

# Swampland Conjectures

Masahito Yamazaki  
(IPMU, Univ. Tokyo)

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Swampland : recently very popular

## 1. Distance and de Sitter Conjectures on the Swampland

Hiroshi Ooguri (Caltech & Tokyo U., IPMU), Eran Palti (Munich, Max Planck Inst.), Gary Shiu (Wisconsin U., Madison), Cumrun Vafa (Harvard U., Phys. Dept.). Oct 12, 2018. 5 pp.

Published in **Phys.Lett. B788 (2019) 180-184**

DOI: [10.1016/j.physletb.2018.11.018](https://doi.org/10.1016/j.physletb.2018.11.018)

e-Print: [arXiv:1810.05506](https://arxiv.org/abs/1810.05506) [hep-th] | [PDF](#)

[References](#) | [BibTeX](#) | [LaTeX\(US\)](#) | [LaTeX\(EU\)](#) | [Harvmac](#) | [EndNote](#)  
[ADS Abstract Service](#); [Link to Article from SCOAP3](#)

[Detailed record](#) - [Cited by 138 records](#) 100+

## 2. De Sitter Space and the Swampland

Georges Obied (Harvard U., Phys. Dept.), Hiroshi Ooguri (Caltech & Tokyo U., IPMU), Lev Spodyneiko (Caltech), Cumrun Vafa (Harvard U., Phys. Dept.). Jun 21, 2018. 21 pp.

CALT-TH-2018-020, IPMU18-0100

e-Print: [arXiv:1806.08362](https://arxiv.org/abs/1806.08362) [hep-th] | [PDF](#)

[References](#) | [BibTeX](#) | [LaTeX\(US\)](#) | [LaTeX\(EU\)](#) | [Harvmac](#) | [EndNote](#)  
[ADS Abstract Service](#)

[Detailed record](#) - [Cited by 245 records](#) 100+



But not just fashion!

Fundamental questions / ideas

on QG

But not just fashion!

Fundamental questions / ideas

on QG

... and our Universe

myself:

phenomenological constraints / implications

on swampland conjectures

# "Pheno / String Collaboration"

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村山 - 柳田 - MY 1809.00478

福田 - 齊藤 - 白井 - MY 1810.06532

伊部 - 柳田 - MY 1811.04664

MY 1904.053576 ← Moriond proceeding

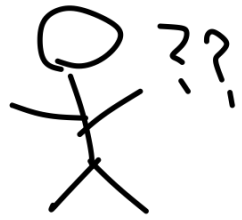
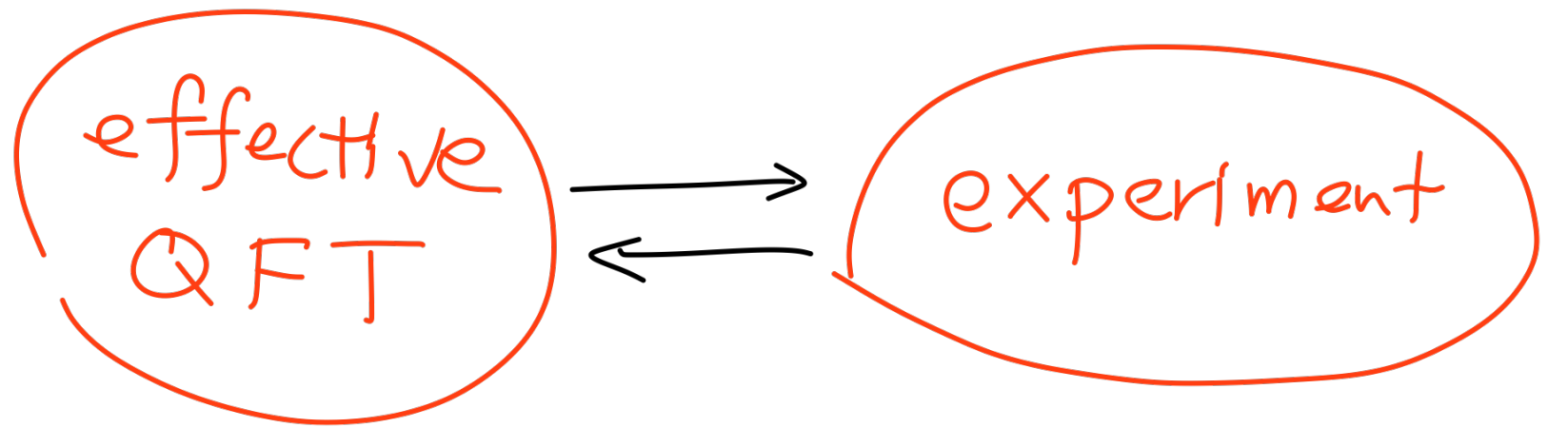
白井 - MY 1904.10577

4.5 pages + ref.

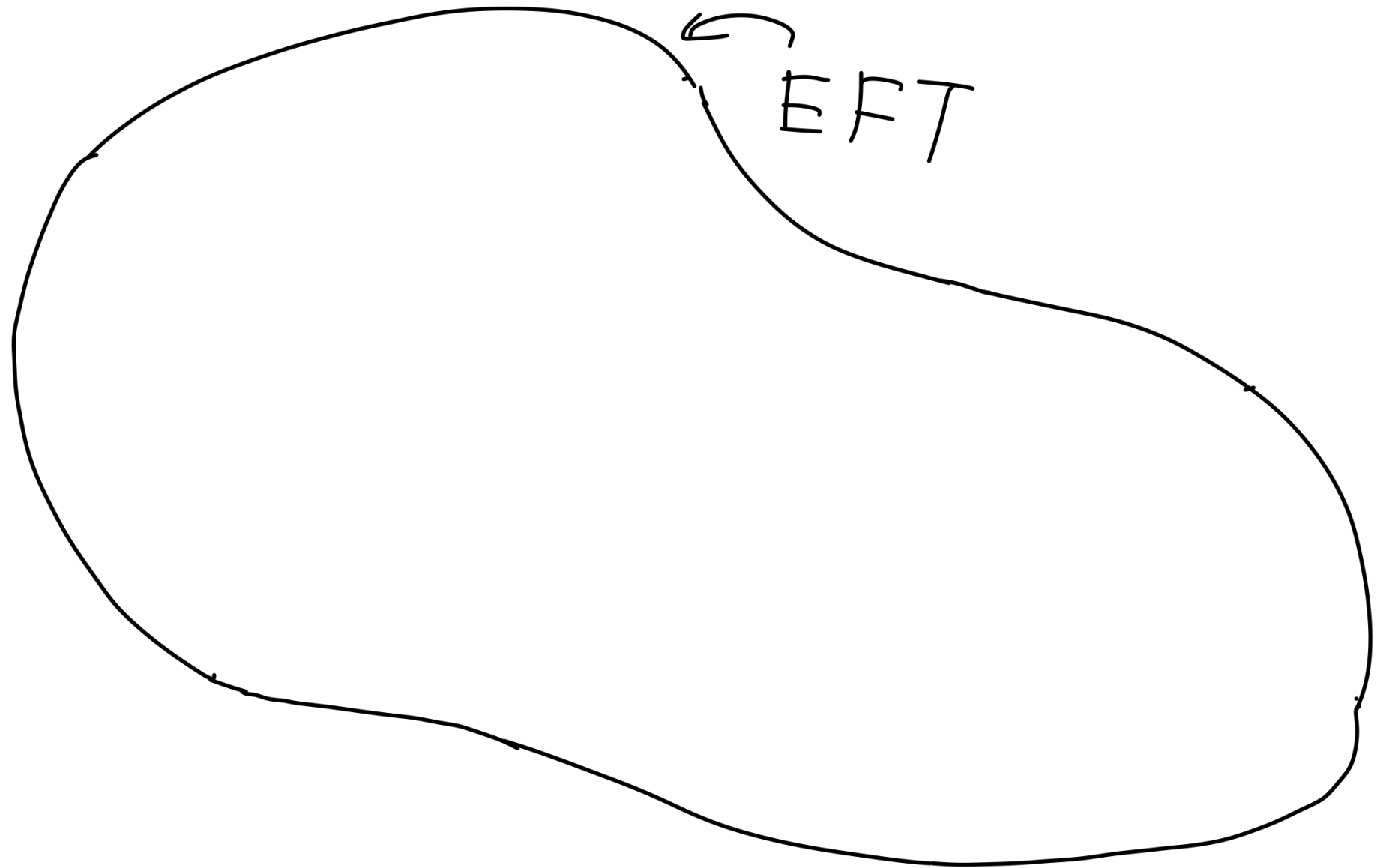
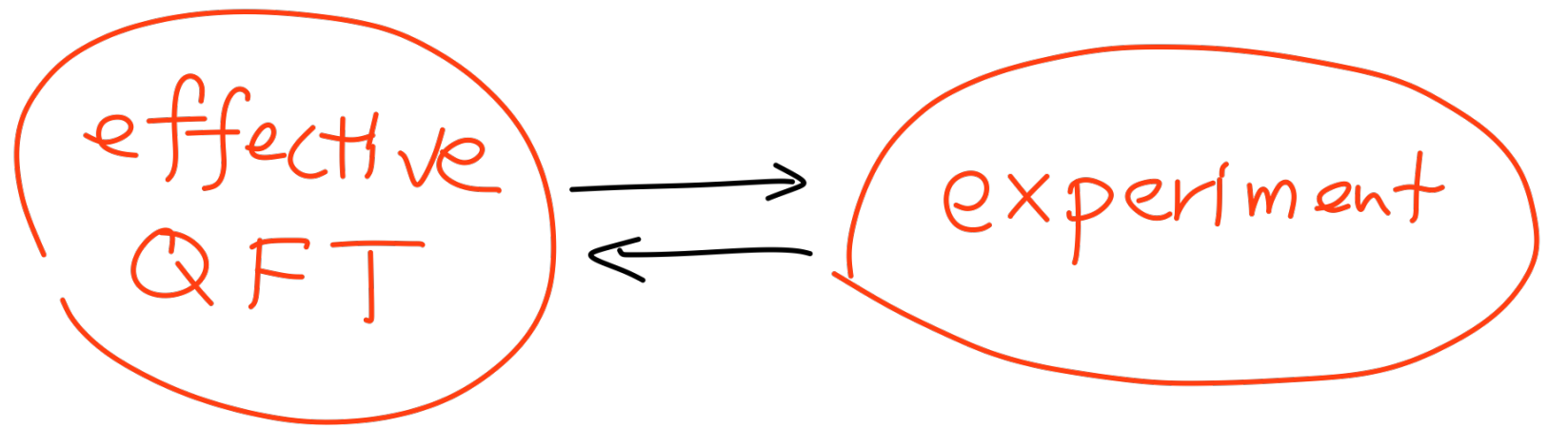
Why Swampland?

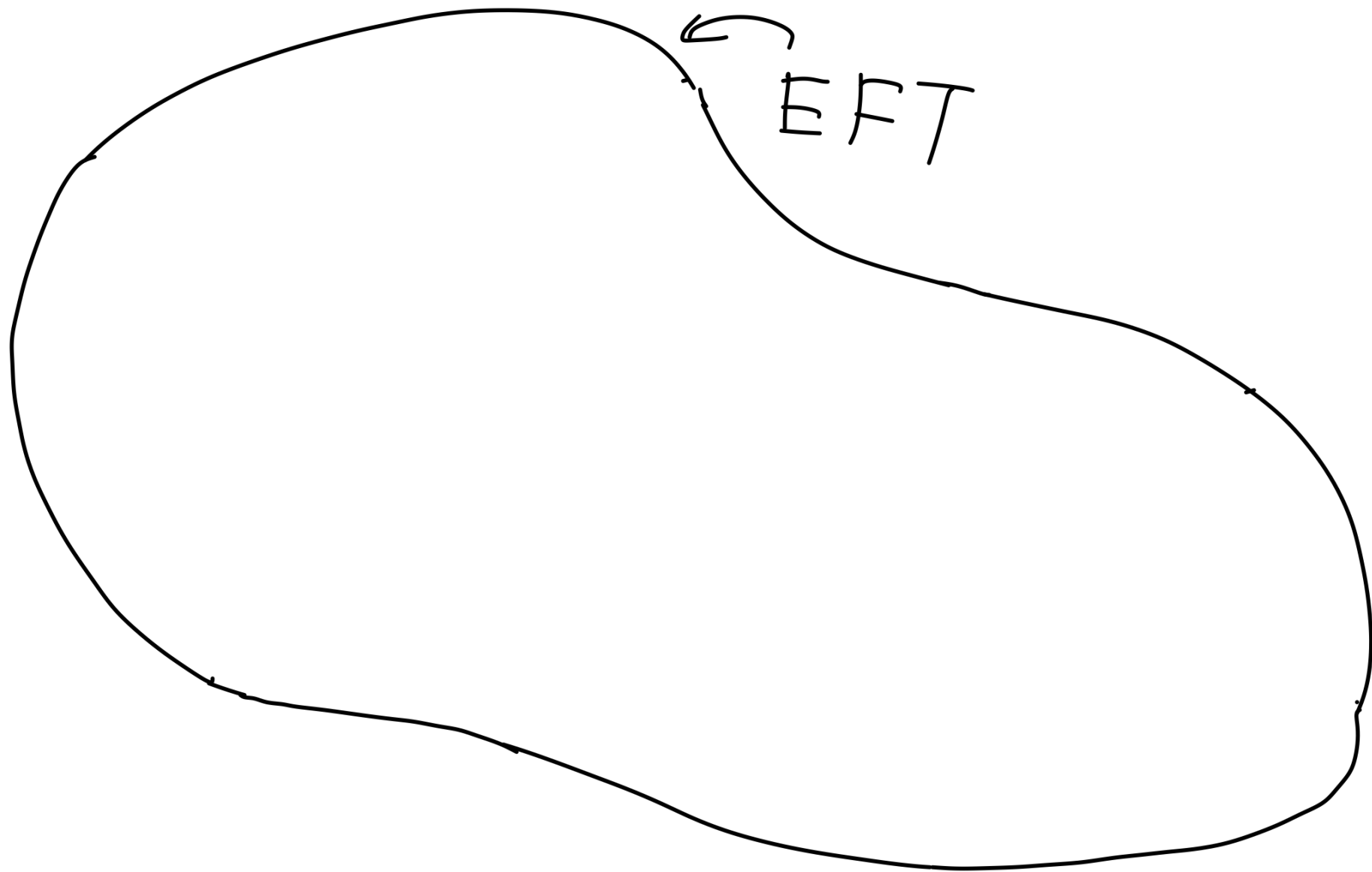
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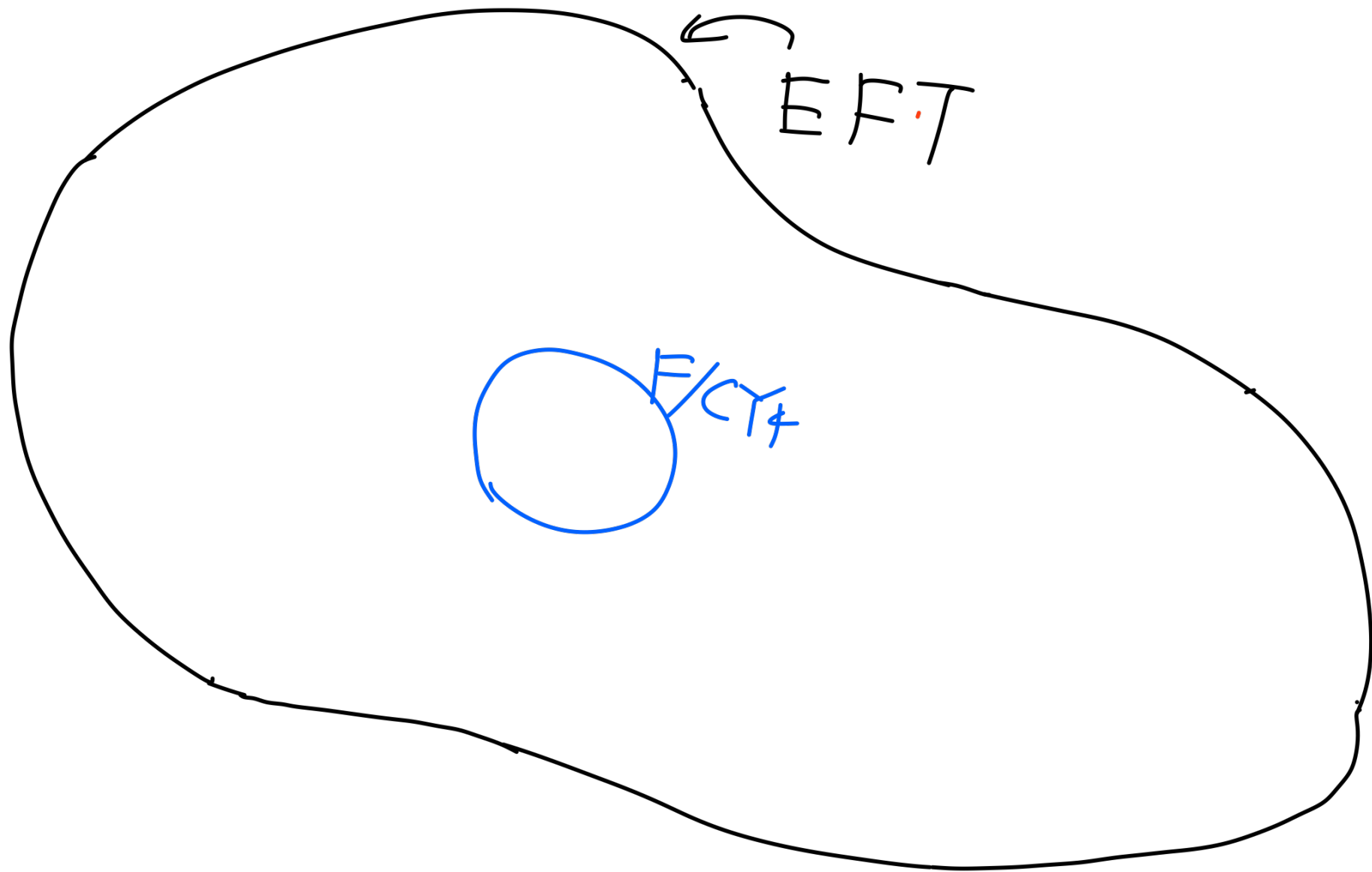
experiment

