

§4 均值不等式

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1. 设正实数 a, b, c 满足 $abc = 1$, 求证: $\frac{a^{2021}}{a+b} + \frac{b^{2021}}{b+c} + \frac{c^{2021}}{c+a} \geq \frac{3}{2}$.

$$\text{法一: } \frac{a^{2021}}{a+b} + \frac{a+b}{4} + \underbrace{\frac{1}{2} + \cdots + \frac{1}{2}}_{2019 \text{ 个}} \geq 2021 \sqrt[2021]{\frac{a^{2021}}{2^{2021}}} = \frac{2021}{2} a.$$

$$\therefore \frac{a^{2021}}{a+b} \geq \frac{2021}{2} a - \frac{a+b}{4} - \frac{2019}{2}.$$

$$\text{同理 } \therefore \frac{b^{2021}}{b+c} \geq \frac{2021}{2} b - \frac{b+c}{4} - \frac{2019}{2}, \frac{c^{2021}}{c+a} \geq \frac{2021}{2} c - \frac{c+a}{4} - \frac{2019}{2}.$$

$$\text{于是有 左} \geq \frac{2021}{2}(a+b+c) - \frac{a+b+c}{2} - \frac{2019}{2} \times 3 = 1010(a+b+c) - \frac{2019}{2} \times 3 \geq \frac{3}{2}.$$

$$\text{法二: 由 Cauchy 不等式, 有: } \left(\frac{a^{2021}}{a+b} + \frac{b^{2021}}{b+c} + \frac{c^{2021}}{c+a} \right) [(a+b) + (b+c) + (c+a)] \geq \left(a^{\frac{2021}{2}} + b^{\frac{2021}{2}} + c^{\frac{2021}{2}} \right)^2.$$

$$\therefore \text{原式} \geq \frac{\left(a^{\frac{2021}{2}} + b^{\frac{2021}{2}} + c^{\frac{2021}{2}} \right)^2}{2(a+b+c)}.$$

$$\text{由幂平均不等式, 有 } \sqrt[2021]{\frac{a^{\frac{2021}{2}} + b^{\frac{2021}{2}} + c^{\frac{2021}{2}}}{3}} \geq \frac{a+b+c}{3}.$$

$$\text{于是原式} \geq \frac{\left[3 \left(\frac{a+b+c}{3} \right)^{\frac{2021}{2}} \right]^2}{2(a+b+c)} \geq \frac{3}{2}.$$

2. 对于满足 $\sum_{i=1}^{2015} x_i = 2014$ 的非负实数 $x_1, x_2, \dots, x_{2015}$, 求 $\left(\sum_{i=1}^{2015} x_i^i \right)_{\min}$.

$$\text{思路: } x_i + ? + \cdots + ? \geq i \sqrt[i]{x_i \cdot ?^{i-1}} = x_i \Rightarrow ?^{i-1} = \frac{1}{i^i}, ? = i^{-\frac{i}{i-1}}.$$

$$\text{由均值不等式, 有: } x_i^i + \underbrace{i^{-\frac{i}{i-1}} + \cdots + i^{-\frac{i}{i-1}}}_{i-1 \text{ 个}} \geq x_i (i \geq 2),$$

$$\text{即 } x_i^i \geq x_i - (i-1)i^{-\frac{i}{i-1}} (i = 2, 3, \dots, 2015),$$

$$\text{等号成立当且仅当 } x_i = i^{-\frac{i}{i-1}} \in (0, 1),$$

$$\therefore x_2, x_3, \dots, x_{2015} \in (0, 1) \Rightarrow x_1 \text{ 非负.}$$

$$\therefore \sum_{i=1}^{2015} x_i^i \geq 2014 - \sum_{k=2}^{2015} (k-1)k^{-\frac{k}{k-1}}.$$

3. 设 $a_i \in \mathbf{R}^+(i=1, 2, \dots, n)$ 且 $a_1 + a_2 + \dots + a_n = 1$, 求证: $\frac{a_1^4}{a_1^3 + a_1^2 a_2 + a_1 a_2^2 + a_2^3} + \frac{a_2^4}{a_2^3 + a_2^2 a_3 + a_2 a_3^2 + a_3^3} + \dots + \frac{a_n^4}{a_n^3 + a_n^2 a_1 + a_n a_1^2 + a_1^3} \geq \frac{1}{4}$.

$$\text{记 } M = \sum_{k=1}^n \frac{a_k^4}{a_k^3 + a_k^2 a_{k+1} + a_k a_{k+1}^2 + a_{k+1}^3}, N = \sum_{k=1}^n \frac{a_{k+1}^4}{a_k^3 + a_k^2 a_{k+1} + a_k a_{k+1}^2 + a_{k+1}^3},$$

$$\text{则 } M - N = \sum_{k=1}^n \frac{a_k^4 - a_{k+1}^4}{a_k^3 + a_k^2 a_{k+1} + a_k a_{k+1}^2 + a_{k+1}^3} = \sum_{k=1}^n (a_k - a_{k+1}) = 0,$$

即 $M = N$.

