

Exact Renormalization Group methods in Particle Physics and Quantum Gravity



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Based on

PRD 045020 (2026) & *ArXiv:2603.xxxxx*

in collaboration with

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Seminar "Theory of Particle Physics and Cosmology"



UNIVERSITY
OF WARSAW

Plan for the talk

Perturbation theory and when we need non-perturbative physics

Exact Renormalization Group formulation(s): Wetterich FRG & Wilsonian Propertime FRG

The importance of reproducing 2-loop β -functions from non-perturbative FRG ([PRD 045020](#))

Fixed point of Quantum Gravity as a cure for the Landau Pole of the Standard Model

Heuristic approach to Asymptotically Safe Quantum Gravity

Asymptotically Safe Quantum Gravity in Wilsonian Propertime FRG ([ArXiv:2603.xxxxx](#))

Perturbative and non-perturbative physics

Perturbation theory is ~ Taylor expansion for small coupling

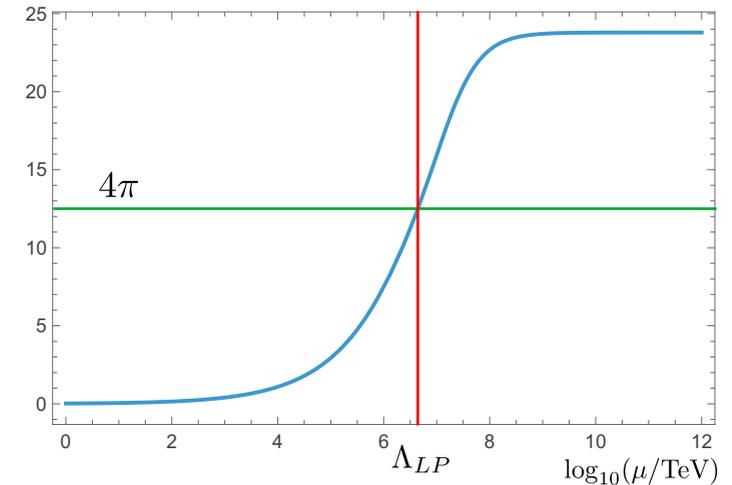
$$\mathcal{L} = \sum \lambda^n \mathcal{L}^{(n)} \longrightarrow \lambda \ll 4\pi$$

Perturbation theory works greatly at describing the Standard Model of particle physics

Why and when do we need non-perturbative physics?

↓
Strongly coupled system
↓
 λ is not small!

↓
Non-polynomial physics
↓
 $1/\lambda$ or $\ln \lambda$



Examples:

QCD at low energy

QED at high energy

Quantum Gravity

**Exact Renormalization Group formulation(s):
Wetterich FRG & Wilsonian Propertime FRG**

Wilson vs Wetterich renormalization group

Compute the path integral gives the “trace-log” result. Then use Wilson’s idea of integrating only the modes above the energy scale you are interested in (for example integrate only for $p > k$):

$$S_k[\phi] = S_{\text{tree}}[\phi] + \frac{1}{2} \text{Tr}_{|p|>k} \ln \left(S_{\text{tree}}^{(2)}[\phi] \right)$$

This defines a theory at the energy scale k where only mode above k are integrated out

Divergencies in the trace-log are later regulated using **Schwinger proper-time representation**

$$\text{Tr}(\log A) = - \int_0^\infty \frac{ds}{s} f_k(s, \Lambda) \text{Tr} \left(e^{-sA} \right)$$

Choose a truncation for your initial action

$$k \partial_k S_k = - \frac{1}{2} k \partial_k \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_k^{(2)}} \right]$$

Compute 1PI generator in path integral

$$\Gamma_k^{(1)}[\phi] = S[\phi] + \frac{1}{2} \text{Tr} \ln \left(S_{\text{tree}}^{(2)}[\phi] + R_k \right)$$

Regularize the IR divergences

$$\Delta S_k[\varphi] = \frac{1}{2} \int \varphi R_k \varphi \quad \begin{array}{l} R_k(p \ll k) \sim k^2 \\ R_k(p \gg k) \rightarrow 0 \end{array}$$

This defines a theory at the energy scale k , where all momenta are integrated and IR fluctuations are simply suppressed

Choose a truncation for the effective average action

$$k \partial_k \Gamma_k = \frac{1}{2} \text{STr} \left[k \partial_k R_k \cdot \left(\Gamma_k^{(2)} + R_k \right)^{-1} \right]$$

On the universal content of the proper time flow in scalar and Yang-Mills theories

Phys. Rev. D: 113, 045020 (2026)

in collaboration with

Gabriele Giacometti & Dario Zappalà

What do I mean by “universal content”?

The 2-loop β -function of massless theories is regulator independent \longrightarrow **UNIVERSAL**

The goal is studying proper time flow and compute the universal coefficients

The proper time flow equation

$$k\partial_k S_k = -\frac{1}{2} k\partial_k \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s} S_k^{(2)} \right]$$

RG improvement \downarrow

(n+1)-loop flow **Nesting** n-loop action

Integrate some dof from Λ until an intermediate scale k' and use the obtained action to integrate until 0.



This reproduces correct 2-loop β -functions

$$\int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \int_{1/\Lambda^2}^s \frac{dt}{t}$$

Wetterich equation and 2-loop β -functions

Papenbrock, Wetterich (1995) reproduce the correct 2-loop β -functions of the scalar theory using **nesting** of FRG flow equation.

Next station: Gauge theories, e.g. Yang-Mills theory

In pure FRG with Wetterich equation, the regulator breaks gauge invariance

$$\partial_t \Gamma_k = \frac{1}{2} \text{STr} \left[\partial_t R_k \cdot \left(\Gamma_k^{(2)} + R_k \right)^{-1} \right] \quad \text{No 2-loop Yang-Mills}$$

Reuter, Wetterich (1994) $\beta_2 = \frac{110}{9}$ 93% correct

Gies (2002) $\beta_2 = \frac{77}{6}$ – cut-off dependent part 99% correct

Wetterich (2018) $\beta_2 = \frac{77}{6}$ 88% correct

And many more attempts...