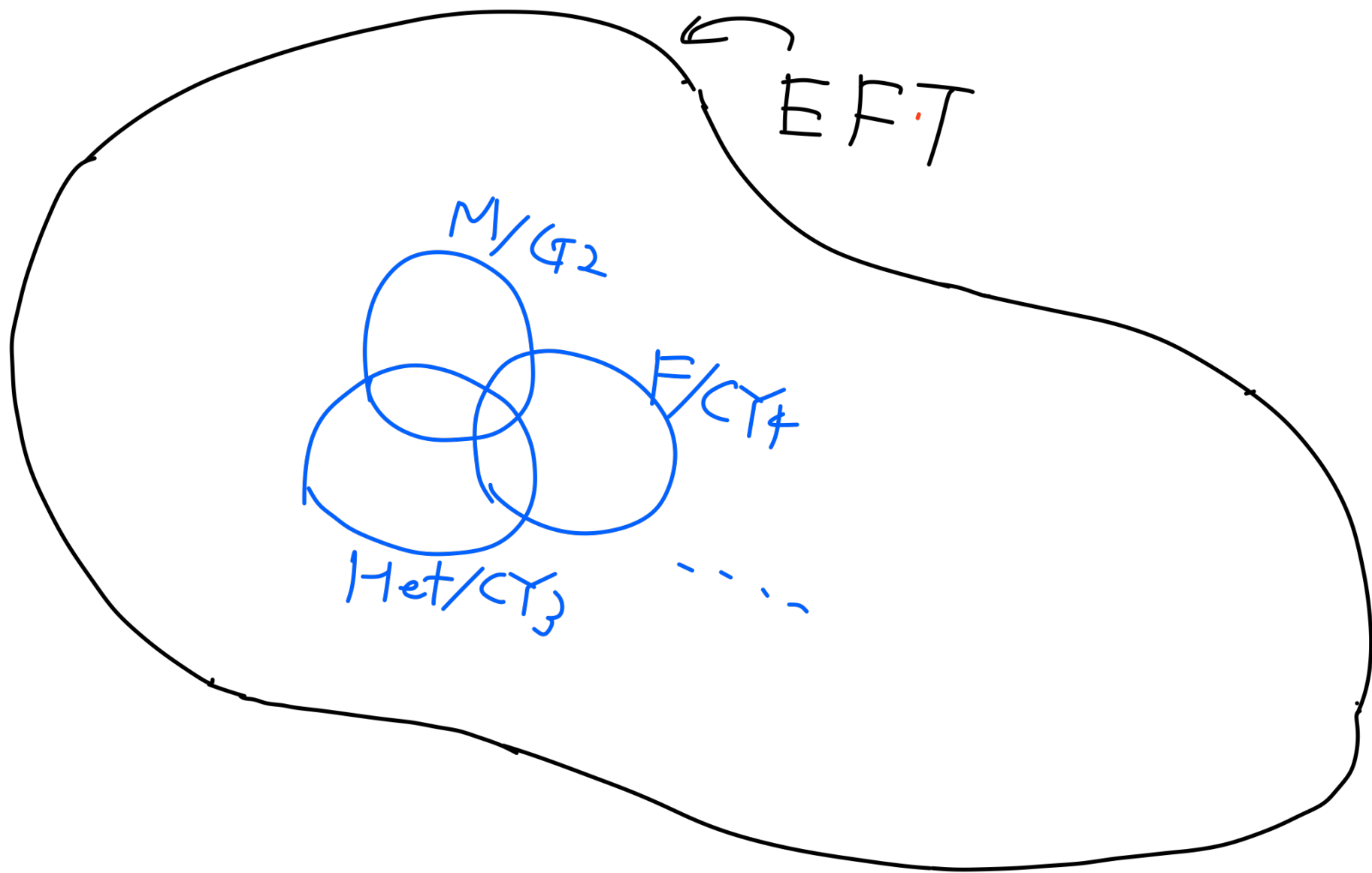


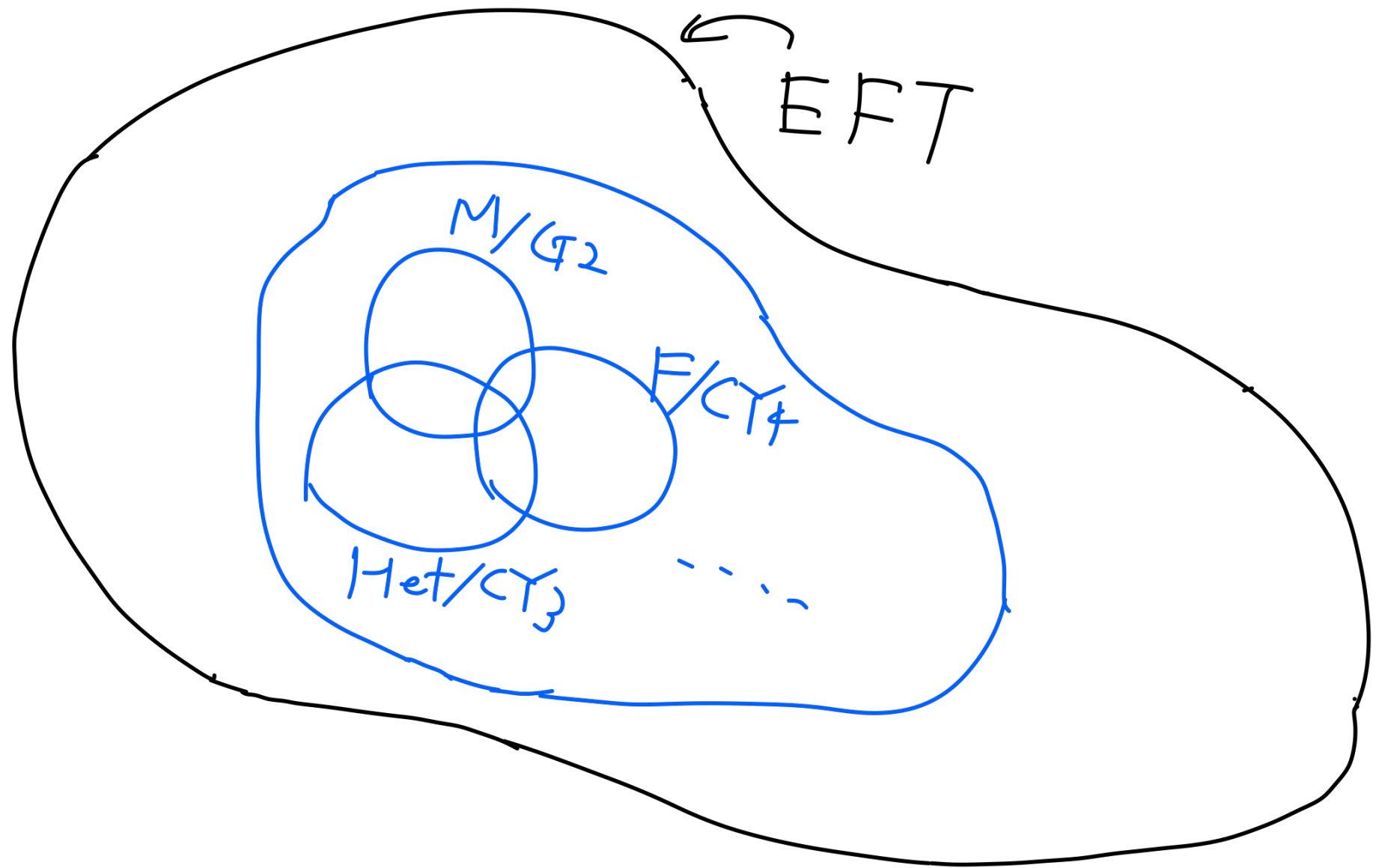
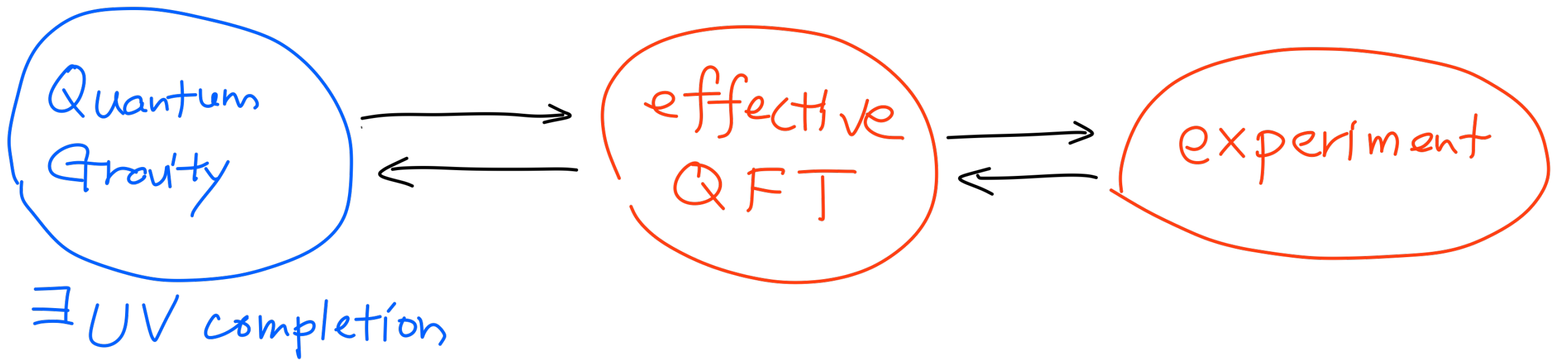


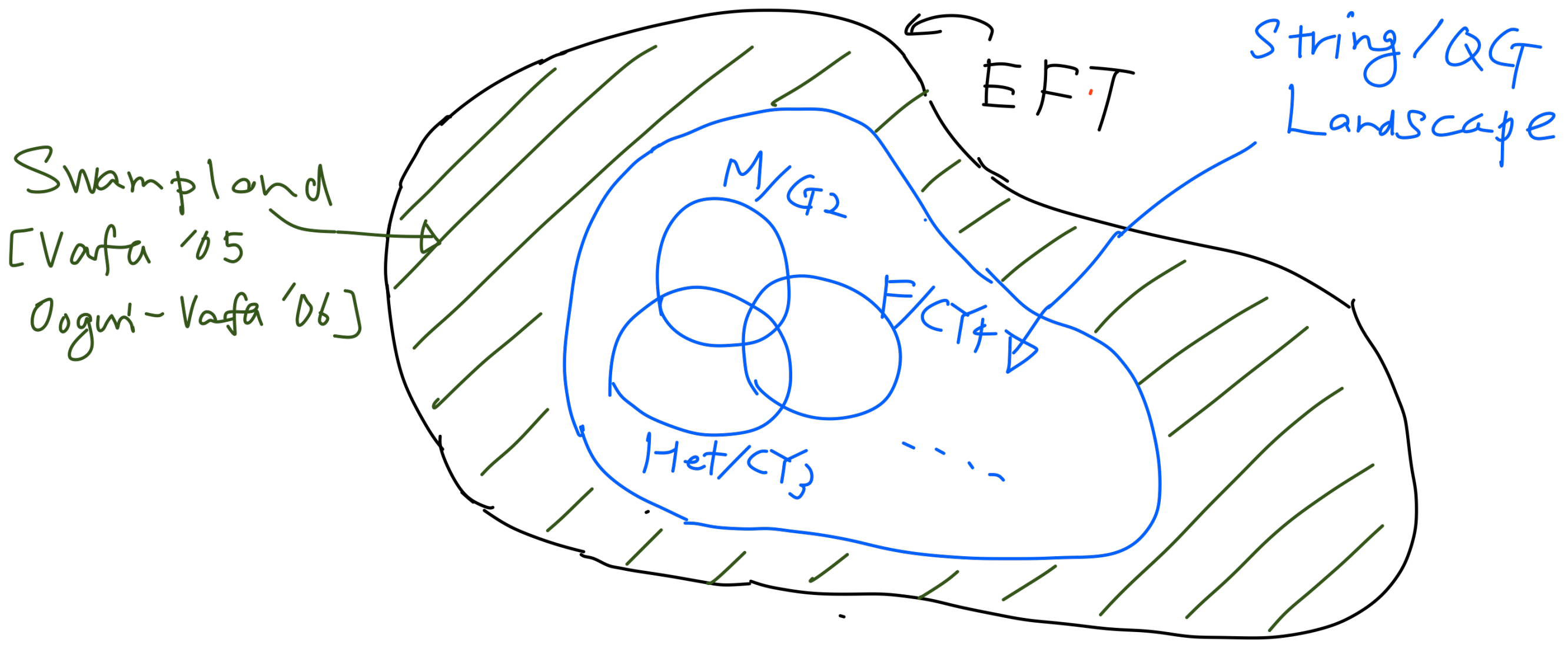
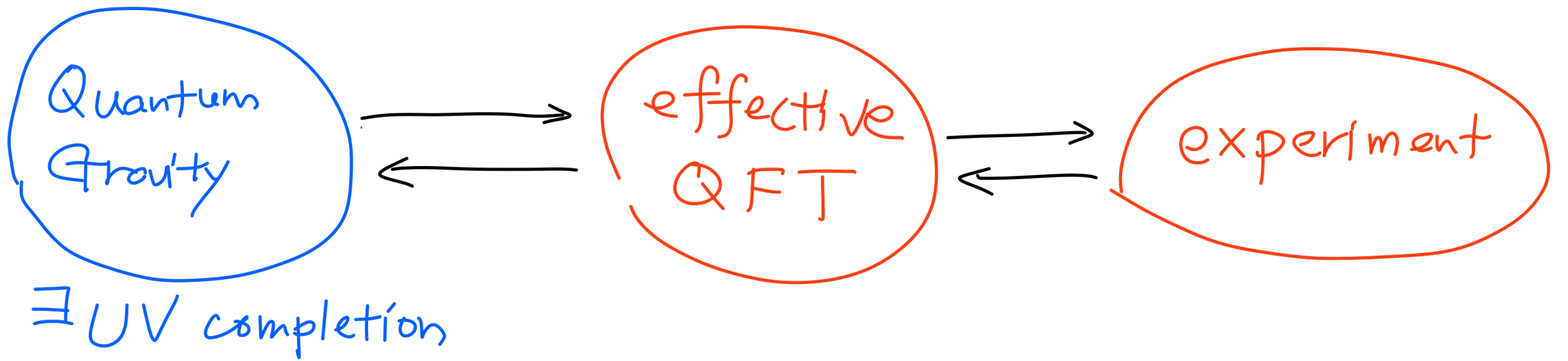