于是有

$$\begin{aligned} M &= \frac{1}{2}(M + N) \\ &= \frac{1}{2} \sum_{k=1}^n \frac{a_k^4 + a_{k+1}^4}{a_k^3 + a_k^2 a_{k+1} + a_k a_{k+1}^2 + a_{k+1}^3} \\ &= \frac{1}{2} \sum_{k=1}^n \frac{a_k^4 + a_{k+1}^4}{(a_k + a_{k+1})(a_k^2 + a_{k+1}^2)} \\ &\geq \frac{1}{2} \sum_{k=1}^n \frac{\frac{(a_k^2 + a_{k+1}^2)^2}{2}}{(a_k + a_{k+1})(a_k^2 + a_{k+1}^2)} \quad (\text{Cauchy-Schwarz inequality}) \\ &= \frac{1}{4} \sum_{k=1}^n \frac{a_k^2 + a_{k+1}^2}{a_k + a_{k+1}} \\ &\geq \frac{1}{4} \sum_{k=1}^n \frac{a_k + a_{k+1} + 1}{2} \quad (\text{Cauchy-Schwarz inequality}) \\ &= \frac{1}{4} \sum_{k=1}^n a_k \\ &= 4. \end{aligned}$$

4. 已知正实数 x, y, z 满足 $xyz + xy + yz + zx + x + y + z = 7$. 求证: $xyz(x + y + z) \leq 3$.

$$(xy + yz + zx)^2 \geq 3xyz(x + y + z), \text{ 等号成立?}$$

记 $M = xyz(x + y + z)$, 有:

$$\begin{aligned} 7 &= xyz + (xy + yz + zx) + (x + y + z) \\ &\geq \sqrt{3M} + xyz + \frac{1}{3}(x + y + z) + \frac{2}{3}(x + y + z) \\ &\geq \sqrt{3M} + 2\sqrt{\frac{1}{3}M} + \frac{2}{3}(x + y + z), \end{aligned}$$

而

$$\begin{aligned} (x + y + z)^4 &= (x + y + z)^3(x + y + z) \\ &\geq 27xyz(x + y + z) \quad rcl \\ &= 27M. \end{aligned}$$

$$7 \geq \sqrt{3M} + 2\sqrt{\frac{1}{3}M} + \frac{2}{3}\sqrt[4]{27M} = f(M),$$

当 $M = 3$ 时取等.

$f(M)$ 单调递增, $\therefore M \leq 3$.

5. 设 a, b, c 为正实数, 求证: $\left(1 + \frac{a}{b}\right) \left(1 + \frac{b}{c}\right) \left(1 + \frac{c}{a}\right) \geq 2 \left(1 + \frac{a+b+c}{\sqrt[3]{abc}}\right)$.

法一: 左 = $2 + \left(\frac{b}{a} + \frac{c}{b} + \frac{a}{c}\right) + \left(\frac{a}{b} + \frac{b}{c} + \frac{c}{a}\right)$.

由均值不等式, 有 $\frac{c}{b} + \frac{a}{c} + \frac{a}{c} \geq 3 \frac{a}{\sqrt[3]{abc}}, \frac{a}{c} + \frac{b}{a} + \frac{b}{a} \geq 3 \frac{b}{\sqrt[3]{abc}}, \frac{b}{a} + \frac{c}{b} + \frac{c}{b} \geq 3 \frac{c}{\sqrt[3]{abc}}$.

相加, 有 $3 \left(\frac{b}{a} + \frac{c}{b} + \frac{a}{c}\right) \geq 3 \frac{a+b+c}{\sqrt[3]{abc}}$.

$\frac{b}{a} + \frac{c}{b} + \frac{a}{c} \geq \frac{a+b+c}{\sqrt[3]{abc}}$.

同理, $\frac{a}{b} + \frac{b}{c} + \frac{c}{a} \geq \frac{a+b+c}{\sqrt[3]{abc}}$.

于是得证.

