

METHOD OF TRIGONOMETRIC SUBSTITUTIONS

In dealing with integrals, we will often come across the following forms:

$$a^2 - x^2$$

$$a^2 + x^2$$

$$x^2 - a^2$$

When these forms come about, we can still integrate the integrand using trigonometric substitutions. In this case, we let x equal some trigonometric function.

The substitution rules work as follows:

$a^2 - x^2$ we make the substitution $x = a \sin \theta$ or $x = a \cos \theta$ - either substitution will work

$a^2 + x^2$ we make the substitution $x = a \tan \theta$ or $x = a \cot \theta$ - either substitution will work

$x^2 - a^2$ we make the substitution $x = a \sec \theta$ or $x = a \csc \theta$ - either substitution will work

Although the first and the third forms for x look almost identical (they only differ by a minus sign), in practice they may fall under a square root sign, making the situations quite different.

The key to having these substitutions work are two fold – the first is the Pythagorean relations – the second are the forms for the derivatives of the relevant trig functions.

$$\sin^2 \theta + \cos^2 \theta = 1$$

$$1 + \tan^2 \theta = \sec^2 \theta$$

$$1 + \cot^2 \theta = \csc^2 \theta$$

$$\frac{d(\sin \theta)}{d\theta} = \cos \theta$$

$$\frac{d(\cos \theta)}{d\theta} = -\sin \theta$$

$$\frac{d(\tan \theta)}{d\theta} = \sec^2 \theta$$

$$\frac{d(\cot \theta)}{d\theta} = -\csc^2 \theta$$

$$\frac{d(\sec \theta)}{d\theta} = \sec \theta \tan \theta$$

$$\frac{d(\csc \theta)}{d\theta} = -\csc \theta \cot \theta$$

It turns out that these two sets of relations overlap in such a way that makes the integrals solvable. The best way to see this (and maybe the only way) is to solve questions.

1. Evaluate

$$\int \frac{1}{x^2 \sqrt{x^2 - 4}} dx$$

$$x^2 - a^2 = x^2 - 4$$

So we use $x = a \sec t = 2 \sec t$ and $dx = 2 \sec t \tan t dt$

$$\int \frac{1}{x^2 \sqrt{x^2 - 4}} dx = \int \frac{2 \sec t \tan t}{4 \sec^2 t \sqrt{4 \sec^2 t - 4}} dt = \int \frac{2 \sec t \tan t}{4 \cdot 2 \sec^2 t \sqrt{\sec^2 t - 1}} dt$$

In the last step, we factored out a 4 from the radical.

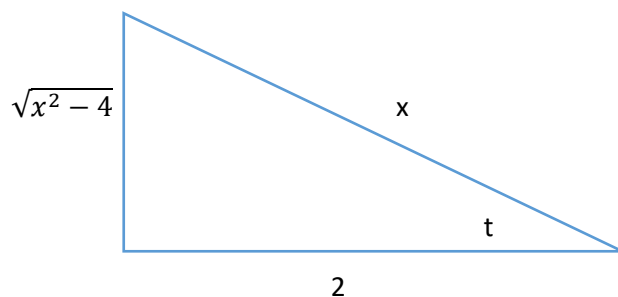
At this point the Pythagorean relation comes in to change the radical $\sec^2 t - 1 = \tan^2 t$

$$\frac{1}{4} \int \frac{\sec t \tan t}{\sec^2 t \sqrt{\tan^2 t}} dt = \frac{1}{4} \int \frac{\sec t \tan t}{\sec^2 t \tan t} dt = \frac{1}{4} \int \frac{1}{\sec t} dt$$

The reciprocal of secant is cosine – so the integral becomes

$$\frac{1}{4} \int \cos t dt = \frac{1}{4} \sin t + C$$

We now have to draw a right triangle to go back to the variable x . The triangle we draw is based on the initial definition we made: $x = 2 \sec t$ or better that $\sec t = x/2$. The third side is found by Pythagorean theorem.