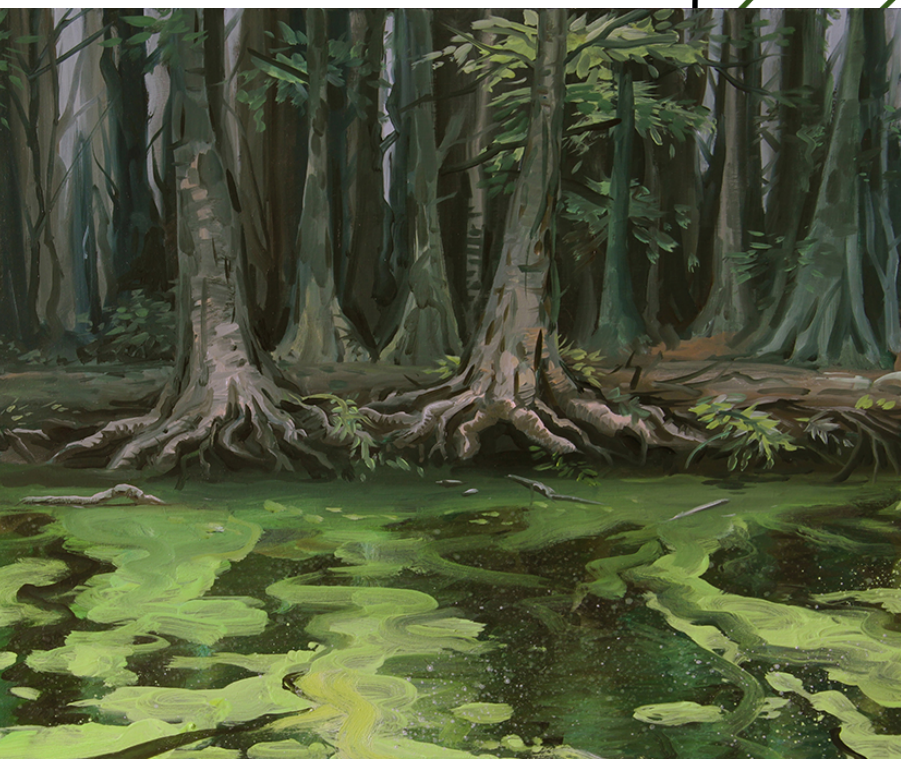
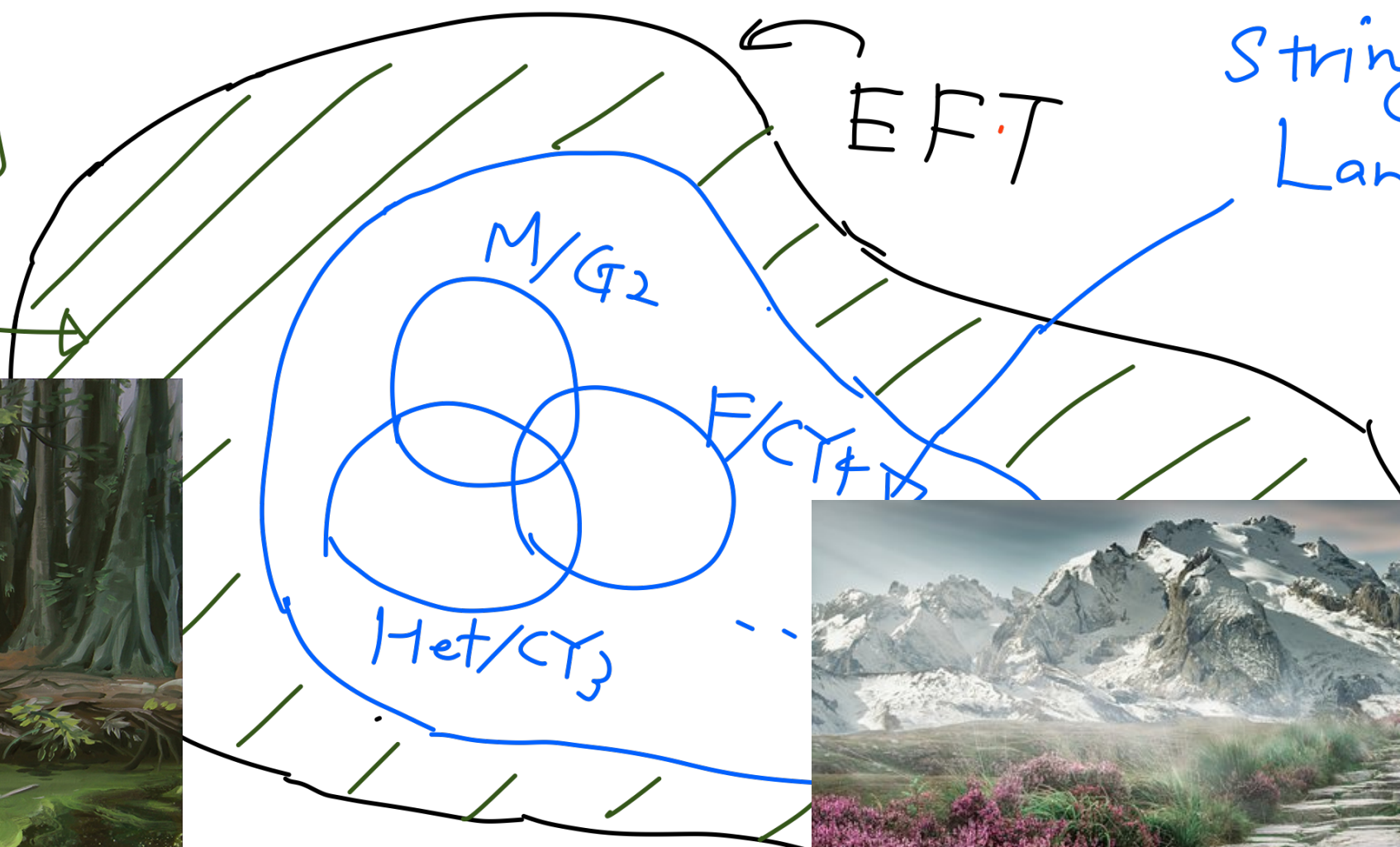




$\exists$  UV completion

[Vafa '05  
 Ooguri-Vafa '06]  
 Swampland

String/QG  
 Landscape



To recap:

given a low-energy EFT

Swampland Conjectures:

Necessary (but NOT sufficient) condition

for existence of UV completion in

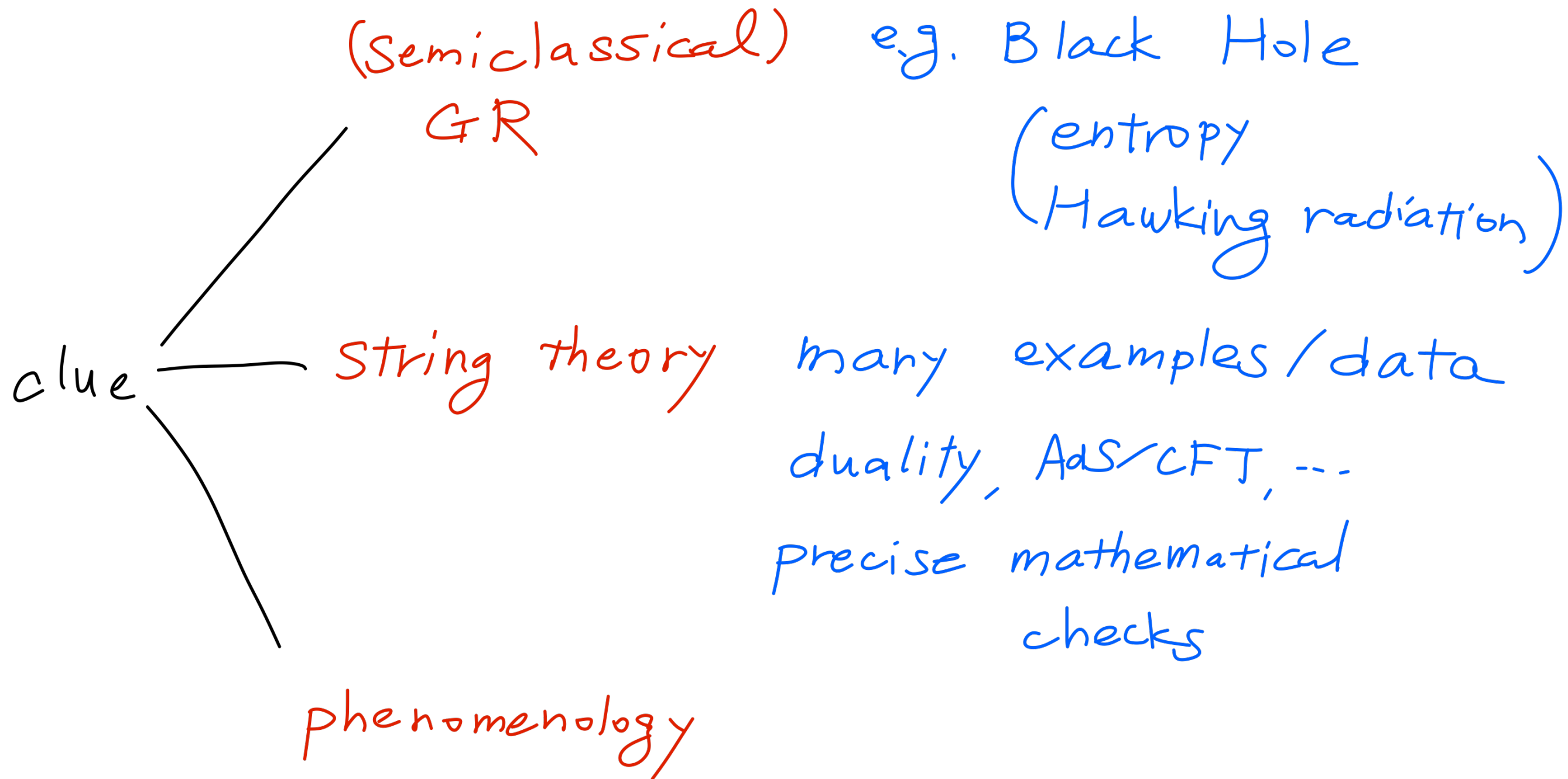
QG (such as string theory)

attempts towards universal prediction

from QG

Of course, QG is notoriously difficult

Of course, QG is notoriously difficult



# Points to keep in mind

- \* Gravity is very crucial (Mpe finite)
- \* Often refer to higher-dim.  
non-renormalizable operators
- \* All swampland conjectures : conjectures/  
hypothesis



# Points to keep in mind

- \* Some solid, some speculative
- \* **Combination / Consistency** of conjectures  
crucial
- \* Some conjectures might not hold  
generally, but could still be useful



# Swampland Conjectures

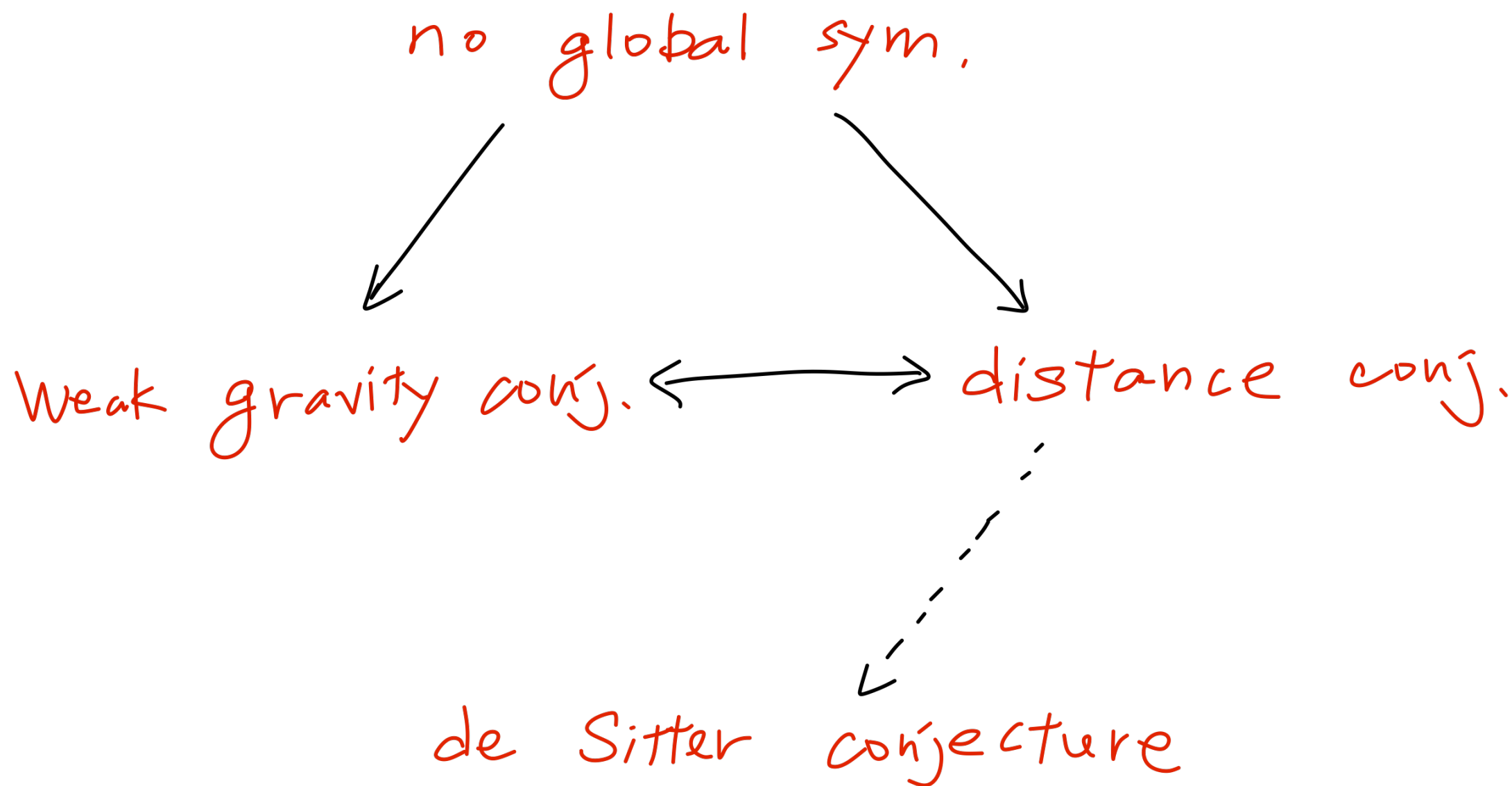
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: Examples

Many conjectures on the market

[review: Brennan, Costa, Vafa '17]  
Palti '19]

today's focus:



┌ No Global Symmetry ─

many many works  
Misner - Wheeler '57  
Polchinski '03  
Banks - Seiberg '10  
Horkow - Ooguri '18

⌈ No exact global sym. in  $QG_J$

argument: Consider  $U(1)$  global sym.