Correct Result $\beta_2 = \frac{34}{3} = \frac{102}{9}$

Can the proper time flow succeed at reproducing 2-loop β -functions?

Perturbative expansion and the proper time flow

The flow equation for the Wilsonian action in (sharp) proper time regularization

$$k\partial_k S_k = -\frac{k\partial_k}{2} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_k''} \right]$$

($n+1$)-loop flow

n -loop action

Concretely, the action is expanded in powers of \hbar and same powers are collected

$$S_k = S_0 + \hbar S_1 + \hbar^2 S_2 + \mathcal{O}(\hbar^3)$$

The 1-loop correction to the Wilsonian action is easily recovered

$$S_1 = -\frac{1}{2} \int_0^\infty \frac{ds}{s} \text{TR} \left[e^{-s S_0''} \right] = \frac{1}{2} \text{TR} \log [S_0'']$$

Perturbative expansion and the proper time flow

Iterate the process \longrightarrow Insert 1-loop Wilsonian action and obtain 2-loop action

$$S_1 + S_2 = -\frac{1}{2} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s(S_0'' + S_1'')} \right] \approx -\frac{1}{2} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_0''} (1 - s S_1'') \right]$$

$$= S_1 - \frac{1}{2} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_0''} (-s S_1'') \right]$$

S_2

The running action entering the PT flow equation is a local action
de Alwis (2018) but also Bonanno, Lippoldt, Percacci, and Vacca (2020)

Diagrammatically **wrong!**

Litim and Pawłowski (2002)

Non-local structure

Regulator insertion

$$\Gamma^{(2\text{-loop})} = \left[\frac{1}{8} \text{diagram} - \frac{1}{12} \text{diagram} \right]_{\text{ren.}} - \frac{1}{2} \text{diagram}$$

The β -function do not see the spurious diagram

β -functions should be **correct!**

O(N) Scalar Theory – 1-loop β -function

$$S_0 = \int d^4x \left[\frac{1}{2} Z_k (\partial\phi)^2 + \frac{\lambda}{4!} (\phi^2)^2 \right]$$

$$\beta_\lambda = \cancel{2\eta} \lambda + \partial_t(P_{\phi^4} S_k)$$

$$\partial_t(P_{\phi^4} S_1) = -\frac{1}{2} \partial_t P_{\phi^4} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_0''} \right] =$$

$$\partial_t(P_{\phi^4} S_1) = \frac{\lambda^2}{(16\pi^2)} \frac{(N+8)}{3}$$

$$= -\frac{1}{2} \partial_t P_{\phi^4} \left\{ \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \int \frac{d^4p}{(2\pi)^4} \text{Tr} \left[e^{-s \left[(p^2 + \frac{\lambda}{6} \phi_j \phi_j) \delta_{ab} + \frac{\lambda}{3} \phi_a \phi_b \right]} \right] \right\} \Big|_{\phi=0}$$

$$= -\frac{\lambda^2}{(16\pi^2)} \frac{(N+8)}{6} \partial_t \log \frac{\Lambda^2}{k^2}$$

O(N) Scalar Theory – 2-loop β -function

$$S_0 = \int d^4x \left[\frac{1}{2} Z_k (\partial\phi)^2 + \frac{\lambda}{4!} (\phi^2)^2 \right] \quad \beta_\lambda = 2\eta\lambda + \partial_t(P_{\phi^4} S_k)$$

$$\begin{aligned} \partial_t(P_{\phi^4} S_2) &= -\frac{1}{2} \partial_t P_{\phi^4} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_0''} (-s S_1'') \right] & \partial_t(P_{\phi^4} S_1) &= \frac{\lambda^2}{(16\pi^2)} \frac{(N+8)}{3} \\ &= \frac{\lambda^3}{(16\pi^2)^2} \partial_t \left\{ 1 + \frac{1}{4} \left[\frac{(N+8)}{3} \log \left(\frac{\Lambda^2}{k^2} \right) \right]^2 + \frac{(10N+44)}{18} \log \left(\frac{\Lambda^2}{k^2} \right) \right\} \end{aligned}$$

O(N) Scalar Theory – Anomalous dimension

$$S_0 = \int d^4x \left[\frac{1}{2} Z_k (\partial\phi)^2 + \frac{\lambda}{4!} (\phi^2)^2 \right]$$

$$\beta_\lambda = 2\eta\lambda + \partial_t(P_{\phi^4} S_k)$$

$$S_2 = -\frac{1}{2} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_0''} (-s S_1'') \right]$$

$$\partial_t(P_{\phi^4} S_1) = \frac{\lambda^2}{(16\pi^2)} \frac{(N+8)}{3}$$

$$Z_2 = \left(\frac{\partial}{\partial q^2} \left[\frac{\delta^2 S_2}{\delta\tilde{\phi}_i(q)\delta\tilde{\phi}_i(-q)} \right]_{\phi=0} \right)_{q^2=0} =$$

$$\partial_t(P_{\phi^4} S_2) = -\frac{\lambda^3}{(16\pi^2)^2} \frac{(10N+44)}{9}$$

$$= \left[\frac{\partial}{\partial q^2} \left(- \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{4} \int \frac{d^4 p_e}{(2\pi)^4} \int_{1/\Lambda^2}^s dt t \int \frac{d^4 p_i}{(2\pi)^4} \int_0^1 du \frac{\lambda^2 (2N+4)}{3} \right. \right.$$

$$\left. \left. \times e^{-s p_e^2} e^{-t p_i^2 (1-u)} e^{-s u (p_i+q)^2} \right) \right]_{q^2=0} = \frac{\lambda^2}{(16\pi^2)^2} \frac{(N+2)}{36} \log \frac{\Lambda^2}{k^2}$$