The triangle says that $\sin t = \frac{\sqrt{4 - x^2}}{x}$

$$\text{So } \int \frac{1}{x^2 \sqrt{x^2 - 4}} dx = \frac{1}{4} \frac{\sqrt{4 - x^2}}{x} + C$$

2. Evaluate

$$\int \frac{1}{x^2 \sqrt{x^2 - 4}} dx$$

$$x^2 - a^2 = x^2 - 4$$

$$\text{So we use } x = a \csc t = 2 \csc t \quad \text{and} \quad dx = -2 \csc t \cot t dt$$

$$\int \frac{1}{x^2 \sqrt{x^2 - 4}} dx = \int \frac{-2 \csc t \cot t}{4 \csc^2 t \sqrt{4 \csc^2 t - 4}} dx$$

Pull the four out of the radical:

$$\int \frac{-2 \csc t \cot t}{4 \cdot 2 \csc^2 t \sqrt{\csc^2 t - 1}} dx = -\frac{1}{4} \int \frac{\csc t \cot t}{\csc^2 t \sqrt{\csc^2 t - 1}} dx$$

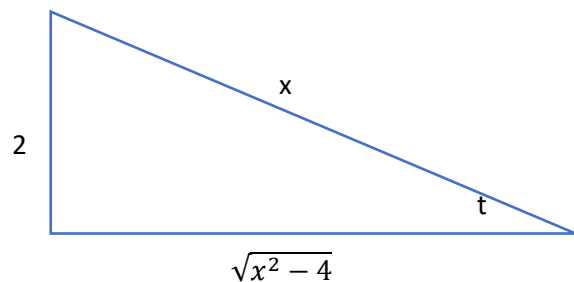
Use the Pythagorean relation $\csc^2 t - 1 = \cot^2 t$

$$-\frac{1}{4} \int \frac{\csc t \cot t}{\csc^2 t \sqrt{\cot^2 t}} dx = -\frac{1}{4} \int \frac{\csc t \cot t}{\csc^2 t \cot t} dx = -\frac{1}{4} \int \frac{1}{\csc t} dx$$

The reciprocal of cosecant is sine – so we get

$$-\frac{1}{4} \int \sin t dx = \frac{1}{4} \cos t + C$$

Draw a right triangle to go back from t into x . We use the original definition $x = 2 \csc t$ or better that $\csc t = x/2$



$$\int \frac{1}{x^2 \sqrt{4 - x^2}} dx = \frac{1}{4} \frac{\sqrt{x^2 - 4}}{x} + C \quad \text{Note that this answer is the same as in question 1. The solution is independent of the substitution.}$$

3. Evaluate $\int \frac{1}{x^2 \sqrt{4-x^2}} dx$

Here we have the expression $4 - x^2$ which is of the form $a^2 - x^2$

This indicates the substitution $x = a \sin t = 2 \sin t$

$$\begin{aligned} \int \frac{1}{x^2 \sqrt{4-x^2}} dx &= \int \frac{2 \cos t \, dt}{4 \sin^2 t \sqrt{4 - 4 \sin^2 t}} \\ &= \int \frac{2 \cos t \, dt}{4 \cdot 2 \sin^2 t \sqrt{1 - \sin^2 t}} = \frac{1}{4} \int \frac{\cos t \, dt}{\sin^2 t \sqrt{1 - \sin^2 t}} \end{aligned}$$

Use the Pythagorean relation $1 - \sin^2 t = \cos^2 t$

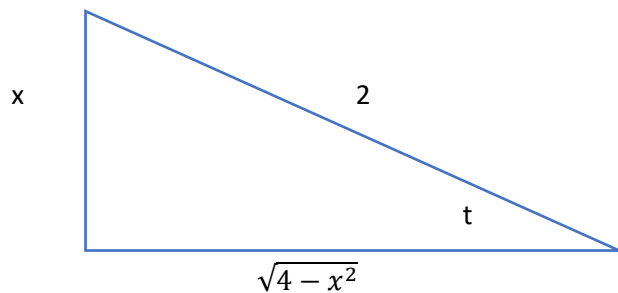
$$= \frac{1}{4} \int \frac{\cos t \, dt}{\sin^2 t \sqrt{1 - \sin^2 t}} = \frac{1}{4} \int \frac{\cos t \, dt}{\sin^2 t \sqrt{\cos^2 t}} = \frac{1}{4} \int \frac{dt}{\sin^2 t}$$

The reciprocal of sine is cosecant so this becomes:

$$\frac{1}{4} \int \csc^2 t \, dt = -\frac{1}{4} \cot(t) + C$$

We must now use a right triangle to go back to the variable x.