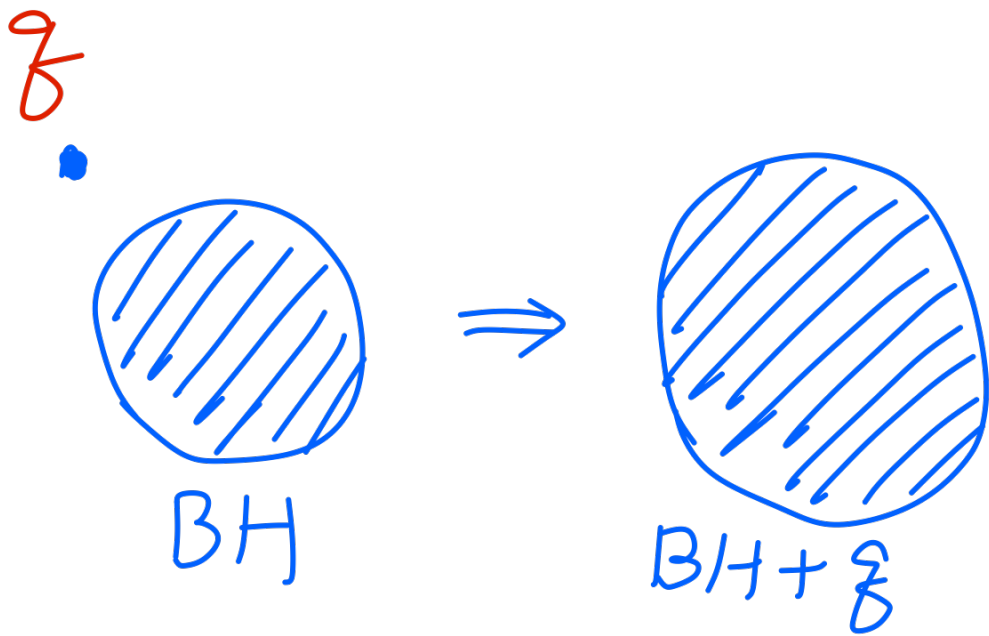
$\exists$  a state w/ charge  $q \gg 1$



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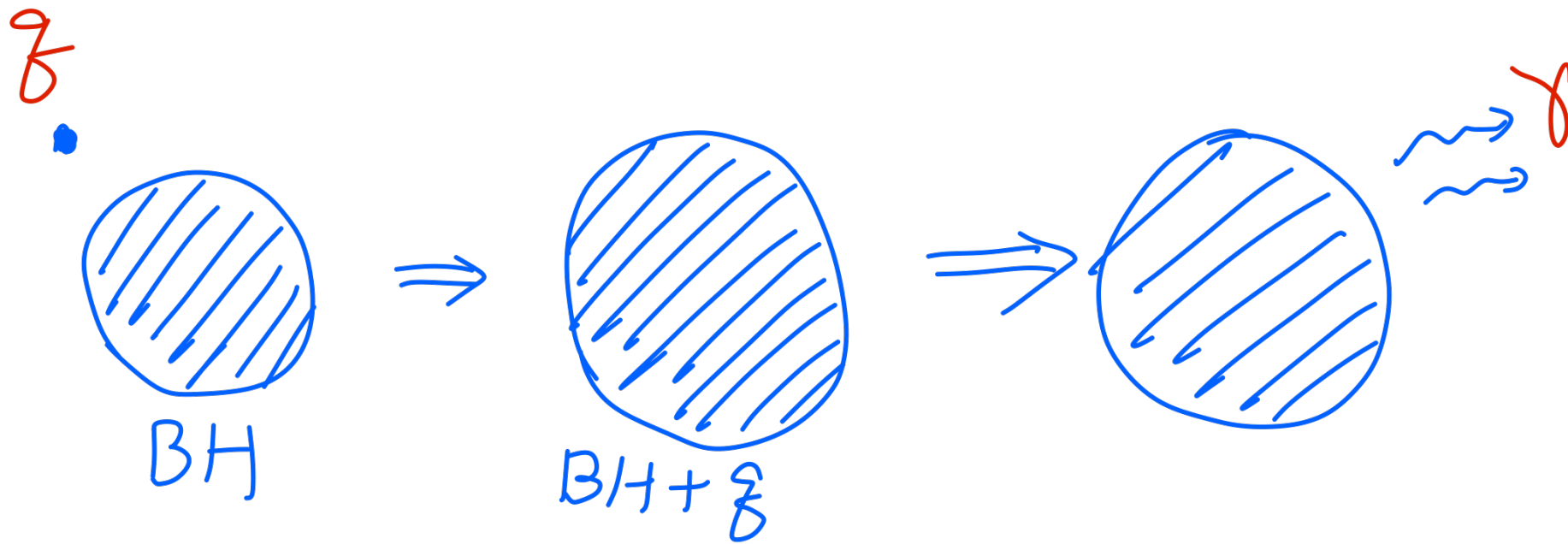
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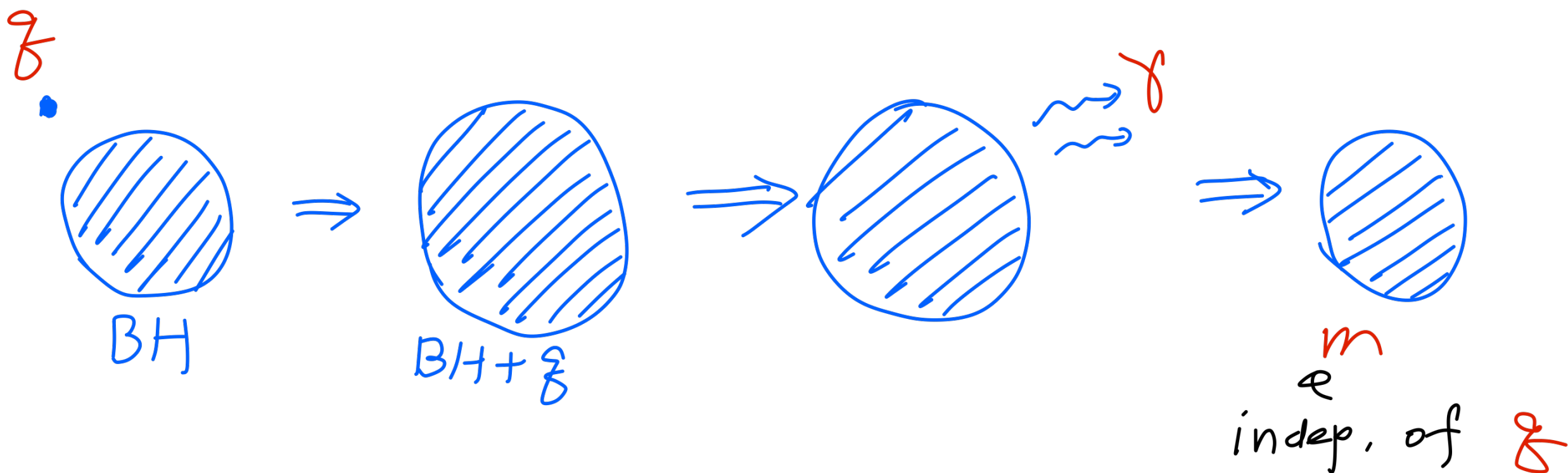




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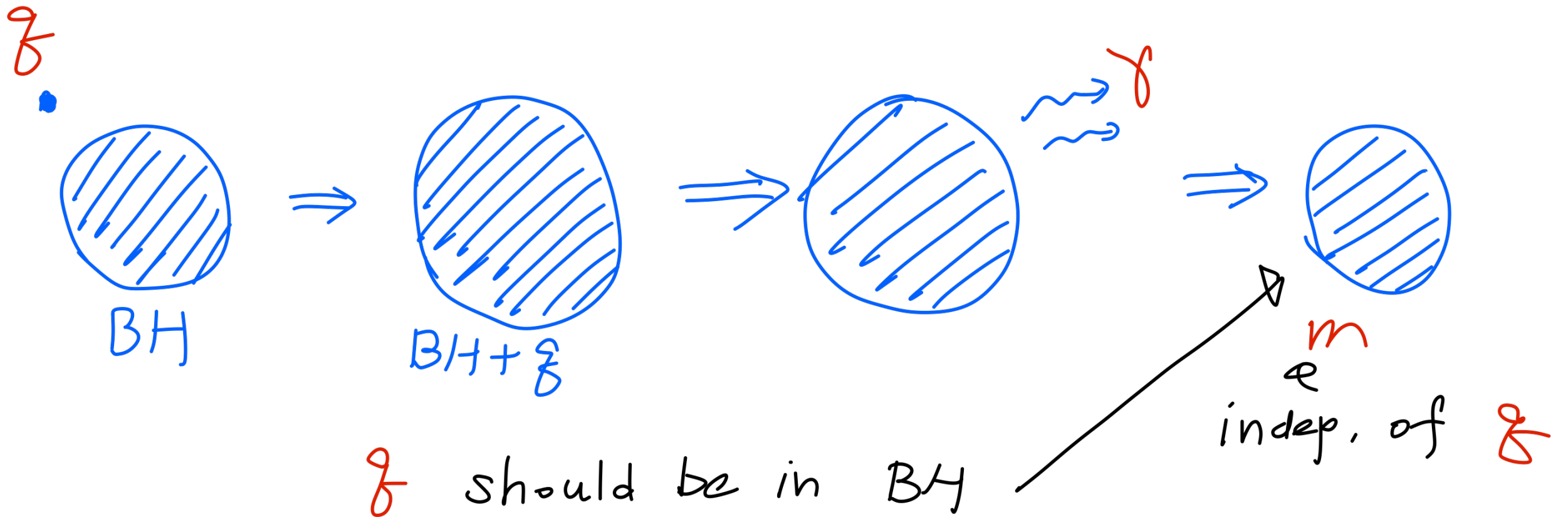
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⌈ No exact global sym. in  $QG_J$

argument: Consider  $U(1)$  global sym.

$\exists$  a state w/ charge  $q \gg 1$



but  $S_{BH}$  finite  $\Rightarrow$  contradiction  
for  $q$  very large

⌈ No exact global sym. in  $QG_J$

e.g.  $U(1)_{B-L}$  in SM must be broken

by higher-dim. operator e.g.  $\textcircled{\bullet} \frac{\delta\delta\delta l}{\Lambda^2}$

no constraint (if  $\neq 0$ )

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no constraint (if  $\neq 0$ )

\* approximate global sym.  $\rangle$  OK  
exact gauge sym.

global sym. =  $\infty$  fine-tuning No free lunch!

⌈ No exact global sym. in  $QG_J$

\* BH argument does not apply to  
discrete sym. (such as  $\mathbb{Z}_2$ )

but holography argument does

[Harlow-Ooguri '18]

\* even applies to p-form sym.

[Córdova-Ohmori-Rudelius]

Weak Gravity Conjecture

[Arkani-Hamed, Motl, Nicolis, Vafa '06]

Global Sym.

$$e \rightarrow 0$$

NOT ALLOWED

Gauge Sym.  $\longrightarrow$  Global Sym.  
 $e$ : finite limit  $e \rightarrow 0$   
ALLOWED NOT ALLOWED

Q: Can we choose  $e$  to be  
arbitrary small?



WGC:

$\exists$  a particle w/ charge  $q$   
mass  $m$

s.t.

$$e q \geq \sqrt{2} \frac{m}{M_{\text{pl}}}$$

WGC:

$\exists$  a particle w/ charge  $g$   
mass  $m$

s.t.

$$eg \geq \sqrt{2} \frac{m}{M_{pl}}$$

"Gravity as weakest force"

$$F_{\text{gauge}} = \frac{(eg)^2}{4\pi r^2} > F_{\text{gravity}} = \frac{m^2}{8\pi M_{pl}^2}$$

# WGC:

$\exists$  a  $\left. \begin{array}{l} \text{particle} \\ \text{state} \end{array} \right\}$  w/ charge  $q$   
mass  $m$

$\uparrow$   
can be BH (extremal BH  
+ higher curvature correction)  
[Kats-Motl-Padi '06, ...]

s.t.

$$e q \geq \sqrt{2} \frac{m}{M_{\text{pl}}}$$

\* original argument: decay of extremal BH  
[AMNV '06]

\* checks in string theory compactifications

\* many subsequent works, e.g.

connection with

cosmic censorship [Crisford-Horowitz  
- Santos '17]

holography [e.g. Nakayama-Nomura '15  
Montero '19]

Tower/Sublattice WGC [Heidenreich-Rudelius-Reece '15]  
[Montero-Shiu-Soler '16, ...]

(Roughly Speaking)

$\exists$   $\infty$ -many charges  $g_1, g_2, \dots$  s.t.

$\exists$  a particle w/ charge  $g_i$   
mass  $m_i$

s.t.

$$e g_i \geq \sqrt{2} \frac{m_i}{M_{\text{pl}}}$$

for  $\forall i$

# Distance Conjecture

[  
Doguri - Vafa '06  
Baume - Palti '16  
:  
]

# Distance Conjecture

Example of global sym. i

shift sym.

$$\phi \rightarrow \phi + c.$$

[e.g. many moduli in SUSY]

Can we quantify QG-breaking of  
shift sym?

# Distance Conjecture

Example of global sym. i

shift sym.  $\phi \rightarrow \phi + c.$

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Can we quantify QG-breaking of

shift sym?

(cf. monodromy infl.)  
relaxion

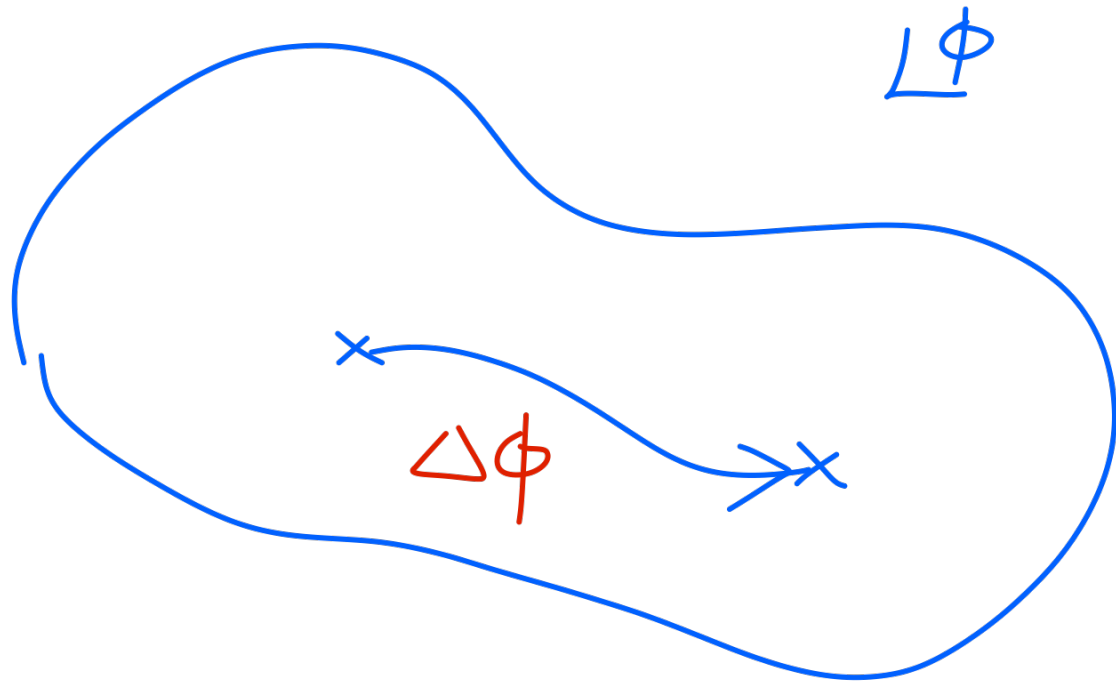
Claim:

