

A blade (10) for a turbomachine gas turbine, the blade having a cooling circuit comprising at least one cooling cavity (26) with a high aspect ratio extending radially between a root and a tip of the blade, and at least one air admission opening at a radially inner end of the cavity to feed it with cooling air, at least one of the walls (26a, 26b) of the cooling cavity being provided with a plurality of indentations (30) so as to disturb the flow of cooling air in said cavity and increase heat exchange.