We use our definition $x = 2 \sin t$ or $\sin t = x/2$



$$\frac{1}{4} \int \csc^2 t \, dt = -\frac{1}{4} \cot(t) + C$$

$$\int \frac{1}{x^2 \sqrt{4-x^2}} dx = -\frac{1}{4} \frac{\sqrt{4-x^2}}{x} + C$$

4. Evaluate $\int \frac{1}{x^2 \sqrt{4-x^2}} dx$

Here we have the expression $4 - x^2$ which is of the form $a^2 - x^2$

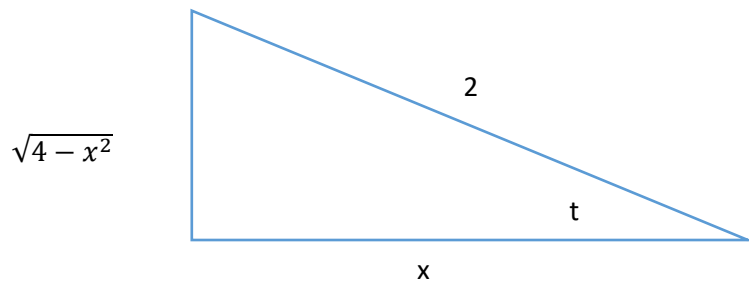
This indicates the substitution $x = a \cos t = 2 \cos t$

$$\int \frac{1}{x^2 \sqrt{4-x^2}} dx = \int \frac{-2 \sin t \, dt}{4 \cos^2 t \sqrt{4-4 \cos^2 t}} = \int \frac{-2 \sin t \, dt}{4 \cdot 2 \cos^2 t \sqrt{1-\cos^2 t}}$$

$$-\frac{1}{4} \int \frac{\sin t \, dt}{\cos^2 t \sqrt{1-\cos^2 t}} = -\frac{1}{4} \int \frac{\sin t \, dt}{\cos^2 t \sqrt{\sin^2 t}} = -\frac{1}{4} \int \frac{\sin t \, dt}{\cos^2 t \sin t}$$

$$-\frac{1}{4} \int \frac{dt}{\cos^2 t} = -\frac{1}{4} \int \sec^2 t \, dt = -\frac{1}{4} \tan t + C$$

Now we use a right triangle to go back to x . We need the definition $x = 2 \cos t$



$$\int \frac{1}{x^2 \sqrt{4-x^2}} dx = -\frac{1}{4} \tan t + C = -\frac{1}{4} \frac{\sqrt{4-x^2}}{x} + C$$

This is the same as for question three. The method of substitution won't affect the result.

5. Evaluate $\int \frac{1}{\sqrt{9+x^2}} dx$

We have the expression $9 + x^2$ which is of the form $a^2 + x^2$.

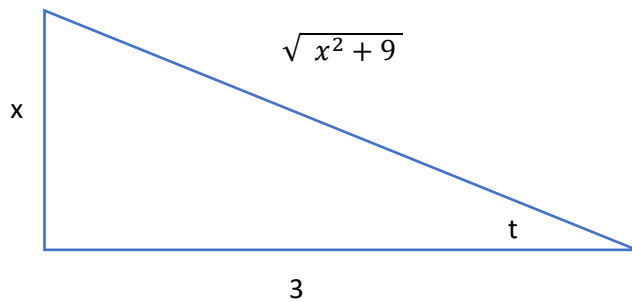
We make the substitution $x = a \tan t = 3 \tan t$.