$$\Delta \phi \lesssim \theta(1) M_{Pl}$$



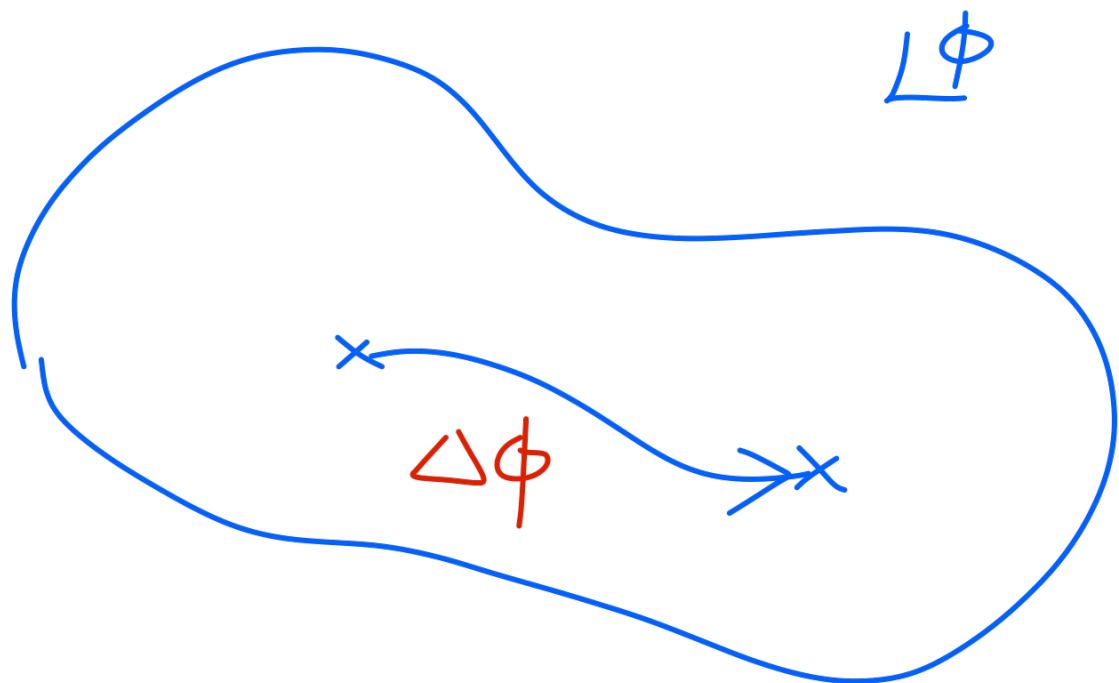
# Distance Conjecture

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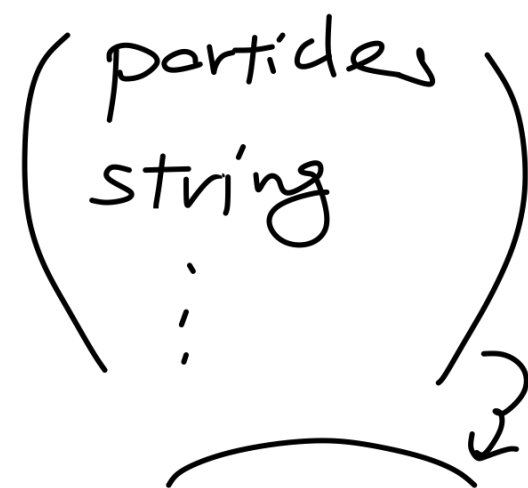


field range  $\Delta\phi$  large

# Distance Conjecture



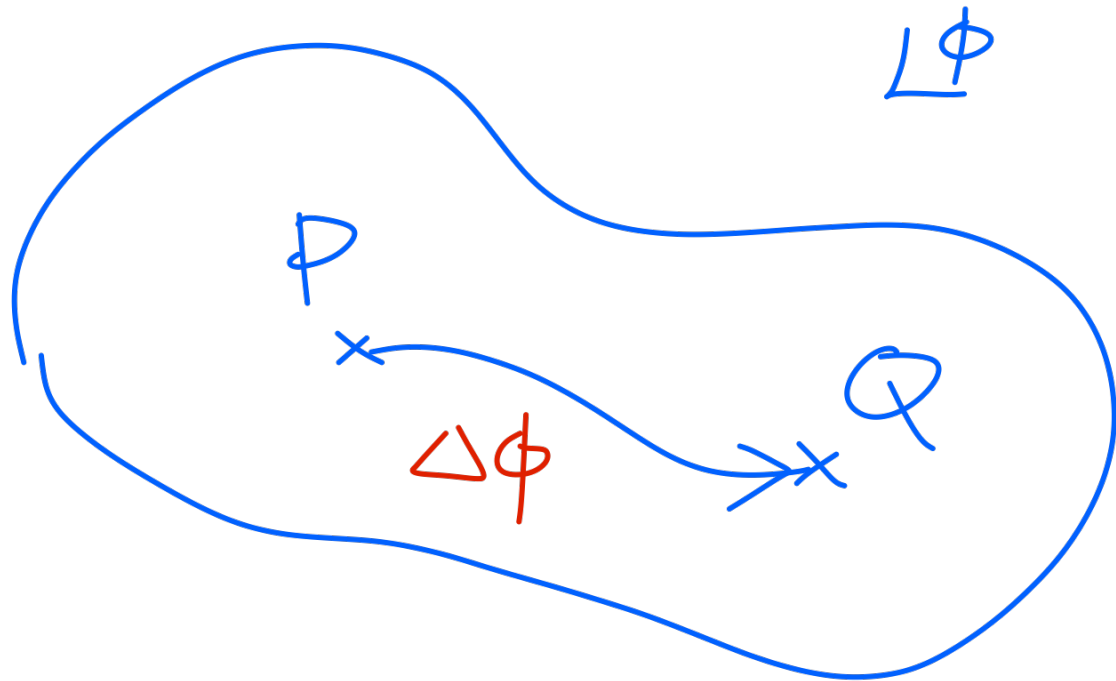
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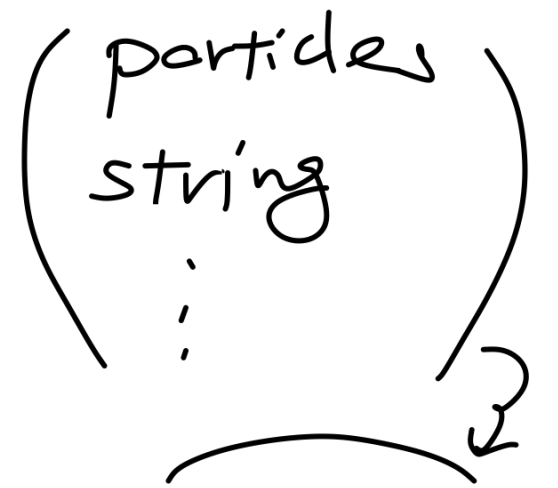
→ an infinite tower of massless states

$$m_n \sim n M_{pl} e^{-\mathcal{O}(1) \frac{\Delta\phi}{M_{pl}}} \quad (n=1, 2, \dots)$$

# Distance Conjecture



field range  $\Delta\phi$  large

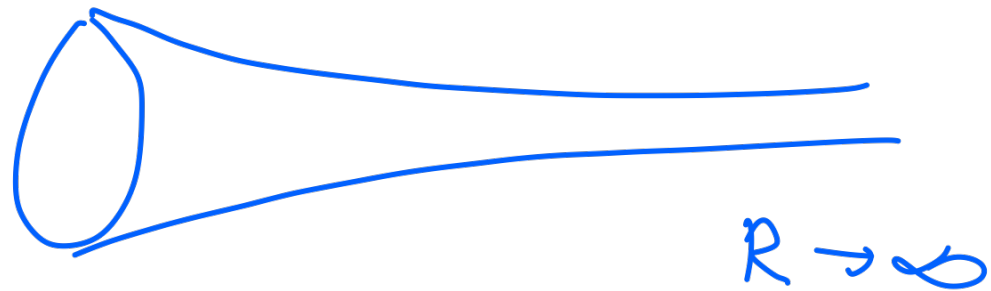


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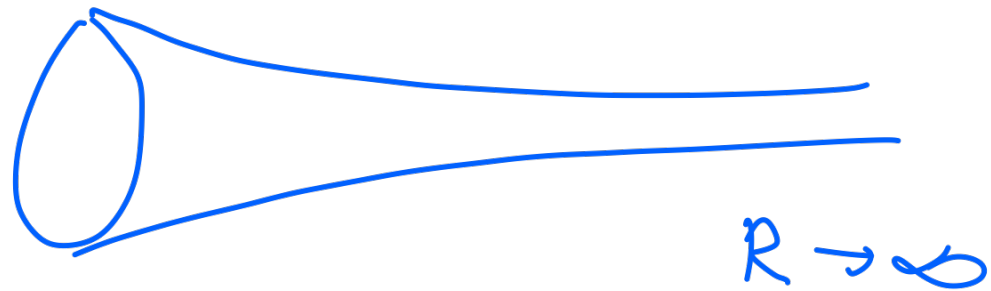
→ breakdown of EFT at  $\Delta\phi \sim M_{pl}$

e.g.: Compactify on  $S^1$  with size  $R$   
Can we take  $R \rightarrow \infty$ ? modulus



$$ds^2 = \left( \frac{dR}{R} \right)^2$$

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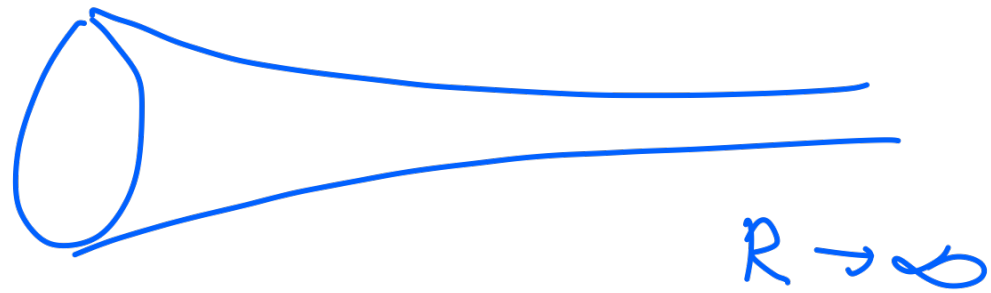


$$ds^2 = \left( \frac{dR}{R} \right)^2$$

Answer:  $R \rightarrow \infty$  then KK modes light:

$$m_n \sim \frac{n}{R} \rightarrow 0$$

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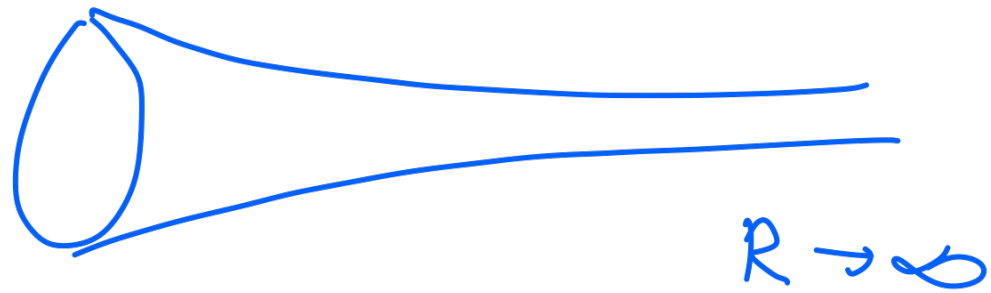
$$ds^2 = \left(\frac{dR}{R}\right)^2 = dt^2$$

$R = e^{\tau}$

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(~~\*~~  $R \rightarrow 0$ : winding strings become light)

Distance Conjecture is originally string-motivated

related with Tower Weak Gravity Conjecture  
originally gravity-motivated

$$m_n \lesssim n M_{\text{pl}} e \sim n M_{\text{pl}} e^{-\sigma(1)\Delta\phi}$$

↑ ↑  
(lattice WGC) w/  $q_n = n$   $e^{\pm} \sim e^{\sigma(1)\Delta\phi}$   
(gauge coupling: VEV of  $\phi$ )



today's focus:

No global sym.

Weak gravity conj.  $\longleftrightarrow$  distance conj.

de Sitter conjecture

de Sitter Swampland

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Conjecture

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例: de Sitter swampland conjecture

[Obied-Ooguri-Spodyneiko-Vafa ('18)]

$$M_{Pl} |\nabla V| \geq c V$$

# 例: de Sitter swampland conjecture

[Obied-Ooguri-Spodyneiko-Vafa ('18)]

$2 \times 10^{18} \text{ GeV}$

scalar potential

$$M_{\text{Pl}} \left| \nabla V \right|$$

size of gradient

$$\sqrt{\sum_{i,j} g^{ij} \partial_i V \partial_j V}$$

$\geq$

$\frac{c}{\ell}$

$\mathcal{O}(1)$

positive

constant

scalar potential

$V$

\* dS vacua excluded ( $\nabla V = 0, V > 0$ )

\* no constraint for  $V < 0$

(many known (SUSY) AdS vacua in  
string theory)





Idea: e.g. 11D SUGRA

$$\mathcal{L} \sim \int \sqrt{-g} \left( R + |G_4|^2 \right) + \dots$$

$\uparrow$   $\uparrow$   
 $g_{\mu\nu}$   $C_3$  ( $dC_3 = G_4$ )  
metric 3-form

compactify on manifold  $X$  w/ overall modulus  $\tau$

$$dS_{11}^2 = dS_d^2 + e^{2\tau} dS_{11-d}^2$$

$$\rightsquigarrow V(\hat{\tau}) = V_R e^{-\lambda_1 \hat{\tau}} + V_G e^{-\lambda_2 \hat{\tau}} \quad (\lambda_1 < \lambda_2)$$





## Assumption

- GR (no  $\alpha'/g_s$  correction)
- extra dimension

(cf. dS no-go thm [Maldacena-Nunez '00]  
[Steinhardt-Wesley '08]  
no-go on slow-roll inflation  
[Hertzberg-Kachru-Taylor-Tegmark '07, ...])

Assumption

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[OOSV] claimed this holds *generally/anywhere*  
even when various corrections are important

If true, dS conjecture has dramatic consequences

\* multiverse gone? [cf. Takahashi-Matsui '18  
Kinney '18 Redelius '19]

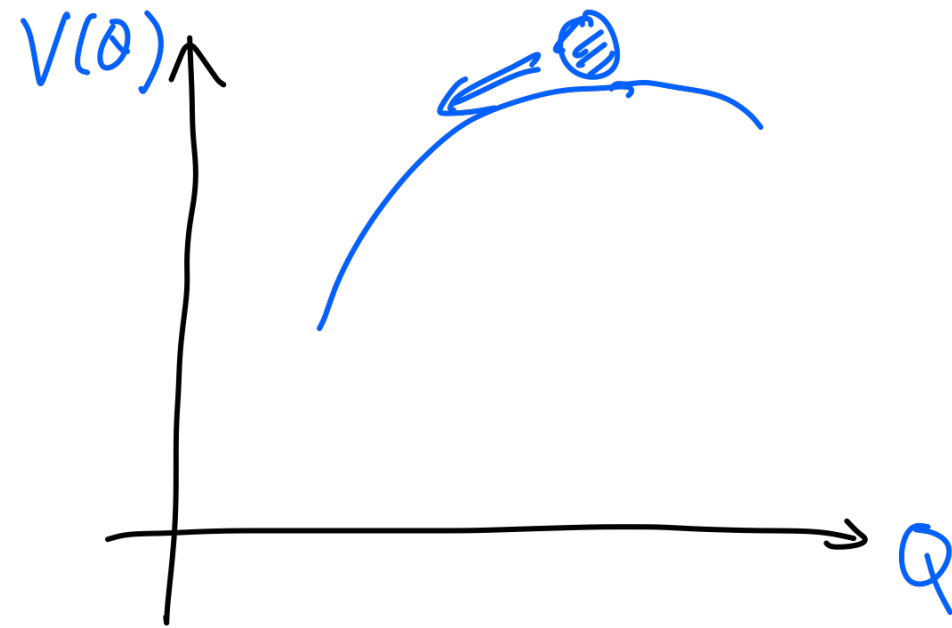
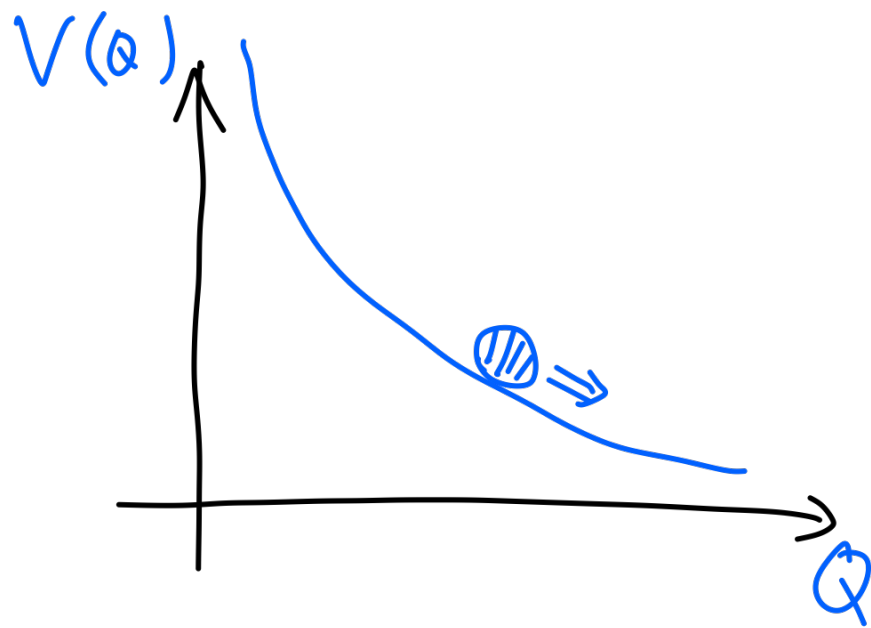
eternal inflation

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} eternal inflation

\* quintessence?

