第二节

第四章

换元积分法

- 一、第一类换元法
- 二、第二类换元法

基本思路

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

$$dF[\varphi(x)] = f[\varphi(x)]\varphi'(x)dx$$

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

$$\int f[\varphi(x)]\varphi'(x)\mathrm{d}x \xrightarrow{\text{第一类换元法}} \int f(u)\mathrm{d}u$$

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

$$\int f[\varphi(x)]\underline{\varphi'(x)}dx = \int f(u)du \bigg|_{u = \varphi(x)}$$

 $\iint f[\varphi(x)]\varphi'(x)dx = \int f(\varphi(x))d\varphi(x)$

(也称配元法,凑微分法)

例1. 求 $\int (ax+b)^m dx \quad (m \neq -1)$.

解: 令 u = ax + b,则 d u = adx,故

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

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

注: 当 *m* = −1 时

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

例3. 求
$$\int \frac{dx}{\sqrt{a^2 - x^2}} (a > 0)$$
.
解: $\int \frac{dx}{\sqrt{a^2 - x^2}} = \int \frac{dx}{a\sqrt{1 - (\frac{x}{a})^2}} = \int \frac{d(\frac{x}{a})}{\sqrt{1 - (\frac{x}{a})^2}}$

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

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

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

$$\Re: \int \tan x dx = \int \frac{\sin x}{\cos x} dx = -\int \frac{\cos x}{\cos x}$$

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

$$\int \cot x dx = \int \frac{\cos x dx}{\sin x} = \int \frac{d \sin x}{\sin x}$$
$$= \ln |\sin x| + C$$

常用的几种配元形式:

(1)
$$\int f(ax+b) dx = \frac{1}{a} \int f(ax+b) d(ax+b)$$

(2)
$$\int f(x^n)x^{n-1} dx = \frac{1}{n} \int f(x^n) dx^n$$

(4)
$$\int f(\sin x)\cos x dx = \int f(\sin x) \frac{d\sin x}{d\sin x}$$

(5)
$$\int f(\cos x)\sin x dx = -\int f(\cos x) \frac{d\cos x}{d\cos x}$$

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

(7)
$$\int f(e^x)e^x dx = \int f(e^x) \frac{de^x}{dx}$$

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

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

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

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

例7. 求
$$\int \frac{e^{3\sqrt{x}}}{\sqrt{x}} dx.$$
解: 原式 = $2 \int e^{3\sqrt{x}} d\sqrt{x} = \frac{2}{3} \int e^{3\sqrt{x}} d(3\sqrt{x})$

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

例8. 求
$$\int \sec^6 x dx$$
.

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

= $\int (\tan^4 x + 2 \tan^2 x + 1) d \tan x$
= $\frac{1}{5} \tan^5 x + \frac{2}{3} \tan^3 x + \tan x + C$

例9. 求
$$\int \frac{dx}{1+e^x}$$
.

解法1

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

解法2
$$\int_{1+e^{x}}^{dx} = \int_{1+e^{-x}}^{e^{-x}} dx = -\int_{1+e^{-x}}^{d(1+e^{-x})} \frac{1}{1+e^{-x}}$$

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

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

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

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

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

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

解法 2
$$\int \sec x dx = \int \frac{\sec x (\sec x + \tan x)}{\sec x + \tan x} dx$$
$$= \int \frac{\sec^2 x + \sec x \tan x}{\sec x + \tan x} dx$$
$$= \int \frac{d (\sec x + \tan x)}{\sec x + \tan x}$$
$$= \ln|\sec x + \tan x| + C$$
同样可证
$$\int \csc x dx = \ln|\csc x - \cot x| + C$$
或
$$\int \csc x dx = \ln|\tan \frac{x}{2}| + C$$

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

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

= $\frac{1}{2} \int (x^2 + a^2)^{-\frac{3}{2}} d(x^2 + a^2)$
 $-\frac{a^2}{2} \int (x^2 + a^2)^{-\frac{3}{2}} d(x^2 + a^2)$
= $\sqrt{x^2 + a^2} + \frac{a^2}{\sqrt{x^2 + a^2}} + C$

例12. 求
$$\int \cos^4 x \, dx$$
.

$$= \frac{1}{4} (1 + 2\cos 2x + \frac{1 + \cos 4x}{2})$$

$$= \frac{1}{4} \left(\frac{3}{2} + 2\cos 2x + \frac{1}{2}\cos 4x \right)$$

$$\therefore \int \cos^4 x \, dx = \frac{1}{4} \int (\frac{3}{2} + 2\cos 2x + \frac{1}{2}\cos 4x) \, dx$$

$$= \frac{1}{4} \left[\frac{3}{2} \int dx + \int \cos 2x \, d(2x) + \frac{1}{8} \int \cos 4x \, d(4x) \right]$$

$$=\frac{3}{8}x+\frac{1}{4}\sin 2x+\frac{1}{32}\sin 4x+C$$

例13. 求
$$\int \sin^2 x \cos^2 3x \, dx$$
.