$$\int \frac{1}{\sqrt{9+x^2}} dx = \int \frac{1}{\sqrt{9+9 \tan^2 t}} 3 \sec^2 t dt = \int \frac{1}{3 \sqrt{1 + \tan^2 t}} 3 \sec^2 t dt$$

$$= \int \frac{1}{3 \sqrt{1 + \tan^2 t}} 3 \sec^2 t dt = \int \frac{1}{3 \sqrt{\sec^2 t}} 3 \sec^2 t dt$$

$$= \int \frac{1}{\sec t} \sec^2 t dt = \int \sec t dt = \ln|\sec t + \tan t| + C$$

Now use a right triangle to go back to variable x :



$$\int \frac{1}{\sqrt{9+x^2}} dx = \ln|\sec t + \tan t| + C = \ln \left| \frac{\sqrt{x^2 + 9}}{3} + \frac{x}{3} \right| + C$$

6. Evaluate Evaluate $\int \frac{1}{\sqrt{9+x^2}} dx$

We have the expression $9 + x^2$ which is of the form $a^2 + x^2$.

We make the substitution $x = a \cot t = 3 \cot t$.

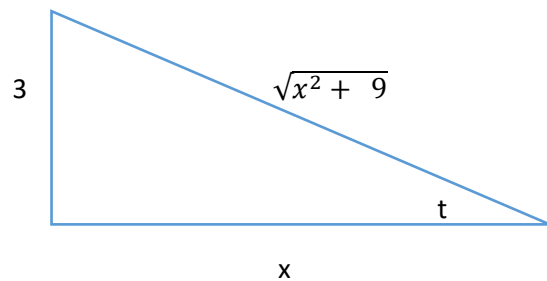
$$\int \frac{1}{\sqrt{9+x^2}} dx = \int \frac{1}{\sqrt{9+9\cot^2 t}} (-3 \csc^2 t) dt = \int \frac{1}{3\sqrt{1+\cot^2 t}} (-3 \csc^2 t) dt$$

$$= - \int \frac{\csc^2 t}{\sqrt{1+\cot^2 t}} dt = - \int \frac{\csc^2 t}{\sqrt{\csc^2 t}} dt = - \int \frac{\csc^2 t}{\csc t} dt$$

$$= - \int \csc t dt = \ln|\csc t + \cot t| + C$$

Now we must use a right triangle to change the variable from t back to x :

We use $\cot t = x/3$



$$\int \frac{1}{\sqrt{9+x^2}} dx = \ln|\csc t + \cot t| + C = \ln\left|\frac{\sqrt{x^2+9}}{3} + \frac{x}{3}\right| + C$$

This agrees with the answer done in question 5

7. Evaluate $\int \frac{\sqrt{x^2-25}}{x} dx$

The expression $x^2 - 25$ is of the form $x^2 - a^2$ so we make the substitution $x = a \sec t = 5 \sec t$

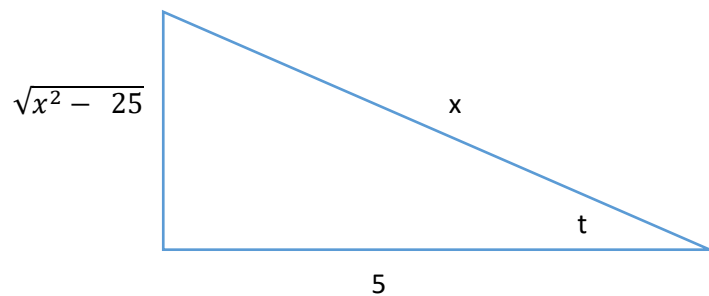
$$\int \frac{\sqrt{x^2-25}}{x} dx = \int \frac{\sqrt{25 \sec^2 t - 25}}{5 \sec t} 5 \sec t \tan t dt$$

$$= \int \frac{5 \sqrt{\sec^2 t - 1}}{5 \sec t} 5 \sec t \tan t dt = 5 \int \sqrt{\sec^2 t - 1} \tan t dt$$

$$= 5 \int \sqrt{\tan^2 t} \tan t dt = 5 \int \tan^2 t dt$$

$$= 5 \int (\sec^2 t - 1) dt = 5 (\tan t - t) + C$$

Once again we draw a right triangle to go from t back to x : $x = 5 \sec t$ or $\sec t = x/5$