[Ratra-Peebles '88, Wetterich '88  
Caldwell-Dave-Steinhardt '97]



Future observation (e.g. Euclid/WFIRST/LSST, ...)

"Controversy"

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# String Theory May Create Far Fewer Universes Than Thought

Some physicists claim the popular landscape of universes in string theory may not exist

By Clara Moskowitz on July 30, 2018 [عرض هذا باللغة العربية](#)



## LATEST NEWS



Sing Solo For Higher Fide



Are Some Fruits More

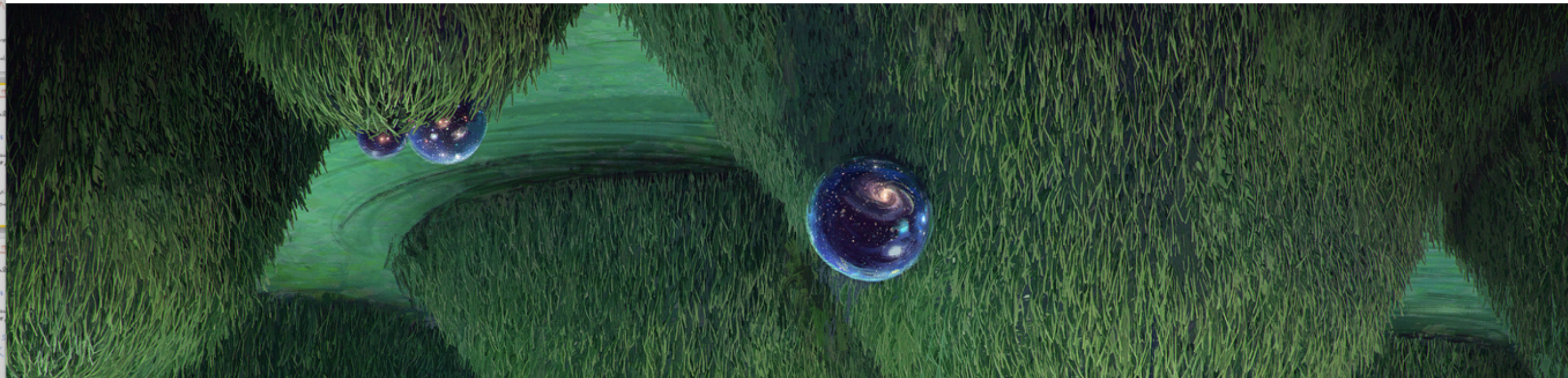


THEORETICAL PHYSICS

# Dark Energy May Be Incompatible With String Theory

 130 | 

*A controversial new paper argues that universes with dark energy profiles like ours do not exist in the “landscape” of universes allowed by string theory.*





dS conjecture is in sharp tension w/

claimed construction of dS vacua  
metastable

e.g. [Kachru - Kallosh - Linde - Trivedi '03]

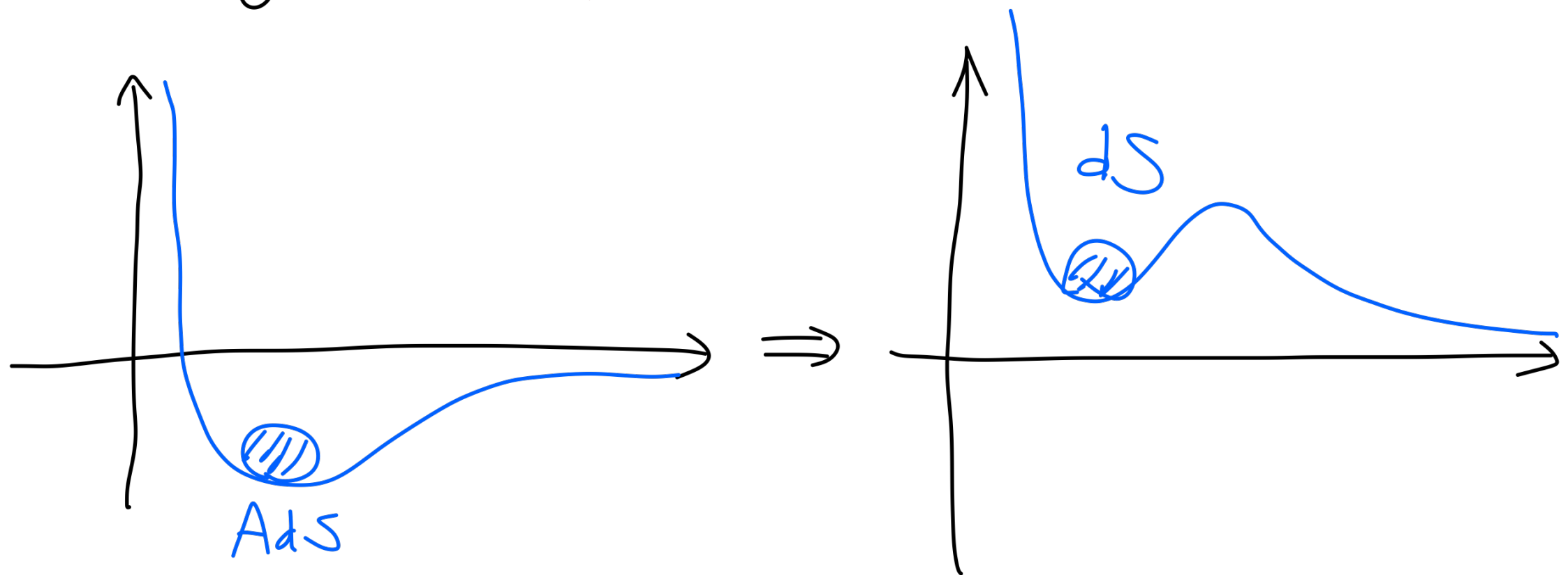
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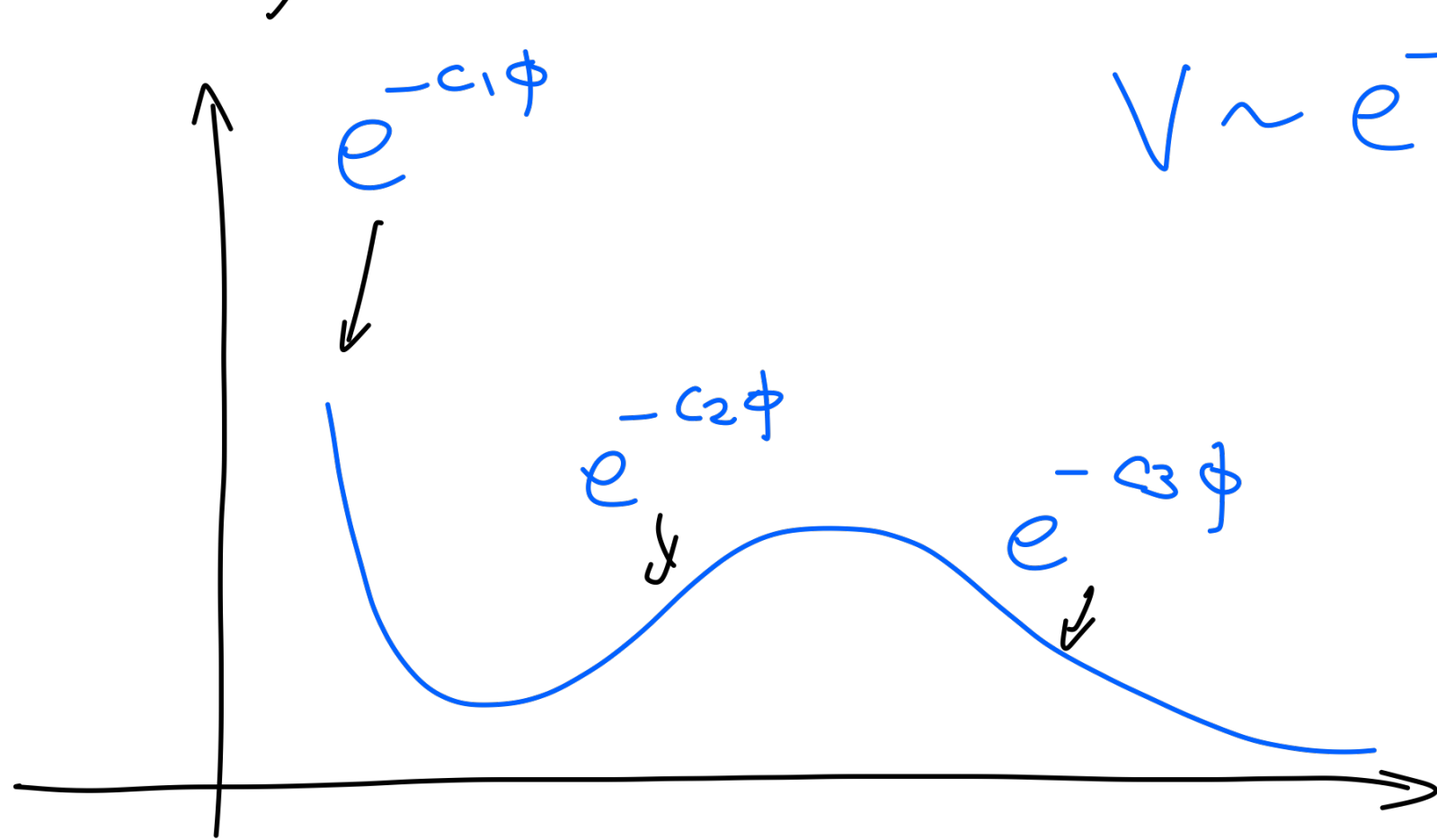
eg. [Kachru-Kalosh-Linde-Trivedi '03]

It is true that KKLT has many subtle parts

eg.  $\overline{D3}$  uplift / ~~SUSY~~ (no SUSY dS)



Technically: difficult to control corrections



$$V \sim e^{-c_1 \phi} + e^{-c_2 \phi} + e^{-c_3 \phi} + \dots$$

same order?

[Dine-Selberg '85]

✘ Proposal of classical dS in IIA + 08

[Córdova-De Luca-Tomasuolo '18]

seem to be removed by Maldacena-Nunez-type no-go

[Cribiori-Junghans '19]

I myself do not see sharp-enough argument  
against metastable vacua

dS conjecture as a general statement  
rather speculative

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dS conjecture as a general statement  
rather speculative

... but can still be useful in  
asymptotic/weak coupling corner of  
QG landscape

[ I prefer a positive approach:  
an opportunity to learn something ]

# Bottom-up constraints

Higgs

$$V_H = \lambda (H^2 - v^2)^2$$

has local maximum @  $H = 0$

$$\partial_H V_H = 0, \quad V > 0$$

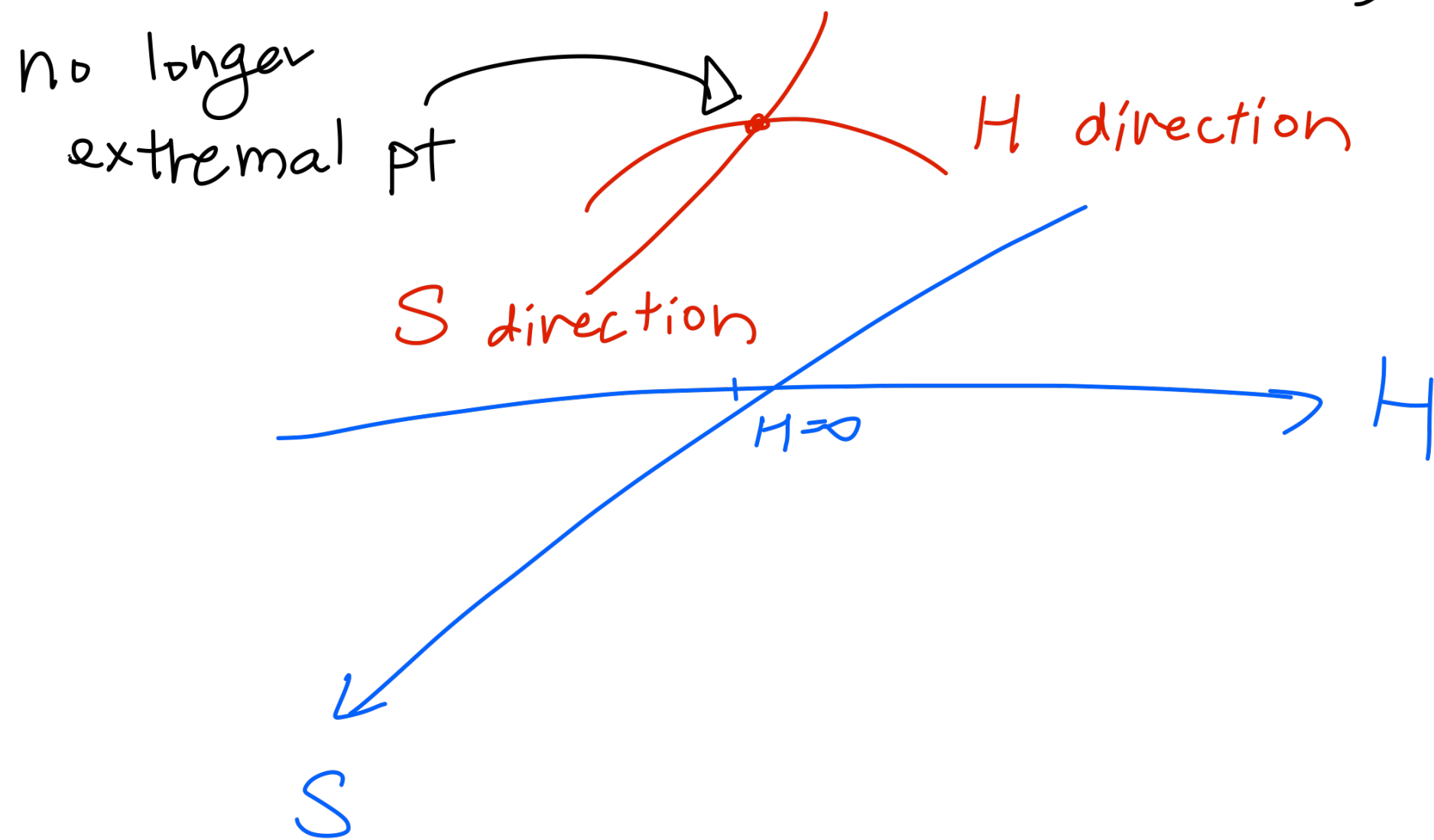
already in tension with dS conjecture

[Denef-Hebecker-Wrase '18]

EW modification? [Murayama-Yanagida-T '8]

eg. real scalar  $S$  in addition to  $H$

$$V_{H,S} = \lambda(H^2 - v^2)^2 + \underbrace{K(S-a)(H^2 - w^2)}_{(\partial_S V \neq 0 \text{ @ } H=0)} + \frac{m^2}{2} S^2 + \Lambda S^4$$



EW modification? [Murayama-Yanagida-Y '8]

eg. real scalar  $S$  in addition to  $H$

$$V_{H,S} = \lambda(H^2 - v^2)^2 + K(S - u)(H^2 - \omega^2) + \frac{m^2}{2}S^2 + \Lambda S^4$$

minimum

$$\bullet H(a) = \frac{K^2\omega^2 - Km^2u - 2\lambda m^2v^2}{K^2 - 2\lambda m^2}, \quad S(a) = \frac{K^2u + 2K\lambda v^2 - 2K\lambda\omega^2}{K^2 - 2\lambda m^2}$$

$\downarrow$   
 $\neq 0$

$$\bullet V|_{H(a), S(a)} = 0$$

but another extremal point ( $\nabla V = 0$ ):  $H(b) = 0, S(b) = \frac{\omega^2 K}{m^2}$