O(N) Scalar Theory – 2-loop β -function

$$S_0 = \int d^4x \left[\frac{1}{2} Z_k (\partial\phi)^2 + \frac{\lambda}{4!} (\phi^2)^2 \right]$$

$$\beta_\lambda = 2 \eta \lambda + \partial_t (P_{\phi^4} S_k)$$

$$S_2 = -\frac{1}{2} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_0''} (-s S_1'') \right]$$

$$\partial_t (P_{\phi^4} S_1) = \frac{\lambda^2}{(16\pi^2)} \frac{(N+8)}{3}$$

$$Z_2 = \left(\frac{\partial}{\partial q^2} \left[\frac{\delta^2 S_2}{\delta \tilde{\phi}_i(q) \delta \tilde{\phi}_i(-q)} \right]_{\phi=0} \right)_{q^2=0} =$$

$$\partial_t (P_{\phi^4} S_2) = -\frac{\lambda^3}{(16\pi^2)^2} \frac{(10N+44)}{9}$$

$$= \left[\frac{\partial}{\partial q^2} \left(- \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{4} \int \frac{d^4 p_e}{(2\pi)^4} \int_{1/\Lambda^2}^s dt t \int \frac{d^4 p_i}{(2\pi)^4} J_0 \dots \right) \right]$$

$$\eta^{2L} = \frac{\lambda^2}{(16\pi^2)^2} \frac{N+2}{18}$$

$$\beta_{\text{Total}}^{2L} = \frac{\lambda^2}{(16\pi^2)} \frac{(N+8)}{3} - \frac{\lambda^3}{(16\pi^2)^2} \frac{3N+14}{3}$$

Correct!

Background field method in gauge theories

Abbott (1981) computes the 2-loop β -function of YM, **perturbatively**, in background field method

Ghost $\theta_a = \chi_a + \cancel{c_a}$

Gauge $\hat{A}_\mu = A_\mu + \cancel{Q_\mu}$

Enters $F_{\mu\nu}$ Background Fluctuation

Without background field, the 1-loop β -function is **wrong**

After integrating the fluctuations Q and c, and setting $\chi=0$, the effective action is **gauge invariant!**

$$A_R = \sqrt{Z_A} A_0 \quad g_R = Z_g g_0$$

Ward Identity in background field

$$Z_g = Z_A^{-1/2} \xrightarrow{\partial_t} \beta(g) = g \eta_A / 2$$

Theory with field \hat{A}_μ

Split Background + Fluctuations

Integrate the Fluctuations in path integral

You are left with a theory with only the Background

Call it \hat{A}_μ

SU(N) Yang-Mills Theory

$$S_A = S_{\text{YM}} + S_{gf} = \int d^4x' \left\{ \frac{1}{4} F_{\mu\nu}^a F_{\mu\nu}^a + \frac{1}{2} (D_\mu^{ab}(A) Q_\mu^b) (D_\nu^{ac}(A) Q_\nu^c) \right\}$$

$$S_G = \int d^4x' \left\{ -\bar{\theta}_a [D_\mu^{ab}(A) D_\mu^{bc}(A + Q)] \theta_c \right\}$$

$$Z_A = 1 + \left[\frac{g^2 N}{16\pi^2} \beta_1 + \left(\frac{g^2 N}{16\pi^2} \right)^2 \beta_2 + O(g^6) \right] \log \frac{k^2}{\Lambda^2} + O\left(\log^2 \frac{k^2}{\Lambda^2}\right) + O\left(\frac{k^2}{\Lambda^2}\right)$$

1-loop β -function

2-loop β -function

From Perturbation theory:

$$\beta_1 = +\frac{11}{3}$$

$$\beta_2 = +\frac{34}{3}$$

$$\beta(g) = -\frac{11}{3} \frac{N}{16\pi^2} g^3 - \frac{34}{3} \frac{N^2}{(16\pi^2)^2} g^5 \leftarrow \text{2-loop Yang-Mills } \beta\text{-function}$$

SU(N) Yang-Mills Theory

$$S_A = S_{\text{YM}} + S_{gf} = \int d^4x' \left\{ \frac{1}{4} F_{\mu\nu}^a F_{\mu\nu}^a + \frac{1}{2} (D_\mu^{ab}(A) Q_\mu^b) (D_\nu^{ac}(A) Q_\nu^c) \right\}$$

$$S_G = \int d^4x' \left\{ -\bar{\theta}_a [D_\mu^{ab}(A) D_\mu^{bc}(A + Q)] \theta_c \right\}$$

There are both bosons (gluons) and fermions (ghosts)

$$S_1 = -\frac{1}{2} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s S_0''} \right] \longrightarrow S_{\text{YM}1} = -\frac{1}{2} \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \text{TR} \left[e^{-s K_{\mu\nu}^{ab}} - 2 e^{-s H^{ab}} \right]$$

Liao (1995)
Correct!

$$\beta_1 = +\frac{11}{3}$$

Compute either 2-points
or 4-points function

Two derivatives wrt
gauge field

Two derivatives wrt
ghost field

The 2-loop action can be obtained similarly

$$S_{\text{YM}2} = \int_{1/\Lambda^2}^{1/k^2} \frac{ds}{s} \left\{ -\frac{1}{2} \text{TR} \left[-s S_{\text{YM}1}'' e^{-s K} \right] + \text{TR} \left[-s \ddot{S}_{\text{YM}1} e^{-s H} \right] \right\}$$

$$\beta_2 = \frac{34}{3}$$

Giacometti, **DR**,
Zappala (2025)

This action is **gauge invariant**: the nesting operation generates **no mass terms!**

