sin^2 x - V2cos(2x - P/4)=1
sin^2x-V2(cos2x*cosp/4+sinp/4*sin2x)=1
sin^2x-V2(cos2x*V2/2+V2/2*sin2x)=1
sin^2x-cos2x/2-sin2x/2=1
2sin^2x-cos2x-sin2x=2
2sin^2x-cos^2x+sin^2x-2sinxcosx=2
3sin^2x-2sinxcosx-cos^2x=2
3sin^2x/cos^2x-2sinx/cosx-1=2/cos^2x=2+2tg^2x
3tg^2x-2tgx-1=2+2tg^2x
t=tgx
3t^2-2t-1=2+2t^2
5t^2-2t-3=0
t1=1
t2=-⅗
tgx=1
x=p/4+pk
tgx=-⅗
x=arctg(-⅗)+pk

A,B,C = числа u, v переменные

Au^2 + Bu^1v^1 + Cv^2 = 0 |:v^2

Au^2/v^2 + Bu^1/v^1 + C = 0
At^2 + Bt + C = 0