We need

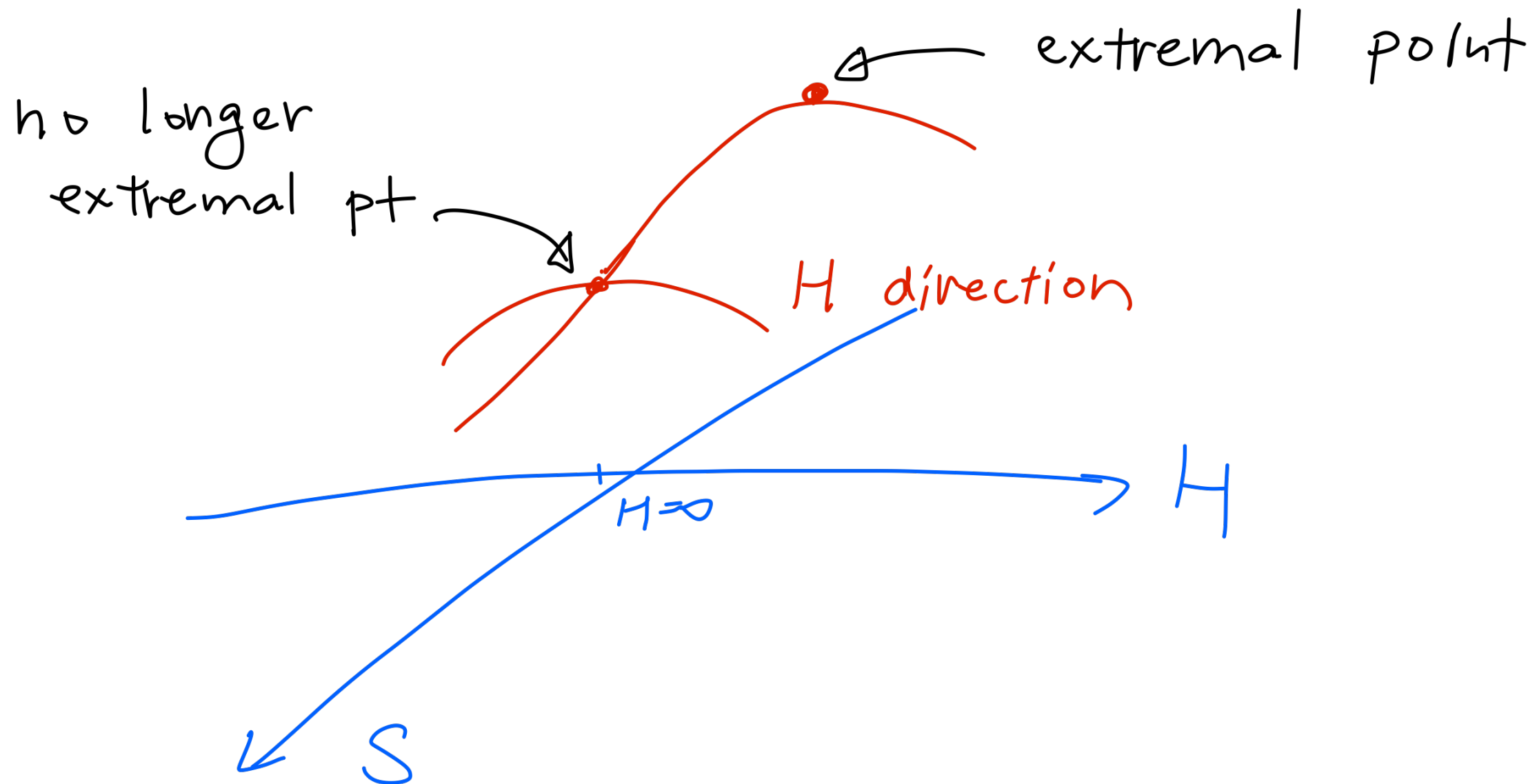
$$\bullet V|_{H(b), S(b)} \leq 0 \quad (3 \text{ conditions incompatible !!})$$



EW modification? [Murayama-Yanagida-Y '8]

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More generally **no-go thm**  
against EW modification  
even for multiple fields

[Murayama-Yanagida-T '18]

(~~\*~~ still contrived loopholes, but unlikely)

Coupling to Quintessence: [Denef-Hebecker-Wrase '18]

$$V_{H,Q}(H,Q) = e^{-c \frac{Q}{M_{pl}}} V_H(H)$$



always rolls in  $Q$ -direction

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always rolls in  $Q$ -direction

But then Higgs VEV depends on  $Q$

and hence time-dependent

quantum correction

( $m_p/m_e$  time variation)  
fifth force searches

[Ibe-Hamaguchi-Moroi '18]

⇒ original dS conjecture "excluded"

## Refined dS Conjecture

---

Modify the condition s.t.

$$V > 0, \quad \nabla V = 0, \quad \nabla^2 V < 0 \quad \text{allowed}$$

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\* [Garg-Krishnan, Ooguri-Palti-Shiu-Vafa '18]

$$|\nabla V| \geq c V \quad \text{or} \quad \min(\nabla_i \nabla_j V) \geq -c' V$$

$$(c, c' : \text{positive } \mathcal{O}(1))$$

$(c' = 0)$

\* [Murayama-Yanagida-Y '18]

$$|\nabla V| \geq c V \quad \text{when} \quad \nabla^2 V \geq 0$$

Distance Conj.  $\rightarrow$  dS Conj. ?

\* distance conjecture required for dS conj

$$\left( \begin{array}{l} V(\phi) = m^2 \phi^2 \\ \partial_\phi V > V \end{array} \rightsquigarrow \phi \lesssim M_{Pl} \right)$$

Argument by [Ooguri-Palti-Shiu-Vafa '18]

---

Consider quasi-dS

$$\partial_\phi V \sim c V$$



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(Bousso bound)

$$S \leq S_{GH} \sim R^2 \sim \frac{1}{H^2} \sim \frac{1}{V}$$

dS entropy  $\swarrow$

# Argument by [Ooguri-Palti-Shiu-Vafa '18]

Consider quasi-dS  $\partial_\phi V \sim c V$  ( $c \ll 1$ )

(Bousso bound)

$$S \leq S_{\text{GH}} \sim R^2 \sim \frac{1}{H^2} \sim \frac{1}{V}$$

dS entropy

$$S = S(N, R) \sim N^p R^q$$

# of species

dS Radius

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dS Radius

$$N, R \gg 1$$

When  $\Delta\phi$  large, tower of states  $\frac{m_n}{M_{\text{pl}}} \sim n e^{-b\Delta\phi}$

$$\rightarrow N \sim \frac{\Lambda_{\text{cutoff}}}{e^{-b\Delta\phi}} \sim e^{b\Delta\phi}$$

[~~\*~~ assume light states dominates (a fraction of) entropy]

Argument by [Ooguri-Palti-Shiu-Vafa '18]

---

Consider quasi-dS  $\partial_\phi V \sim c V$

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$S = S(N, R) \sim N^p R^q$

$N \sim e^{b \Delta \phi}$

$V \lesssim e^{-c \Delta \phi}$

$\left( c \sim \frac{2bp}{2-q} \right)$

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$$S = S(N, R) \sim N^p R^q$$

$$N \sim e^{b \Delta \phi}$$

$$V \leq e^{-c \Delta \phi}$$

For absence of tachyons

$$\left( c \sim \frac{2bp}{2-q} \right)$$

$$\min(\nabla^2 V) \geq -\frac{\mathcal{O}(1)}{R^2} \sim -c' V$$

$\mathcal{L}$  curvature coupling

Argument by [Hebecker-Wrase (18)]

\* distance conjecture : tower of light states

$$m_n \sim n M_{\text{pl}} e^{-b\phi} \quad (n=1,2,\dots)$$

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$$* \quad \Lambda \gtrsim H = \sqrt{\frac{V}{3M_{\text{pl}}^2}}$$

$$\rightsquigarrow \frac{V}{M_{\text{pl}}^4} \lesssim e^{-\frac{2b\phi}{3}}$$

\* Since we use distance conjecture,

asymptotic region  $\Delta\phi \sim M_{pl}$

\* Inequality:

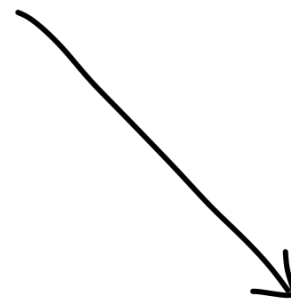
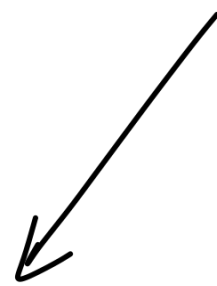
$$V \lesssim e^{-\alpha(\Delta\phi)}$$

[cf. Dine-Selberg]

↑  
saturated?

today's focus:

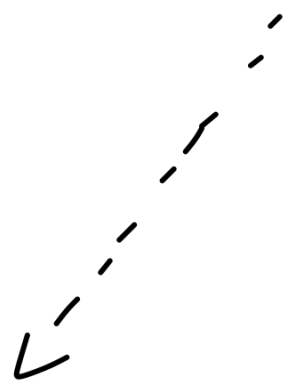
No global sym. 😊😊😊



Weak gravity conj.



distance conj.



de Sitter conjecture ???



In refined version

no constraint on Higgs/axion/SSB

Inflation:  $(\epsilon_V \geq c^2/2 \text{ or } \eta_V \leq -c')$

[Fukuda-Saito-Shirai-Y '18, ...]

\* e-folding OK (concave region)

\*  $n_s, r$  difficult for single-field (canonical kinetic term)

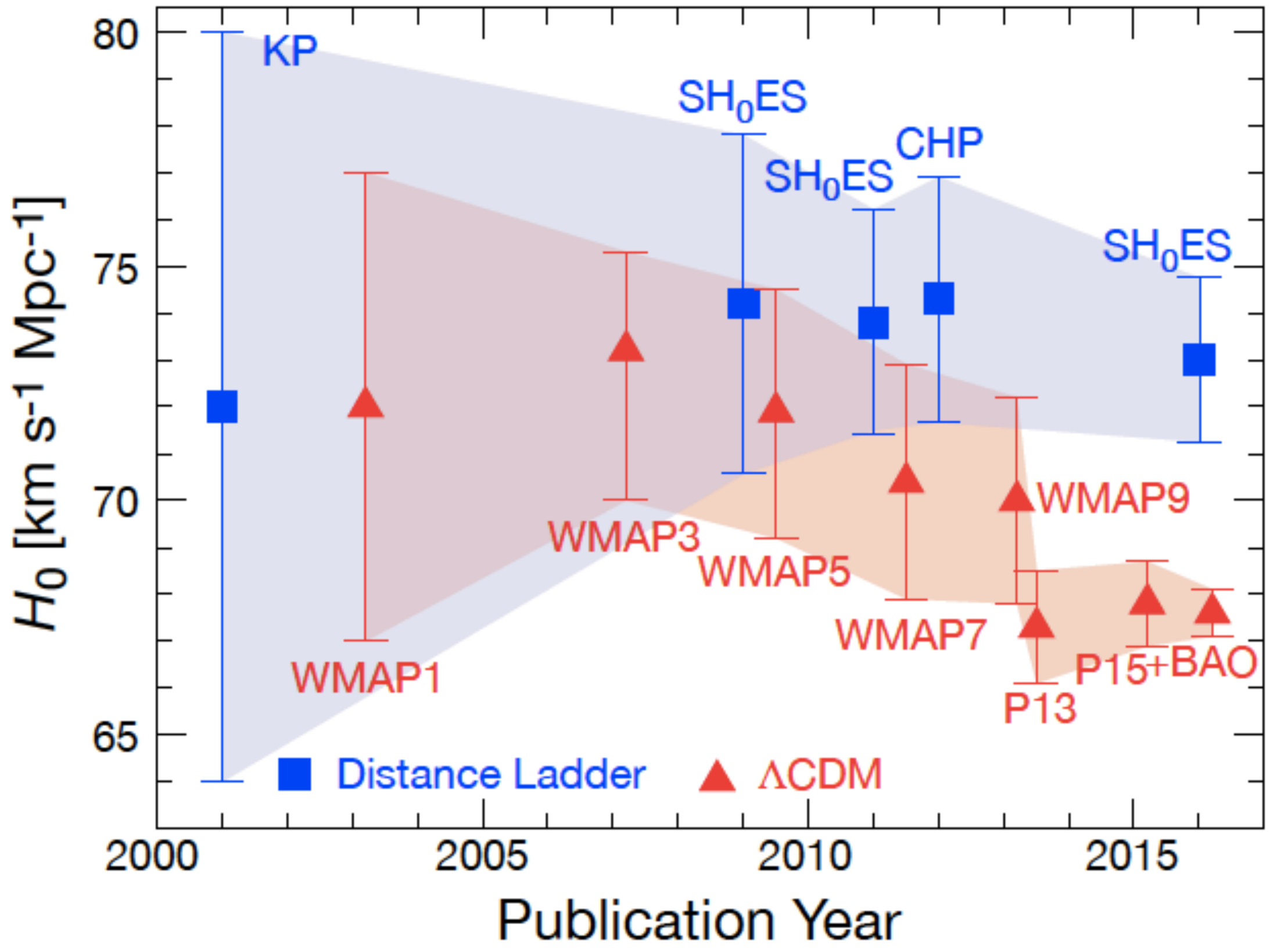
$$r = 16\epsilon \leq 0.064$$

$$n_s - 1 \approx -6\epsilon + 2\eta \approx 0.03 - 0.04 \quad \rightsquigarrow \eta \approx -0.01 \quad (c' \approx 0.01)$$

\*  $c, c' \sim 1$  OK for multi-field (eg. curvaton)

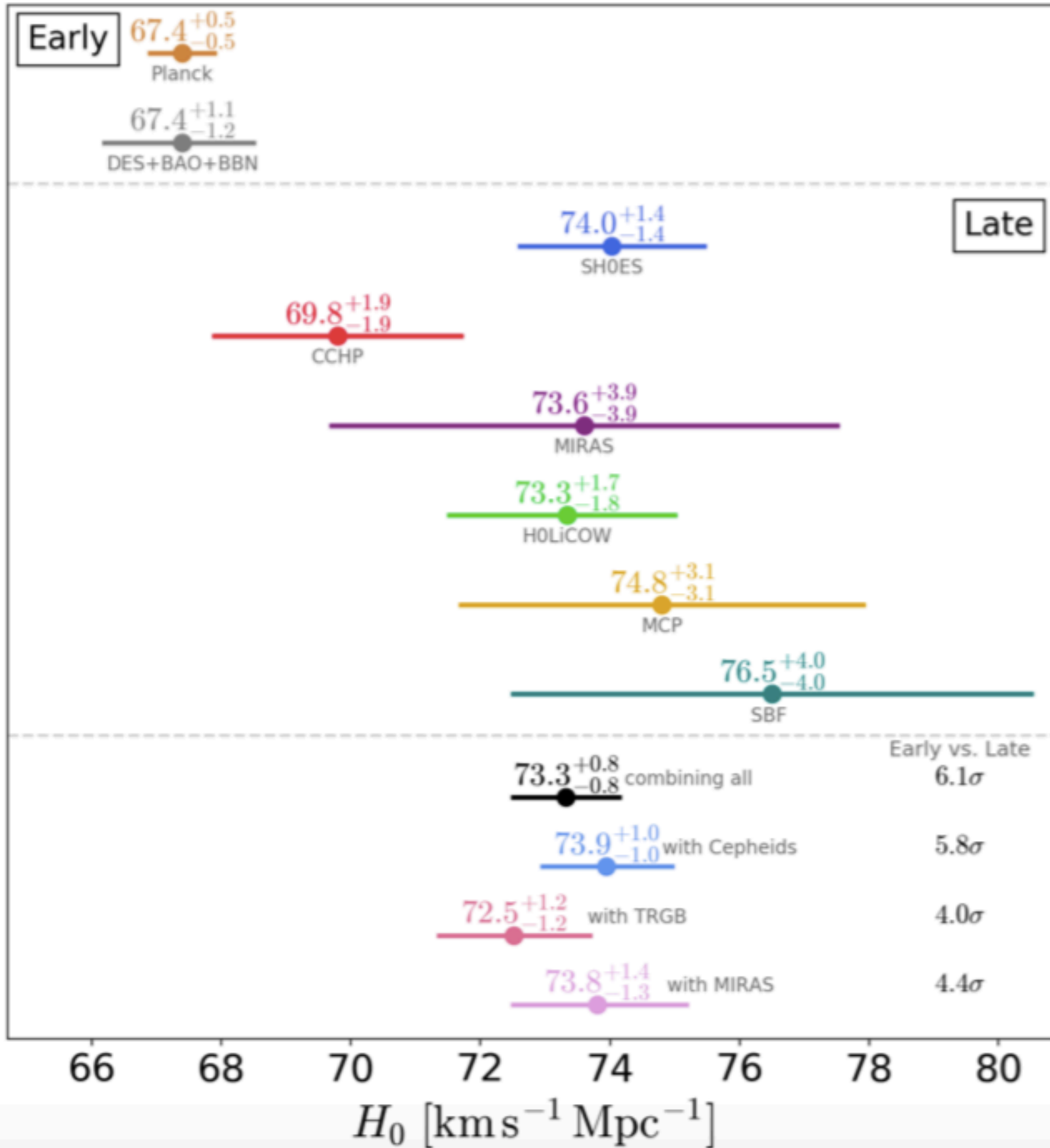
$H_0$  Tension





(Freedman '17)

# flat - $\Lambda$ CDM



[ Verda-Treu-Kress '19 ]



IS Ho tension

consequence of distance conj.??