Summary of this work

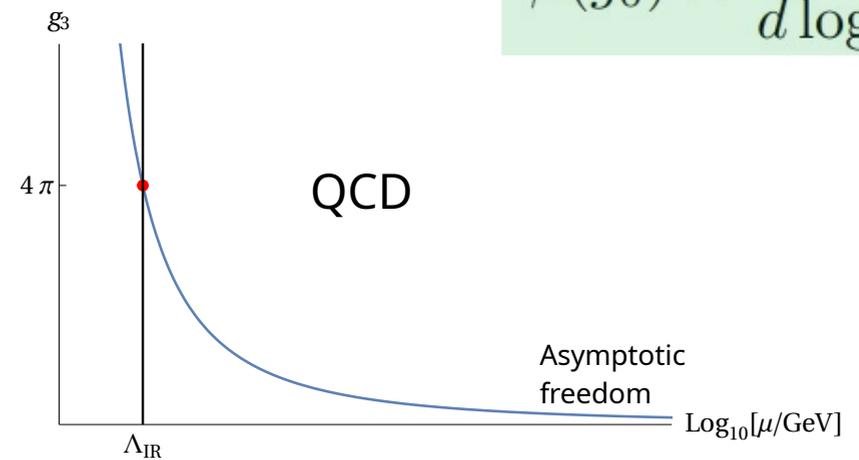
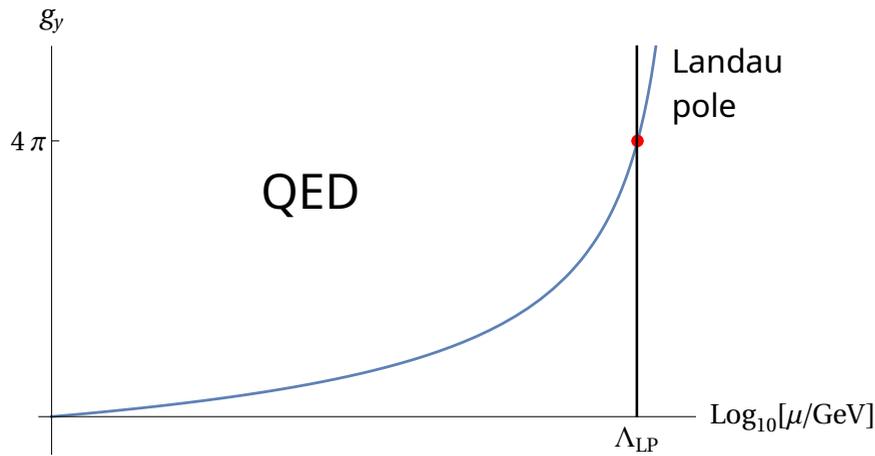
- Massless theories, in mass-independent regularization schemes, have **universal** one- and two-loop coefficients of the β -function.
- *de Alwis (2018)* claimed that the Wilsonian RG flow with proper time sharp cutoff is **exact** and **gauge invariant**. If he is right, this flow equation **must** reproduce the universal content.
- For the scalar massless $O(N)$ theory, we (re-)computed one- and two-loop coefficients of the β -function for quartic coupling and anomalous dimension and reproduced the well-known result.
- For the Yang-Mills theory, we employed the **background field** formalism, which has proven (see *Abbott (1981)*) to be able to reproduce one- and two-loop β -function coefficients of the gauge coupling, within perturbation theory, in a path integral formalism.
- We (re-)computed (part of) the one-loop action, obtaining the correct one-loop β -function coefficient, and importantly **no gauge breaking operators** at dimension two (mass) and six.
- Finally, by **reinserting** the one loop action into the RG flow in the background gauge, we recovered the **universal two loop coefficient of the beta function**, which shows the level of consistency of the PT Flow equation.

Fixed point of Quantum Gravity as a cure for the Landau Pole of the Standard Model

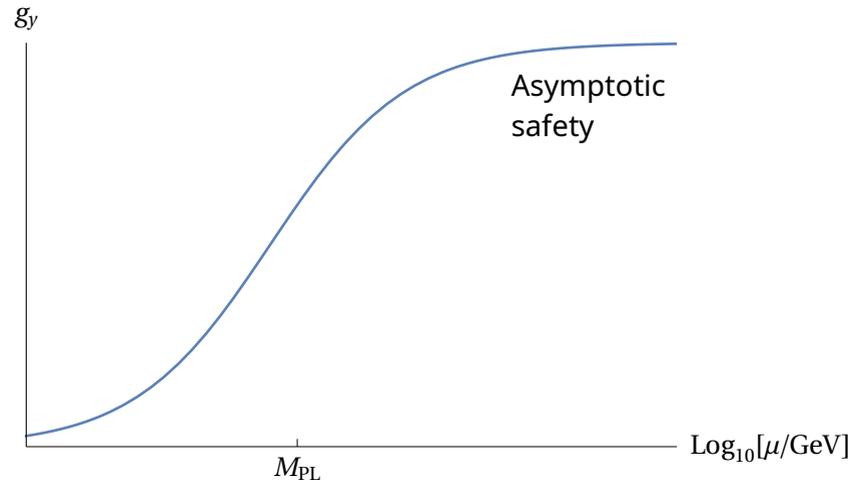
Asymptotic Behaviors

In the Standard Model, two possible asymptotic behavior:

$$\beta(g_0) \equiv \frac{dg_0}{d \log \mu}$$



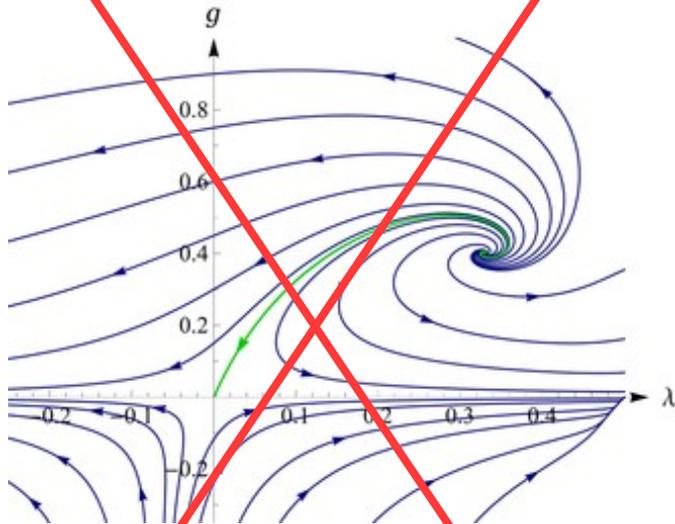
In a generic QFT a third asymptotic behaviour can be found:



Asymptotically Safe QG: the heuristic approach

Einstein-Hilbert Gravity

$$S_{\text{EH}} = \frac{1}{16\pi G_N} \int d^4x \sqrt{g} (-R(g) + 2\Lambda)$$



Reuter, Saueressig, hep-th/0110054
Picture: Wikipedia

Large uncertainties when
computed analytically.

