

ABSTRACT

A damping control method and device for a shock absorber of a train. The method comprises: acquiring lateral vibration acceleration of a frame of a train; determining whether or not a damping force of a shock absorber of the train matches the lateral vibration acceleration of the frame; and if not, adjusting a damping force of a variable-damping-force shock absorber of the train, such that the damping force of the variable-damping-force shock absorber matches the lateral vibration acceleration of the frame. The technical solution can be used to adjust a damping force of a variable-damping-force shock absorber of a train, and can be applied to a train equipped with a variable-damping-force shock absorber so as to improve the efficiency of damping adjustment and lower labor costs.