

A method for reciprocating punching/raking/loading by a power box on an excavator is disclosed. Said method comprises providing a reciprocating impact power box body (3) and reciprocating impact box raking devices (7). The raking devices (7) each comprise a raking rotary member (11) and a raking rotary arm (12). The rotary member (11) is disposed on the lower portion of the side of the power box body (3). The rotary arm (12) is disposed on the rotary member (11). The rotary member (11) drives the rotary arm (12) to rotate. The raking end of the rotary arm (12) disposed on the power box body (3) rotates to the area away from the surface of the power box body (3) in order to rake. The rotary arm (12) rakes up material fallen from the reciprocating impact heads (6) and moves said material to a material-clearing unit (13). The invention fully solves the difficulty reciprocating impact excavators have with clearing away material that has fallen as a result of reciprocating impact operations, and thereby increases excavation efficiency. An excavator having a power box capable of reciprocating punching/raking/loading is also disclosed.