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(54) **CHARGING METHOD, BATTERY MANAGEMENT SYSTEM, BATTERY, AND CHARGING DEVICE**

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(57) **ABSTRACT**

A charging method may include: sending a first command to a charging device, the first command being used to control the charging device to output an oscillation current to the battery during a first time period in a charging process, where the oscillation current may include n cycle periods, n being a positive integer greater than 1, each of the cycle periods may include a first sub-period and a second sub-period, a current output by the charging device during the first sub-period is a first current, a current output by the charging device during the second sub-period is a second current, and a direction of the first current may be opposite to that of the second current; and sending a second command to the charging device, the second command being used to instruct the charging device to charge the battery during a second time period in the charging process.