[Daum, Harst, Reuter '09, Folkerst, Litim, Pawłowski '11, Harst, Reuter '11, Christiansen, Eichhorn '17, Eichhorn, Versteegen '17, Zanusso *et al.* '09, Oda, Yamada '15, Eichhorn, Held, Pawłowski '16, ...]

Renormalization Group Equations in the Sub-Planckian regime

$$\beta_g = \beta_g^{\text{SM+NP}}$$

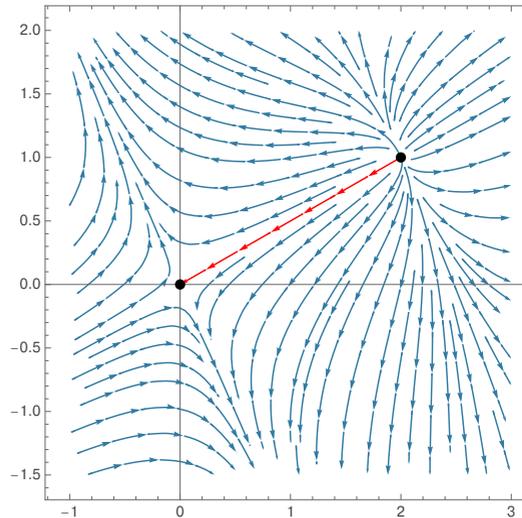
$$\beta_y = \beta_y^{\text{SM+NP}}$$

Renormalization Group Equations in the Trans-Planckian regime

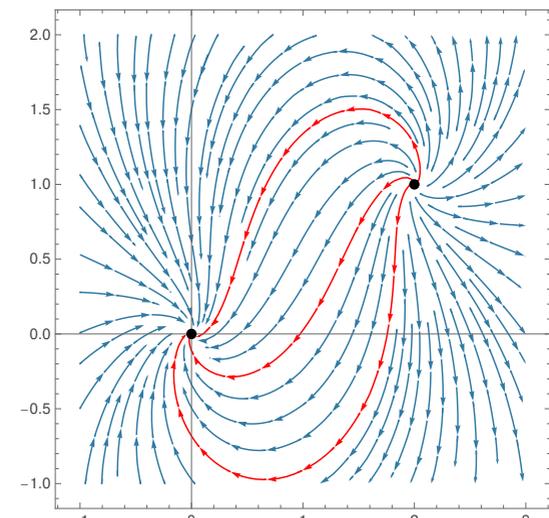
$$\beta_g = \beta_g^{\text{SM+NP}} - g f_g$$

$$\beta_y = \beta_y^{\text{SM+NP}} - y f_y$$

f_g and f_y are determined by matching the low-energy data.



Relevant → Free parameter



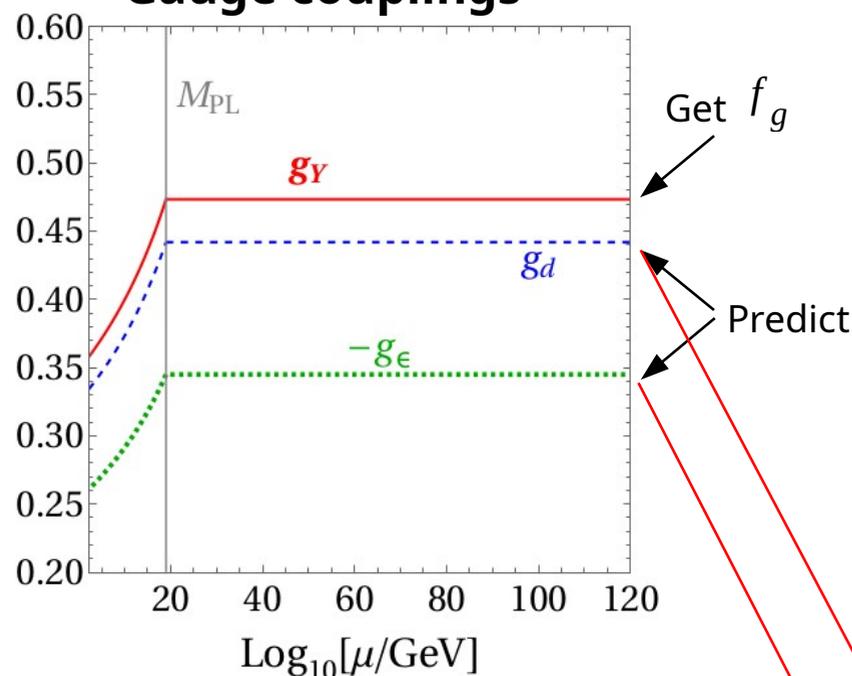
Irrelevant → Prediction

Asymptotically Safe QG: the heuristic approach

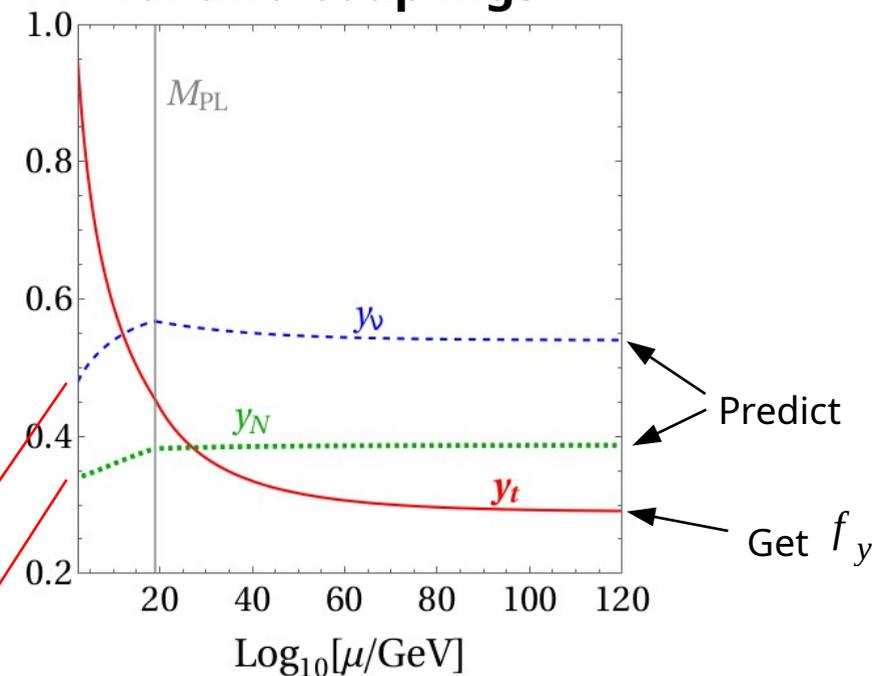
$$\mathcal{L} \supset -\frac{1}{4}B_{\mu\nu}B^{\mu\nu} - \frac{1}{4}X_{\mu\nu}X^{\mu\nu} - \frac{\epsilon}{2}B_{\mu\nu}X^{\mu\nu}$$