#:
$$:: \sin^2 x \cos^2 3x = \left[\frac{1}{2}(\sin 4x - \sin 2x)\right]^2$$

$$= \frac{1}{4}\sin^2 4x - \frac{1}{4} \cdot 2\sin 4x \sin 2x + \frac{1}{4}\sin^2 2x$$
$$= \frac{1}{6}(1 - \cos 8x) - \sin^2 2x \cos 2x + \frac{1}{8}(1 - \cos 4x)$$

∴原式 =
$$\frac{1}{4} \int dx - \frac{1}{64} \int \cos 8x \, d(8x)$$

$$-\frac{1}{2}\int \sin^2 2x \, d(\sin 2x) - \frac{1}{32}\int \cos 4x \, d(4x)$$
$$= \frac{1}{4}x - \frac{1}{64}\sin 8x - \frac{1}{6}\sin^3 2x - \frac{1}{32}\sin 4x + C$$

例14. 求
$$\int \frac{x+1}{x(1+xe^x)} dx.$$

解: 原式=
$$\int \frac{(x+1)e^x}{xe^x(1+xe^x)} dx = \int (\frac{1}{xe^x} - \frac{1}{1+xe^x}) d(xe^x)$$
$$= \ln|xe^x| - \ln|1+xe^x| + C$$
$$= x + \ln|x| - \ln|1+xe^x| + C$$

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

小结 常用简化技巧:

(1) 分项积分: 利用积化和差; 分式分项;

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

(2) 降低幂次: 利用倍角公式,如

$$\cos^{2} x = \frac{1}{2}(1 + \cos 2x); \quad \sin^{2} x = \frac{1}{2}(1 - \cos 2x);$$
万能凑幂法
$$\begin{cases} \int f(x^{n})x^{n-1} dx = \frac{1}{n} \int f(x^{n}) dx^{n} \\ \int f(x^{n}) \frac{1}{x} dx = \frac{1}{n} \int f(x^{n}) \frac{1}{x^{n}} dx^{n} \end{cases}$$

- (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)
$$\int \frac{dx}{4+x} = \int \frac{d(4+x)}{4+x}$$
 (2) $\int \frac{dx}{4+x^2} = \frac{1}{2} \int \frac{d\binom{x}{2}}{1+\binom{x}{2}}$

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

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

(4)
$$\int \frac{x^2}{4+x^2} dx = \int \left[1 - \frac{4}{4+x^2}\right] dx$$

$$(5) \int \frac{dx}{4 - x^2} = \frac{1}{4} \int \left[\frac{1}{2 - x} + \frac{1}{2 + x} \right] dx$$

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

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

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

注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

若所求积分 $\int f(u) du$ 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

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

$$\exists t dt = w^{-1}(x) \exists x = w(x) \forall t \in \mathbb{R}^{2}$$

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

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

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

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

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

$$\int f(x) dx = F(x) + C = \Phi[\psi^{-1}(x)] + C$$

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

例16. 求
$$\int \sqrt{a^2 - x^2} \, dx \ (a > 0)$$
.
解: 令 $x = a \sin t, \ t \in (-\frac{\pi}{2}, \frac{\pi}{2})$, 则
$$\sqrt{a^2 - x^2} = \sqrt{a^2 - a^2 \sin^2 t} = a \cos t$$

$$dx = a \cos t \, dt$$

$$\therefore 原式 = \int a \cos t \cdot a \cos t \, dt = a^2 \int \cos^2 t \, dt$$

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

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

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

例17. 求
$$\int \frac{dx}{\sqrt{x^2 + a^2}} \quad (a > 0).$$
解: 令 $x = a \tan t, t \in (-\frac{\pi}{2}, \frac{\pi}{2})$,则
$$\sqrt{x^2 + a^2} = \sqrt{a^2 \tan^2 t + a^2} = a \sec t$$

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

$$\therefore 原式 = \int \frac{a \sec^2 t}{a \sec t} dt = \int \sec t dt$$

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

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

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

例18. 求
$$\int \frac{dx}{\sqrt{x^2 - a^2}} (a > 0)$$
.
解: 当 $x > a$ 时,令 $x = a \sec t, t \in (0, \frac{\pi}{2})$,则
$$\sqrt{x^2 - a^2} = \sqrt{a^2 \sec^2 t - a^2} = a \tan t$$

$$dx = a \sec t \tan t d t$$

$$\therefore 原式 = \int \frac{a \sec t \tan t}{a \tan t} dt = \int \sec t dt$$

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

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

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

当
$$x < -a$$
 时,令 $x = -u$,则 $u > a$,于是
$$\int \frac{dx}{\sqrt{x^2 - a^2}} = -\int \frac{du}{\sqrt{u^2 - a^2}} = -\ln\left|u + \sqrt{u^2 - a^2}\right| + C_1$$

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

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

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

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

说明:
被积函数含有
$$\sqrt{x^2 + a^2}$$
 或 $\sqrt{x^2 - a^2}$ 时,除采用三角代换外,还可利用公式 $\cosh^2 t - \sinh^2 t = 1$ 采用双曲代换 $x = a \sinh t$ 或 $x = a \cosh t$ 消去根式,所得结果一致.

