{d}t = 2\int \left(1-\frac{1}{1+t^2}\right)\mathrm{d}t$$

$$= 2t - 2\arctan t + C$$

$$= 2\left[\sqrt{1+\sin^2 x} - \arctan\sqrt{1+\sin^2 x}\,\right] + C$$