$$\int \frac{\sqrt{x^2-25}}{x} dx = 5 (\tan t - t) + C = 5 \left(\frac{\sqrt{x^2-25}}{5} - \sec^{-1} \frac{x}{5} \right) + C$$

$$= \left(\sqrt{x^2 - 25} - 5 \sec^{-1} \frac{x}{5} \right) + C$$

8. Evaluate $\int \frac{\sqrt{x^2-25}}{x} dx$

The expression $x^2 - 25$ is of the form $x^2 - a^2$ so we make the substitution $x = a \csc t = 5 \csc t$

$$\int \frac{\sqrt{x^2-25}}{x} dx = \int \frac{\sqrt{25 \csc^2 t - 25}}{5 \csc t} (-5 \csc t \cot t dt)$$

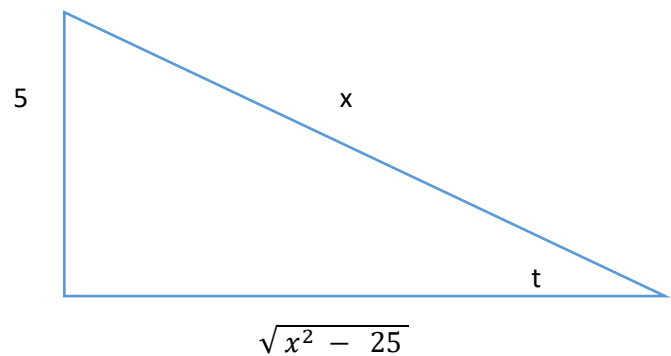
$$= \int \frac{5\sqrt{\csc^2 t - 1}}{5 \csc t} (-5 \csc t \cot t dt) = -5 \int \frac{\sqrt{\csc^2 t - 1}}{\csc t} (\csc t \cot t dt)$$

$$= -5 \int \sqrt{\csc^2 t - 1} \cot t dt = -5 \int \sqrt{\cot^2 t} \cot t dt = -5 \int \cot t \cot t dt$$

$$= -5 \int \cot^2 t dt = -5 \int (\csc^2 t - 1) dt = -5 (-\cot t - t) + C$$

$$= 5 (\cot t + t) + C$$

Go to the right triangle to express the answer in x: $x = 5 \csc t$ or $\csc t = x/5$



$$\int \frac{\sqrt{x^2-25}}{x} dx = 5 (\cot t + t) + C = 5 \left(\frac{\sqrt{x^2-25}}{5} + \csc^{-1} \frac{x}{5} \right) + C$$

$$= \left(\sqrt{x^2 - 25} + 5 \csc^{-1} \frac{x}{5} \right) + C$$

This answer does not look the same as the previous one, but they are equal. This is true since $\sec^{-1} b + \csc^{-1} b = \frac{\pi}{2}$. This identity will bring them into the exact same form. The constant of integration, C will absorb any other constants.

9. Show that $\int \frac{1}{\sqrt{a^2 - x^2}} dx = \sin^{-1} \frac{x}{a} + C$

Let $x = a \sin t$ so that $dx = a \cos t dt$

$$\int \frac{1}{\sqrt{a^2 - x^2}} dx = \int \frac{1}{\sqrt{a^2 - a^2 \sin^2 t}} a \cos t dt = \int \frac{1}{a \sqrt{1 - \sin^2 t}} a \cos t dt$$

$$\int \frac{1}{\sqrt{1 - \sin^2 t}} \cos t dt = \int \frac{\cos t}{\sqrt{\cos^2 t}} dt = \int \frac{\cos t}{\cos t} dt$$

$$\int dt = t + C$$

Since $x = a \sin t$ then $t = \sin^{-1} \frac{x}{a}$ so we end up with $\int dt = t + C = \sin^{-1} \frac{x}{a} + C$