$$\mathcal{L} \supset -Y_\nu N (\tilde{\epsilon}H^*)^\dagger L - \frac{1}{2}Y_N S N N + \text{H.c.}$$

Gauge couplings



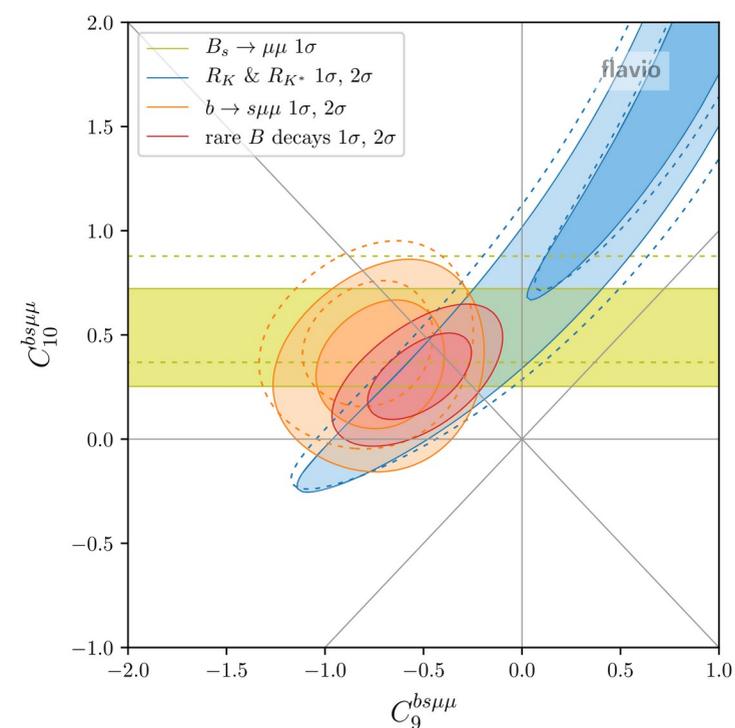
Yukawa couplings



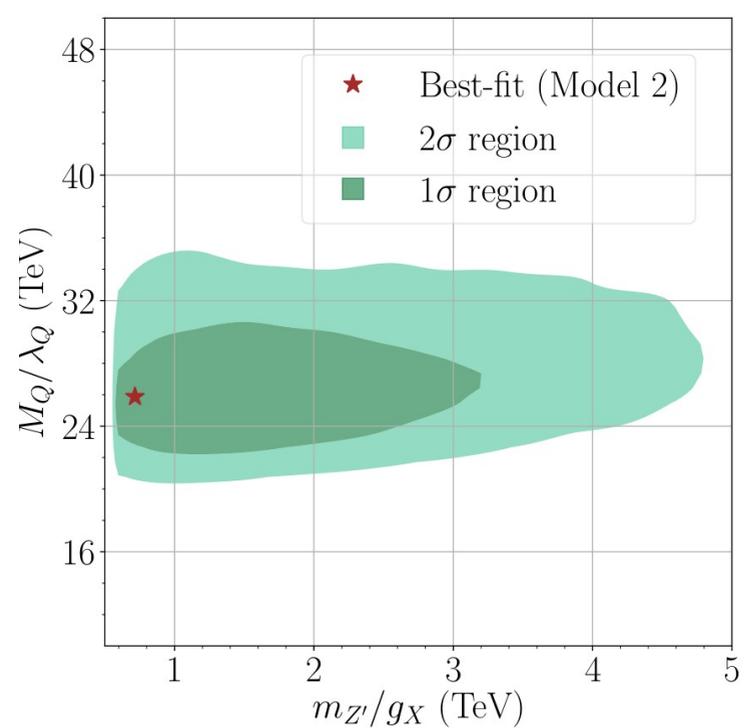
Phenomenology!

Source: Kamila Kowalska & Enrico Sessolo

Heuristic ASQG on Z' solutions to the flavor anomalies



Altmannshofer, Stangl, *Eur. Phys. J. C* 81 (2021)



Kowalska, Kumar, Sessolo, *Eur. Phys. J. C* (2019)

At 2 TeV:

	FP _{1A,a}	FP _{1A,b}
g_D	0.305	0.305
g_ϵ	0	0
$\lambda_{Q,3}$	-0.381	0.034
$\lambda_{Q,2}$	0.016	0.803
$\lambda_{L,2}$	0.823	0.606

	FP _{1B,a}	FP _{1B,b}
g_D	0.318	0.318
g_ϵ	0.110	0.110
$\lambda_{Q,3}$	-0.612	0.004
$\lambda_{Q,2}$	0.296	0.874
$\lambda_{L,2}$	0.652	0.499

Chikkaballi, Kotlarski, Kowalska, **DR**, Sessolo *JHEP* 01 (2023) 164

How robust are particle physics predictions in ASQG?