例19. 求
$$\int \frac{\sqrt{a^2 - x^2}}{x^4} dx$$
.

解: 令 $x = \frac{1}{t}$, 则 $dx = \frac{1}{t^2} dt$

原式 = $\int \frac{\sqrt{a^2 - \frac{1}{t^2}}}{\frac{1}{t^4}} \cdot \frac{-1}{t^2} dt = -\int (a^2 t^2 - 1)^{\frac{1}{2}} |t| dt$

当 $x > 0$ 时,

原式 = $-\frac{1}{2a^2} \int (a^2 t^2 - 1)^{\frac{1}{2}} d(a^2 t^2 - 1)$

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

当 $x < 0$ 时,类似可得同样结果.

小结:

1. 第二类换元法常见类型:

(2)
$$\int f(x, \sqrt[n]{\frac{ax+b}{cx+d}}) dx, \quad \Leftrightarrow t = \sqrt[n]{\frac{ax+b}{cx+d}}$$

(3)
$$\int f(x, \sqrt{a^2 - x^2}) dx$$
, $\Leftrightarrow x = a \sin t = x = a \cos t$

(4)
$$\int f(x, \sqrt{a^2 + x^2}) dx$$
, $\Leftrightarrow x = a \tan t \neq x = a \sinh t$

(5)
$$\int f(x, \sqrt{x^2 - a^2}) dx$$
, $\Leftrightarrow x = a \sec t \neq x = a \cosh t$

(6)
$$\int f(a^x) dx$$
, $\Leftrightarrow t = a^x$

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

$$(17) \quad \int \cot x dx = \ln |\sin x| + C$$

(18)
$$\int \sec x dx = \ln|\sec x + \tan x| + C$$

(19)
$$\int \csc x dx = \ln|\csc x - \cot x| + C$$

(20)
$$\int \frac{1}{a^2 + x^2} dx = \frac{1}{a} \arctan \frac{x}{a} + C$$

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

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

(23)
$$\int \frac{1}{\sqrt{x^2 + a^2}} dx = \ln(x + \sqrt{x^2 + a^2}) + C$$

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

例20. 求
$$\int_{r^2+2r+3}^{dx}$$

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

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

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

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

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

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

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

原式 =
$$-\int \frac{t}{\sqrt{a^2 t^2 + 1}} dt$$

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

思考与练习

1. 下列积分应如何换元才使积分简便?

(1)
$$\int \frac{x^5}{\sqrt{1+x^2}} dx$$
 (2) $\int \frac{dx}{\sqrt{1+e^x}}$
 $\Rightarrow t = \sqrt{1+x^2}$ $\Rightarrow t = \sqrt{1+e^x}$

(3) $\int \frac{dx}{x(x^7+2)}$
 $\Rightarrow t = \frac{1}{x}$

2. 已知
$$\int x^{5} f(x) dx = \sqrt{x^{2} - 1} + C, \, \bar{x} \int f(x) dx.$$
解: 两边求导,得
$$x^{5} f(x) = \frac{x}{\sqrt{x^{2} - 1}}, \, \bar{y}$$

$$\int f(x) dx = \int \frac{dx}{x^{4} \sqrt{x^{2} - 1}} \, (\diamondsuit t = \frac{1}{x})$$

$$= \int_{\sqrt{1 - t^{2}}}^{-t^{3}} \frac{dt}{t^{2}} dt^{2}$$

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

$$= \frac{-1}{3} (1 - t^{2})^{\frac{3}{2}} + (1 - t^{2})^{\frac{1}{2}} + C = \cdots \quad (代回原变量)$$

备用题 1. 求下列积分:
1)
$$\int \underline{x}^2 \frac{1}{\sqrt{x^3 + 1}} dx = \frac{1}{3} \int \frac{1}{\sqrt{x^3 + 1}} d(x^3 + 1)$$

$$= \frac{2}{3} \sqrt{x^3 + 1} + C$$
2)
$$\int \frac{2x + 3}{\sqrt{1 + 2x - x^2}} dx = \int \frac{-(2 - 2x) + 5}{\sqrt{1 + 2x - x^2}} dx$$

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

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

2. 求不定积分
$$\int \frac{2\sin x \cos x \sqrt{1+\sin^2 x}}{2+\sin^2 x} dx.$$
解: 利用凑微分法,得
$$原式 = \int \frac{\sqrt{1+\sin^2 x}}{2+\sin^2 x} d(1+\sin^2 x)$$

$$\downarrow \diamondsuit t = \sqrt{1+\sin^2 x}$$

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

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

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