10. Show that $\int \frac{1}{\sqrt{a^2 - x^2}} dx = -\cos^{-1} \frac{x}{a} + C$

We let $x = a \cos t$ along with $dx = -a \sin t dt$

$$\int \frac{1}{\sqrt{a^2 - x^2}} dx = \int \frac{1}{\sqrt{a^2 - a^2 \cos^2 t}} -a \sin t dt = -\frac{a}{a} \int \frac{\sin t dt}{\sqrt{1 - \cos^2 t}}$$

$$-\int \frac{\sin t dt}{\sqrt{1 - \cos^2 t}} = -\int \frac{\sin t dt}{\sqrt{1 - \cos^2 t}}$$

$$= -\int \frac{\sin t dt}{\sqrt{\sin^2 t}} = -\int \frac{\sin t}{\sin t} dt = -\int dt = -t + C$$

Since $x = a \cos t$ then we have $t = \cos^{-1} \frac{x}{a}$

We get that the integral is $\int \frac{1}{\sqrt{a^2 - x^2}} dx = -\cos^{-1} \frac{x}{a} + C$

11. Show that $\int \frac{1}{x^2 + a^2} dx = \frac{1}{a} \tan^{-1} \frac{x}{a} + C$

We have the form $x^2 + a^2$ so we let $x = a \tan t$

We get $dx = a \sec^2 t dt$

$$\int \frac{1}{x^2 + a^2} dx = \int \frac{1}{a^2 \tan^2 t + a^2} a \sec^2 t dt$$

$$\frac{a}{a^2} \int \frac{1}{\tan^2 t + 1} \sec^2 t dt = \frac{1}{a} \int \frac{1}{\sec^2 t} \sec^2 t dt$$

$$\frac{1}{a} \int 1 dt = \frac{1}{a} t + c$$

Since $x = a \tan t$ then $\tan t = \frac{x}{a}$

Taking the inverse function this becomes $t = \tan^{-1} \frac{x}{a}$

This is our answer.

12. Show that $\int \frac{1}{x^2 + a^2} dx = -\frac{1}{a} \cot^{-1} \frac{x}{a} + C$

We have the form $x^2 + a^2$ so we let $x = a \cot t$

We will get $dx = -a \csc^2 t dt$

$$\int \frac{1}{x^2 + a^2} dx = \int \frac{1}{a^2 \cot^2 t + a^2} (-a \csc^2 t dt) = -\frac{a}{a^2} \int \frac{\csc^2 t}{1 + \cot^2 t} dt$$

$$= -\frac{1}{a} \int \frac{\csc^2 t}{\csc^2 t} dt = -\frac{1}{a} \int dt = -\frac{1}{a} t + C$$

Since $x = a \cot t$ then $\cot t = x/a$ and $t = \cot^{-1} \frac{x}{a}$

$$\int \frac{1}{x^2 + a^2} dx = -\frac{1}{a} \cot^{-1} \frac{x}{a} + C$$

13. Evaluate $\int \sqrt{1-x^2} \, dx$

Let $x = \sin t$ so that $dx = \cos t \, dt$

$$\begin{aligned}\int \sqrt{1-x^2} \, dx &= \int \sqrt{1-\sin^2 t} \cos t \, dt = \int \sqrt{\cos^2 t} \cos t \, dt \\ &= \int \cos t \cos t \, dt = \int \cos^2 t \, dt\end{aligned}$$

Use the double angle formula $\cos 2t = 2\cos^2 t - 1$ so that $\cos^2 t = \frac{1}{2} + \frac{1}{2}\cos 2t$

$$\begin{aligned}&= \int \left(\frac{1}{2} + \frac{1}{2}\cos 2t \right) dt = \int \frac{1}{2} dt + \frac{1}{2} \int \cos 2t \, dt \\ &= \frac{1}{2} t + \frac{1}{2} \frac{1}{2} \int \cos 2t \cdot 2 \, dt\end{aligned}$$

For the last integral we are shooting for the form $\cos u \, du$. This is why we multiplied and divided by 2.

$$= \frac{1}{2} t + \frac{1}{4} \sin 2t + C$$

We now use the double angle formula for sine: $\sin(2t) = 2 \sin t \cos t$

$$= \frac{1}{2} t + \frac{1}{4} \cdot 2 \sin t \cos t + C = \frac{t}{2} + \frac{1}{2} \sin t \cos t + C$$