法二:

$$\begin{aligned} \text{左} &= \frac{(a+b)(b+c)(c+a)}{abc} \\ &= \frac{(a+b+c)(ab+bc+ca) - abc}{abc} \\ &\geq \frac{(a+b+c)3\sqrt[3]{a^2b^2c^2}}{abc} - 1 \\ &= 3 \frac{a+b+c}{\sqrt[3]{abc}} - 1 \\ &= 2 \frac{a+b+c}{\sqrt[3]{abc}} + \frac{a+b+c}{\sqrt[3]{abc}} - 1 \\ &\geq 2. \end{aligned}$$

6. x_1, x_2, \dots, x_n 为非负实数, 求证: $\left(\sum_{k=1}^n \frac{x_k}{k}\right) \left(\sum_{k=1}^n kx_k\right) \leq \frac{(n+1)^2}{4n} \left(\sum_{k=1}^n x_k\right)^2$.

$$n=2, \left(x_1 + \frac{x_2}{2}\right) (x_1 + 2x_2) \leq \frac{9}{8} (x_1 + x_2)^2 \Leftrightarrow \frac{1}{8}x_1^2 + \frac{1}{8}x_2^2 - \frac{1}{4}x_1x_2 \geq 0.$$

$$n=3, \left(x_1 + \frac{x_2}{2} + \frac{x_3}{3}\right) (x_1 + 2x_2 + 3x_3) \leq \frac{4}{3} (x_1 + x_2 + x_3)^2 \Leftrightarrow \frac{1}{3}x_1^2 + \frac{1}{3}x_2^2 + \frac{1}{3}x_3^2 + \frac{1}{6}x_1x_2 + \frac{1}{2}x_2x_3 - \frac{2}{3}x_3x_1 \geq 0.$$

猜想: 等号成立条件 $x_1 = x_n, x_2 = \dots = x_{n-1} = 0$.

$$\begin{aligned}
\left(\sum \frac{x_k}{k}\right) \left(\sum kx_k\right) &= \frac{1}{n} \left(n \sum \frac{x_k}{k}\right) \left(\sum kx_k\right) \\
&\leq \frac{1}{n} \left(\frac{n \sum \frac{x_k}{k} + \sum kx_k}{2}\right)^2 \\
&= \frac{1}{n} \left[\frac{\sum \left(k + \frac{n}{k}\right) x_k}{2}\right]^2 \\
&\leq \frac{1}{n} \left[\frac{\sum \left(1 + \frac{n}{1}\right) x_k}{2}\right]^2 \quad \forall k \in [1, n] : k + \frac{n}{k} \leq n + 1 \\
&= \frac{(n+1)^2}{4n} \left(\sum x_k\right)^2.
\end{aligned}$$

7. $\left(\sum_{k=1}^5 x_k\right) \left(\sum_{k=1}^5 \frac{1}{x_k}\right) < 26$. 求证: x_1, x_2, x_3, x_4, x_5 中的任意三个数均能构成三角形的三边长.

反证法: 假设结论不成立.

不妨设 $x_1 \geq x_2 + x_3$, 目标: $\left(\sum_{k=1}^5 x_k\right) \left(\sum_{k=1}^5 \frac{1}{x_k}\right) \geq 26$.

$$\begin{aligned}
&\left(\sum_{k=1}^5 x_k\right) \left(\sum_{k=1}^5 \frac{1}{x_k}\right) \\
&= (x_1 + x_2 + x_3) \left(\frac{1}{x_1} + \frac{1}{x_2} + \frac{1}{x_3}\right) + (x_4 + x_5) \left(\frac{1}{x_4} + \frac{1}{x_5}\right) \\
&\quad + \left(\frac{1}{x_4} + \frac{1}{x_5}\right) (x_1 + x_2 + x_3) + (x_4 + x_5) \left(\frac{1}{x_1} + \frac{1}{x_2} + \frac{1}{x_3}\right) \\
&\geq (x_1 + x_2 + x_3) \left(\frac{1}{x_1} + \frac{1}{x_2} + \frac{1}{x_3}\right) + (x_4 + x_5) \left(\frac{1}{x_4} + \frac{1}{x_5}\right) \\
&\quad + 2\sqrt{(x_4 + x_5) \left(\frac{1}{x_4} + \frac{1}{x_5}\right) (x_1 + x_2 + x_3) \left(\frac{1}{x_1} + \frac{1}{x_2} + \frac{1}{x_3}\right)}
\end{aligned}$$

令 $f(x_1, x_2, x_3) = (x_1 + x_2 + x_3) \left(\frac{1}{x_1} + \frac{1}{x_2} + \frac{1}{x_3}\right) = 1 + (x_2 + x_3) \left(\frac{1}{x_2} + \frac{1}{x_3}\right) + x_1 \left(\frac{1}{x_2} + \frac{1}{x_3}\right) + \frac{1}{x_1}(x_2 + x_3)$,
有 f 在 $x_1 \in (0, \sqrt{x_2 x_3}]$ 关于 x_1 单调递减, 在 $x_1 \in [\sqrt{x_2 x_3}, +\infty)$ 关于 x_1 单调递增.