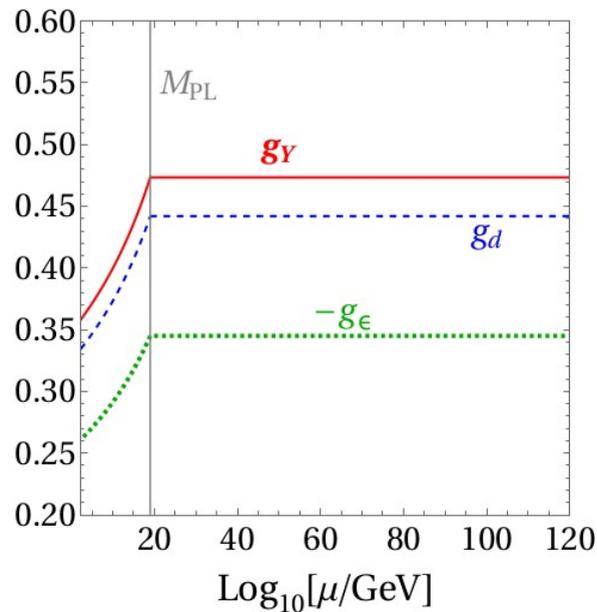
The heuristic approach to ASQG has assumptions. What happens when we relax them?

Sources of uncertainties →

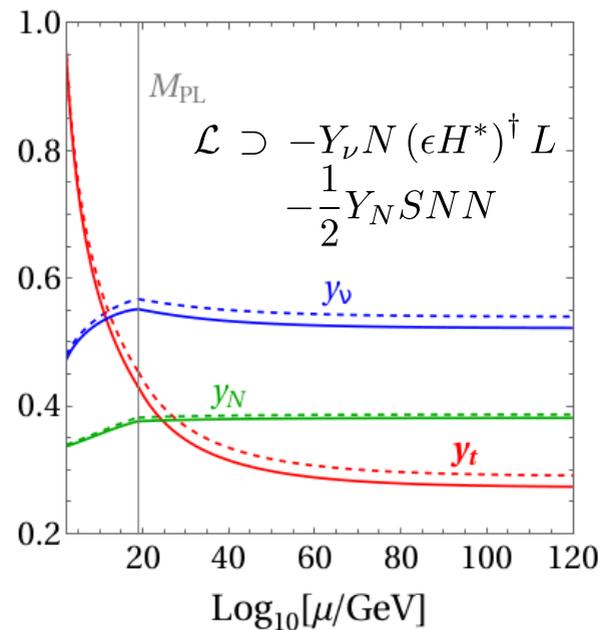
1 - Computations of the beta functions are performed at 1-loop level.

2 - Planck scale is set arbitrarily at 10^{19} GeV.

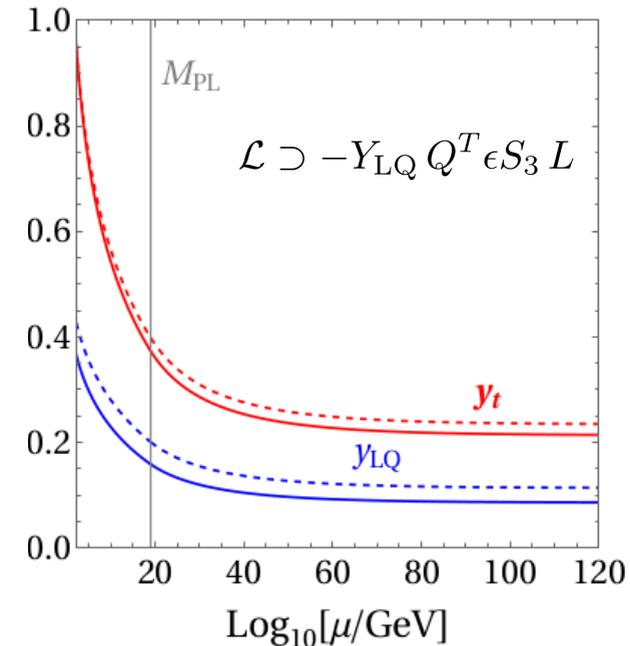
3 - Gravity decouples instantaneously at the Planck scale.



Shifting g_Y shifts the new-physics → $\sim 0.1\%$



New-physics Yukawa big → $\sim 1\%$



New-physics Yukawa small → $\sim 10\%$

Kotlarski, Kowalska, **DR**, Sessolo *Eur.Phys.J.C* 83 (2023)

Asymptotically Safe Einstein-Hilbert Quantum Gravity in Wilsonian Propertime FRG

ArXiv:2603.xxxxx

in collaboration with

Gabriele Giacometti, Kamila Kowalska, Enrico Sessolo & Dario Zappalà

Asymptotically Safe Einstein-Hilbert QG in Propertime

$$\beta_g = \beta_g^{\text{SM+IP}} - g f_g$$

$$-$$

$$g f_g$$

Minimal coupling between gravity and matter

Gravitational gauge fixing dependency

$$\beta_y = \beta_y^{\text{SM+IP}} - y f_y$$

$$-$$

$$y f_y$$

Propertime calculation & regulator dependency

The full gravity + matter action

$$S = -\frac{1}{16\pi G} \int d^4x \sqrt{g} (R - 2\Lambda) + \frac{1}{32\pi G \alpha} \int d^4x \sqrt{\bar{g}} \bar{g}^{\mu\nu} F_\mu F_\nu + \frac{1}{4} \int d^4x \sqrt{g} g^{\mu\nu} g^{\kappa\lambda} F_{\mu\kappa} F_{\nu\lambda} + \frac{1}{2\xi} \int d^4x \sqrt{\bar{g}} (\bar{g}^{\mu\nu} \bar{D}_\mu a_\nu)^2$$