We have that $\sin t = x$ and the triangle will give $\cos t = \sqrt{1-x^2}$

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

14. Evaluate $\int \sqrt{1-x^2} \, dx$

Let $x = \cos t$ so that $dx = -\sin t \, dt$

$$\begin{aligned} \int \sqrt{1-x^2} \, dx &= \int \sqrt{1-\cos^2 t} \, (-\sin t \, dt) = -\int \sqrt{\sin^2 t} \sin t \, dt \\ &= -\int \sin t \sin t \, dt = -\int \sin^2 t \, dt \end{aligned}$$

Use the double angle formula for cosine $\cos 2t = 1 - 2\sin^2 t$

So that $\sin^2 t = \frac{1}{2} - \frac{1}{2}\cos 2t$

$$\begin{aligned} -\int \left(\frac{1}{2} - \frac{1}{2}\cos 2t \right) dt &= -\frac{t}{2} + \frac{1}{4}\sin 2t + C \\ &= -\frac{t}{2} + \frac{1}{2}\sin t \cos t + C \end{aligned}$$

We have our definition that $x = \cos t$ and the triangle will give us $\sin t = \sqrt{1-x^2}$

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

The answer does match the previous question since $\sin^{-1} z + \cos^{-1} z = \frac{\pi}{2}$

With this formula we can show that both answers are the same.

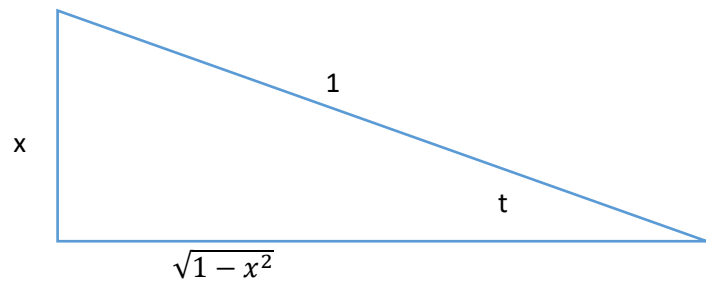
15. Evaluate $\int \frac{1}{1-x^2} dx$

Let $x = \sin t$ so that $dx = \cos t dt$

$$= \int \frac{1}{1 - \sin^2 t} \cos t dt = \int \frac{1}{\cos^2 t} \cos t dt$$

$$= \int \frac{\cos t}{\cos^2 t} dt = \int \frac{1}{\cos t} dt = \int \sec t dt$$

$$= \ln|\sec t + \tan t| + C$$



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

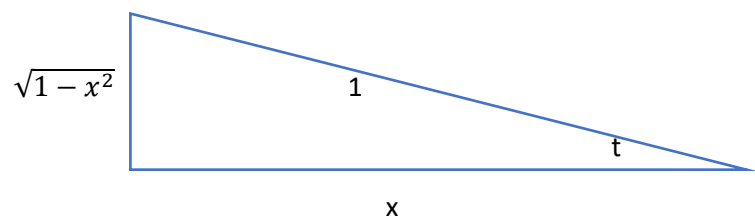
16. Evaluate $\int \frac{1}{1-x^2} dx$

Let $x = \cos t$ so that $dx = -\sin t dt$

$$\int \frac{1}{1 - \cos^2 t} (-\sin t dt) = \int -\frac{\sin t}{\sin^2 t} dt = \int \frac{1}{\sin t} dt$$

$$= - \int \csc t dt = \ln|\csc t + \cot t| + C$$

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



The answers match.

17. Evaluate $\int \frac{1}{1-x^2} dx$

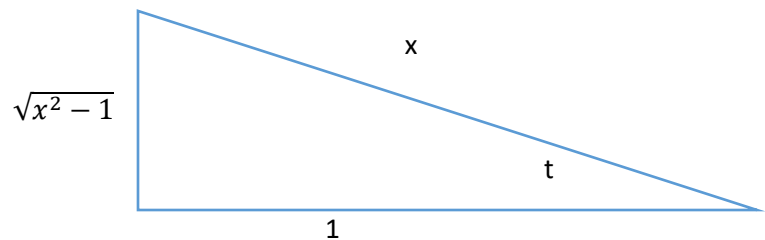
$$\int \frac{1}{1-x^2} dx = - \int \frac{1}{x^2 - 1} dx$$