又有 $x_1 \geq x_2 + x_3$, 于是 $f(x_1, x_2, x_3) \geq f(x_2 + x_3, x_2, x_3) \geq 1 + 4 + 4 + 1 = 10$.

于是有

$$\begin{aligned}
&\left(\sum_{k=1}^5 x_k\right) \left(\sum_{k=1}^5 \frac{1}{x_k}\right) \\
&\geq (x_1 + x_2 + x_3) \left(\frac{1}{x_1} + \frac{1}{x_2} + \frac{1}{x_3}\right) + (x_4 + x_5) \left(\frac{1}{x_4} + \frac{1}{x_5}\right) \\
&\quad + 2\sqrt{(x_4 + x_5) \left(\frac{1}{x_4} + \frac{1}{x_5}\right) (x_1 + x_2 + x_3) \left(\frac{1}{x_1} + \frac{1}{x_2} + \frac{1}{x_3}\right)} \\
&= f + 4\sqrt{f} + 4 \\
&\geq 26.
\end{aligned}$$

即假设不成立, 原命题成立.

8. 证明: $\frac{a + \sqrt{ab} + \sqrt[3]{abc} + \sqrt[4]{abcd}}{4} \leq \sqrt[4]{a \cdot \frac{a+b}{2} \cdot \frac{a+b+c}{3} \cdot \frac{a+b+c+d}{4}}$, 其中 a, b, c, d 均为正数.

记

$$M = \sqrt[4]{a \cdot \frac{a+b}{2} \cdot \frac{a+b+c}{3} \cdot \frac{a+b+c+d}{4}},$$

于是只需证明

$$\frac{a + \sqrt{ab} + \sqrt[3]{abc} + \sqrt[4]{abcd}}{M} \leq 4.$$

有

$$\begin{aligned} \frac{a}{M} &= \sqrt[4]{\frac{a}{a} \cdot \frac{a}{\frac{a+b}{2}} \cdot \frac{a}{\frac{a+b+c}{3}} \cdot \frac{a}{\frac{a+b+c+d}{4}}} \leq \frac{1}{4} \left(\frac{a}{a} + \frac{2a}{a+b} + \frac{3a}{a+b+c} + \frac{4a}{a+b+c+d} \right), \\ \frac{\sqrt{ab}}{M} &= \sqrt[4]{\frac{a}{a} \cdot \frac{2a}{\frac{a+b}{2}} \cdot \frac{3b}{\frac{a+b+c}{3}} \cdot \frac{4b}{\frac{a+b+c+d}{4}}} \leq \frac{1}{4} \left(\frac{a}{a} + \frac{2a}{a+b} + \frac{3b}{a+b+c} + \frac{4b}{a+b+c+d} \right), \\ \frac{\sqrt[3]{abc}}{M} &= \sqrt[4]{\frac{a}{a} \cdot \frac{2b}{\frac{a+b}{2}} \cdot \frac{3\sqrt[3]{abc}}{\frac{a+b+c}{3}} \cdot \frac{4c}{\frac{a+b+c+d}{4}}} \leq \frac{1}{4} \left(\frac{a}{a} + \frac{2b}{a+b} + \frac{3\sqrt[3]{abc}}{a+b+c} + \frac{4c}{a+b+c+d} \right), \\ \frac{\sqrt[4]{abd}}{M} &= \sqrt[4]{\frac{a}{a} \cdot \frac{2b}{\frac{a+b}{2}} \cdot \frac{3c}{\frac{a+b+c}{3}} \cdot \frac{4d}{\frac{a+b+c+d}{4}}} \leq \frac{1}{4} \left(\frac{a}{a} + \frac{2b}{a+b} + \frac{3c}{a+b+c} + \frac{4d}{a+b+c+d} \right). \end{aligned}$$

相加, 有

$$\frac{a + \sqrt{ab} + \sqrt[3]{abc} + \sqrt[4]{abcd}}{M} \leq \frac{1}{4} \left(4 + 4 + 3 + \frac{3\sqrt[3]{abc}}{a+b+c} + 4 \right) \leq 4.$$