The propertime equation with generic regulator

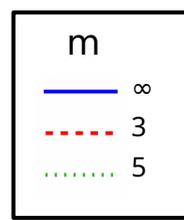
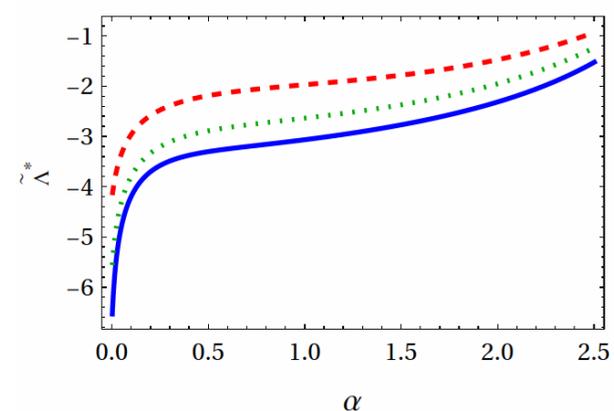
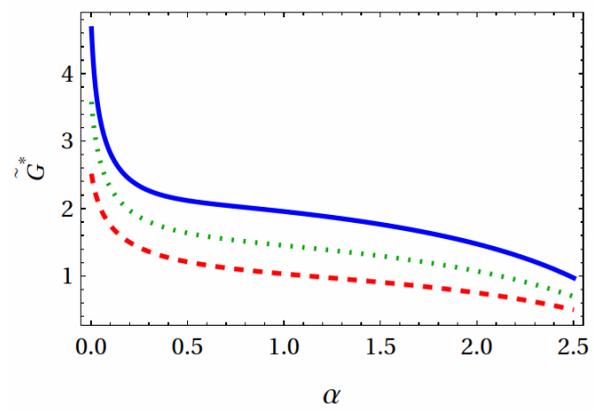
$$k \partial_k S_k = -\frac{1}{2} \int_0^\infty \frac{ds}{s} \text{Tr} \left[(k \partial_k \rho_{k, k_{UV}}) e^{-s S_k''} \right]$$

$$k \partial_k \rho_{k, k_{UV}} = -\frac{2 (m Z_k s k^2)^m}{\Gamma(m)} e^{-m Z_k s k^2}$$

Asymptotically Safe Einstein-Hilbert QG in Propertime

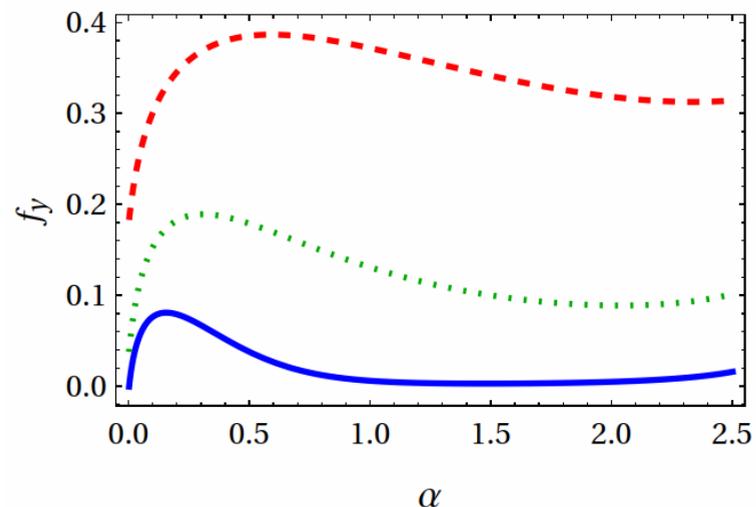
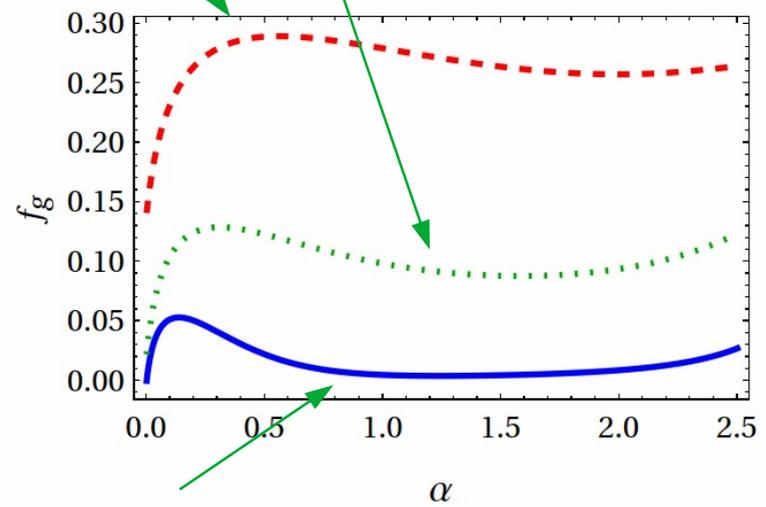
$$\beta_g = \beta_g^{\text{SM}} - \cancel{\mathcal{P}} - (g f_g)$$

$$\beta_y = \beta_y^{\text{SM}} - \cancel{\mathcal{P}} - (y f_y)$$



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Bonanno *et al.*

Asymptotic Freedom



Different values of f_y can probe different fixed points and therefore different predictions!

Asymptotic Safety

$$f_g(\text{SM}) \approx 0.0095$$

Strong regulator dependency
Small gravitational gauge fixing dependency

PRELIMINARY RESULTS

Conclusions

- While the Standard Model and other theories are perfectly described by perturbation theory, strong coupled regime and non-renormalizable theories call for **non-perturbative** calculations.
- I have given an introduction on exact renormalization group techniques, focusing on **Wetterich's flow** equation and on the **Wilsonian propertime** flow equation. The first is the most commonly used as it is in the same universality class as the Callan-Symanzik equation, while the second is more convenient in calculations where gauge invariance must be preserved.
- I have discussed how, despite not reproducing the full 2-loop effective action, the propertime flow equation is able to reproduce 2-loop β -functions for both the scalar $O(N)$ theory and the gauge Yang-Mills theory. Most importantly, it keeps the flow gauge invariant.
- As a physically relevant application, I have discussed the calculation of the contribution from quantum gravity to the running of gauge (fg) and Yukawa (fy) couplings. The **heuristic approach** is able to make unique predictions for the IR value of BSM couplings.
- Finally, the **propertime** flow equation was used to compute the Einstein-Hilbert gravity contributions to fg and fy, showing a small dependency on the gravitational gauge fixing and a strong dependency on the regulator. For small values of the regulator (smooth cutoff), the gauge sector is asymptotically free, while for higher values (and importantly in the sharp cutoff case) we obtain Asymptotic safety or a Landau Pole, depending on the gauge fixing.

Thank you for the attention!