Let $x = \sec t$ so that $dx = \sec t \tan t dt$

$$= - \int \frac{1}{\sec^2 t - 1} \sec t \tan t dt = - \int \frac{1}{\tan^2 t} \sec t \tan t dt$$

$$= - \int \frac{1}{\tan t} \sec t dt = - \int \frac{\cos t}{\sin t} \frac{1}{\cos t} dt = - \int \frac{1}{\sin t} dt$$

$$= - \int \csc t dt = \ln|\csc t + \cot t| + C$$



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

The answers still match.

18. Evaluate $\int \frac{dx}{(a^2 - x^2)^{3/2}}$

We have the form $a^2 - x^2$ so we will let $x = a \sin t$ and $dx = a \cos t \, dt$

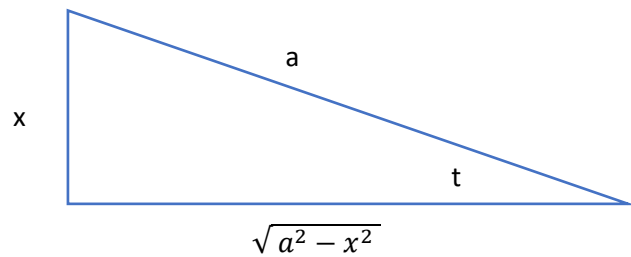
$$\int \frac{dx}{(a^2 - x^2)^{3/2}} = \int \frac{a \cos t \, dt}{(a^2 - a^2 \sin^2 t)^{3/2}} = \frac{a}{a^3} \int \frac{\cos t}{(1 - \sin^2 t)^{3/2}} \, dt$$

$$= \frac{1}{a^2} \int \frac{\cos t}{(\cos^2 t)^{3/2}} \, dt = \frac{1}{a^2} \int \frac{\cos t}{\cos^3 t} = \frac{1}{a^2} \int \frac{1}{\cos^2 t} \, dt$$

$$= \frac{1}{a^2} \int \sec^2 t \, dt = \frac{1}{a^2} \tan t + C$$

Now draw a right triangle to evaluate the trig functions in terms of x :

We have $x = a \sin t$ so that $\sin t = x/a$



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

19. Evaluate $\int \frac{dx}{(a^2 - x^2)^{3/2}}$

We have the form $a^2 - x^2$ so we will let $x = a \cos t$ and $dx = -a \sin t \, dt$

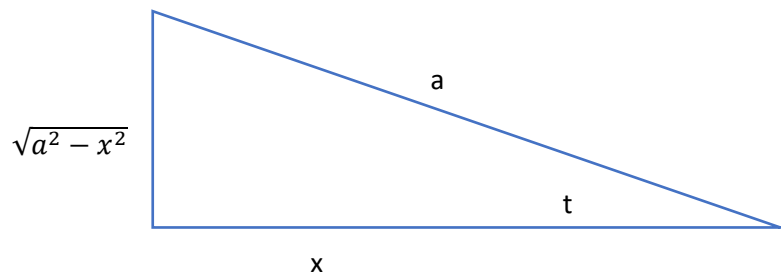
$$\int \frac{dx}{(a^2 - x^2)^{3/2}} = \int \frac{-a \sin t \, dt}{(a^2 - a^2 \cos^2 t)^{3/2}} = \frac{-a}{a^3} \int \frac{\sin t}{(1 - \cos^2 t)^{3/2}} \, dt$$

$$\frac{-a}{a^3} \int \frac{\sin t}{(\sin^2 t)^{3/2}} \, dt = -\frac{1}{a^2} \int \frac{\sin t}{\sin^3 t} \, dt = -\frac{1}{a^2} \int \frac{1}{\sin^2 t} \, dt$$

$$= -\frac{1}{a^2} \int \csc^2 t \, dt = \frac{1}{a^2} \cot t + C$$

Draw a right triangle to evaluate the trig functions in terms of x :

We have $x = a \cos t$ so that $\cos t = x/a$



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

The answer agrees with the previous question.