## Early-time solution

┌ Early Dark Energy ┘ [Poulin-Smith-Kerwal  
- Kamionkowski '18]

- Behaves as DE to raise CMB  $H_0$
- then decays rapidly (faster than radiation)  
①  $z \sim 5000$

# Early-time solution

Early Dark Energy [Poulin-Smith-Kerwal  
- Kamionkowski '18]

- Behaves as DE to raise CMB  $H_0$
- then decays rapidly (faster than radiation)  
@  $z \sim 5000$

e.g.  $V(\phi) \sim \left(1 - \cos \frac{\phi}{f}\right)^n \sim \phi^{2n}$  near  $\phi \sim 0$  (e.g.  $n=3$ )

[~~X~~ matter  $V(\phi) \sim \phi^2$  has  $\Gamma \ll m \sim H_{z=5000}$ ]

Consider instead ultralight axion [Kaloper '19]

$$\uparrow f \sim M_{\text{pl}}$$

$$(WGC \ f \lesssim M_{\text{pl}})$$

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$V(\phi) \sim \phi^2$  (matter) near bottom, but

\*  $\Delta\phi \sim M_{\text{pl}}$   $\rightsquigarrow$  light modes  $\chi$   
distance conj.  $(\mathcal{L} \supset e^{-\Delta\phi} \chi\chi)$

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\* Enhancement by  $N_\chi \sim e^{\Delta\phi}$

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$$\rightsquigarrow \Gamma \sim H_{z=5000}$$

# Late-time solution

distance conjecture for

Quintessence Dark Energy  $Q$

tower of states = Dark Matter

$$\rho_{DM}(Q) \sim \rho_{DM} e^{-Q}$$



# Late-time solution

distance conjecture for

Quintessence Dark Energy  $Q$

tower of states = Dark Matter

$$\rho_{DM}(Q) \sim \rho_{DM} e^{-Q}$$

\* fifth-force constraint marginal

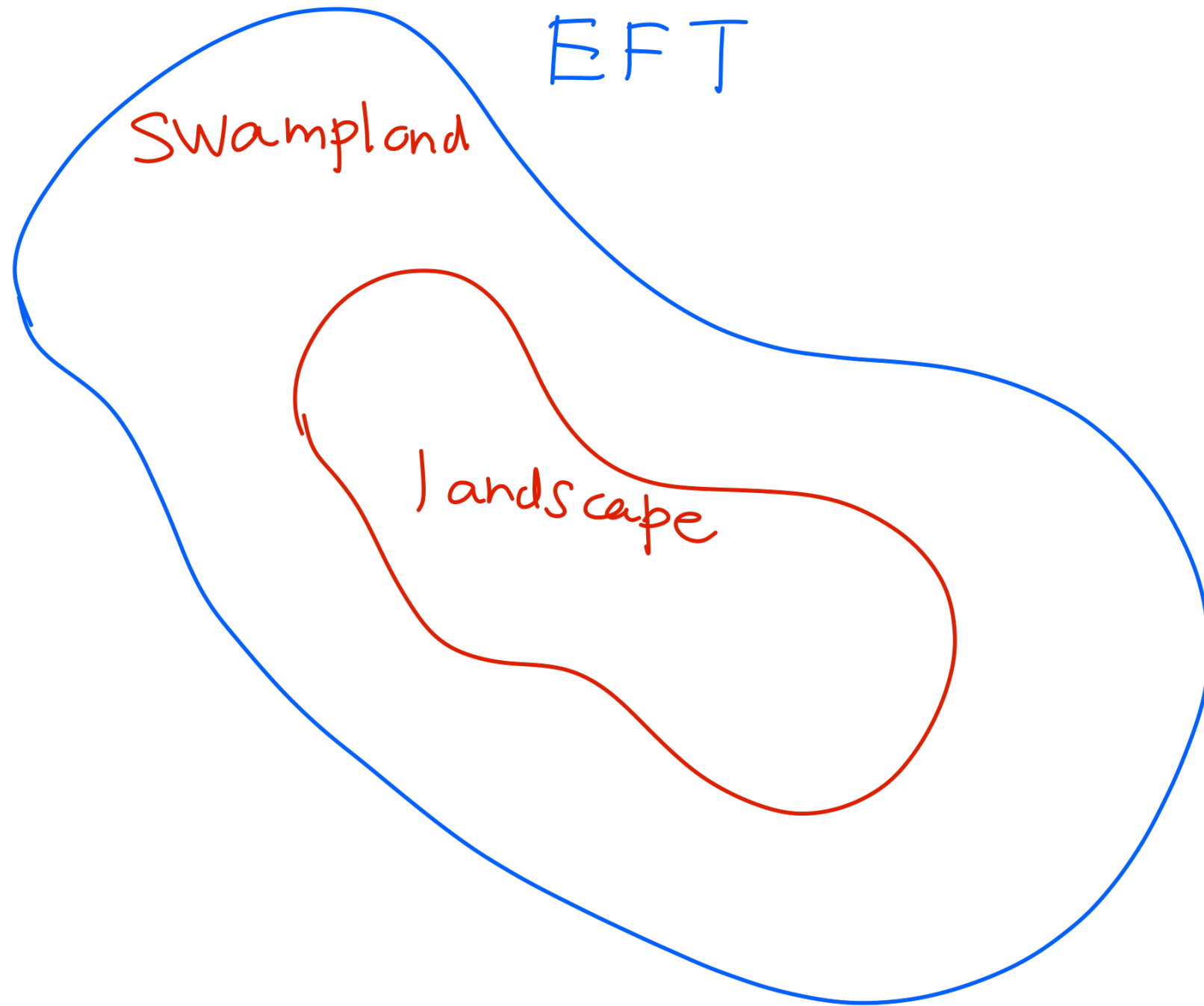
\* improves  $H_0$  tension

[Agrawal-Obied-Varfa '19]

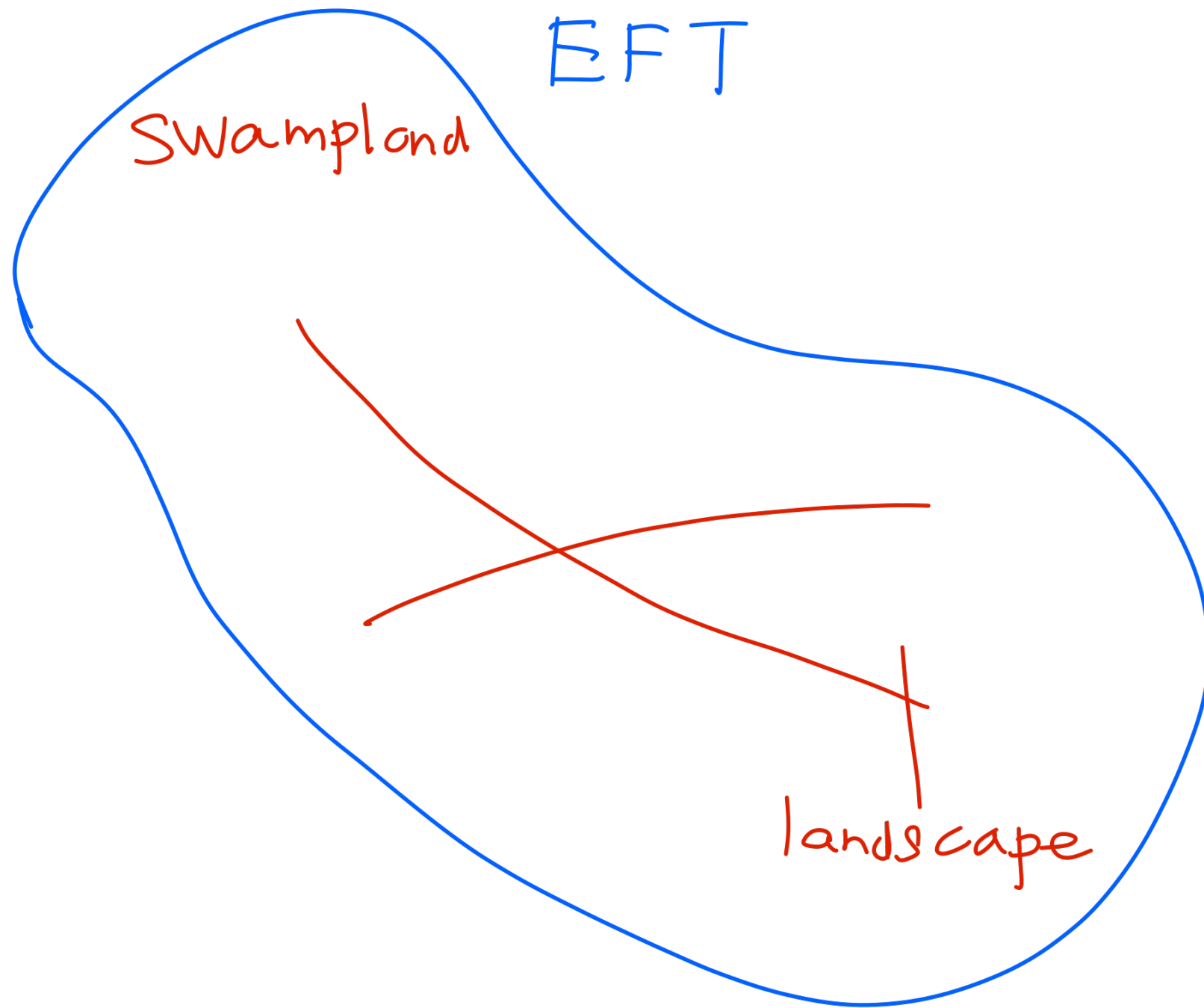
Naturalness?



naturalness needs to be revisited:



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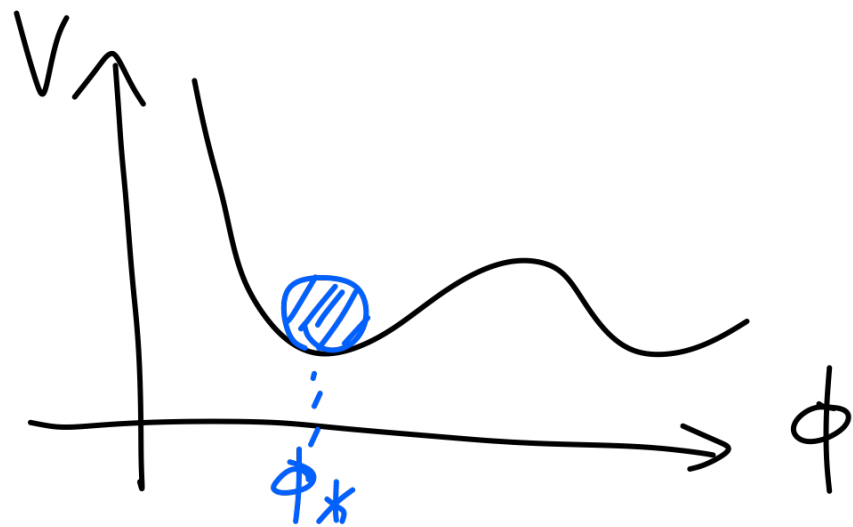
??

「 No Free Parameter in QG 」

Any parameter (e.g.  $\Upsilon_{\text{quark}}$ ,  $\theta_{\text{QCD}}$ , ... ):

VEV of moduli (e.g. axion)

dynamically determined



(or fixed by some (QG) consistency)

Finite # of Moduli in  $\mathcal{Q}G$

(typically  $\sim \mathcal{O}(100)$ )

$\Rightarrow$   $\infty$  - relations for higher-dim. op.

$$\mathcal{L} = \mathcal{L}_0 + \sum_i \lambda_i \frac{\mathcal{O}_i}{M_{pl}^{\Delta_{\mathcal{O}_i} - 4}}$$

only finite independent

[cf. Heckman - Vafa '19]

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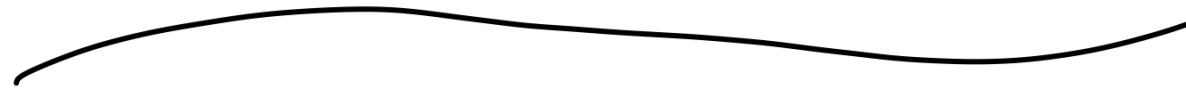
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only finite independent

No global sym, but "fine-tuned"

There IS free lunch!

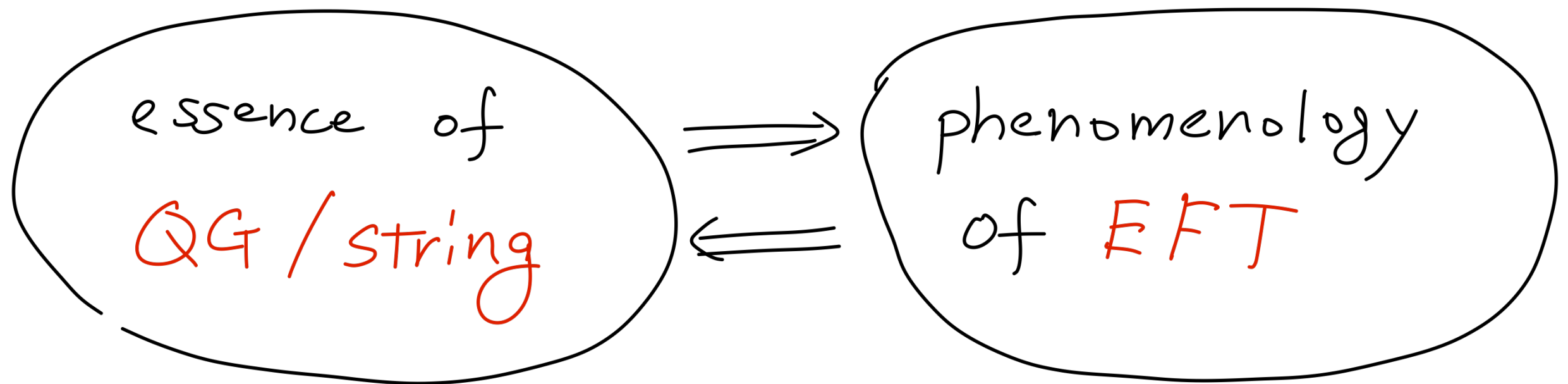
Summary





# Swampland Conjectures:

QG constraints on low-energy physics



Please do use the conjectures

in your next paper!!

(esp. young folks!)

**緊急告知!!**

Today:

Covered only limited aspects

of "standard" material ...



\* 名古屋大学にて集中講義

「沼地予想とその現象論」

2019年 9月30日(月) ~ 10月2日(水)

(4 × 3 ≒ 12h)

(※ 詳細は追って名大物理HPより)



# \* 科研費研究員公募(予定)!!

(予定) 2019年秋公募

2020年4月以降 ~ 2023年3月 (3年)

IPMU 1人, KEK 1人

KEK

北野



hep-ph

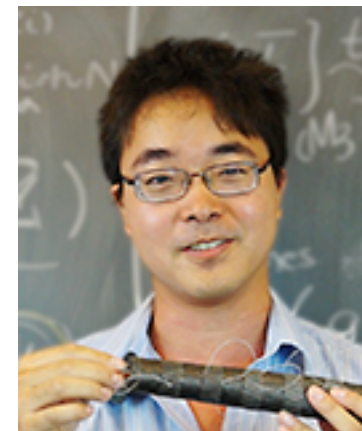
山田



hep-lat

IPMU

山崎



hep-th